

## WORKSHOP ON SELF-DEFENCE FOR WOMEN

ORGANISED BY IQAC IN COLLABORATION WITH WOMEN'S CELL

FROM 17<sup>th</sup> TO 21<sup>st</sup> FEB.2022

Taekwondo and Karate are forms of martial arts. It not only builds strength, stamina and flexibility but also improves overall fitness and wellbeing. It is also expected that learning these skills would develop the self –esteem of the girl students. Women are simply at a higher risk than men, therefore IQAC decided to organize a self-defense workshop for our girls students in collaboration with Women's Cell. A five days workshop was organized in the college from 17<sup>th</sup> to 21<sup>st</sup> February,2022. For this purpose "Prahar".a leading organization of the state in Martial Art was invited to provide the training in Tau-k-Wando and Karate to the girls students of our college. The programme was inaugurated by Dr. Bhabendra Nath Pathak,President ,Governing Body,Kamrup College,Chamata.In his inaugural speech, he highly appreciated such endeavors undertaken by the IQAC and Women's Cell in context of the growing crimes against the women in our society.Dr. Debendra Kr. Bezbaruah, principal of the college in his brief speech applauded the programme which will help the students to be stronger and confident to proceed in their lives. The function anchored by Dr. Kabita Choudhury, Coordinator, IQAC and it was attended by the teaching staff of the college. Two energetic youths of the organization, Prahar ,Moon Das and Rakesh Das offered training to the students. On the first day, the class began with warm up exercises, followed by running and then basic Karate and Taekwondo. The following four days were full of fun, energy and tight schedules devoted to attaining all the lifesaving skills under the trainers. The participants were found to be enthusiastically absorbed in the whole training sessions. In the last day of the programme a valedictory session was held where the students were presented with a participation certificate at the end of the programme.

The participant students are asked to continue their practices regularly and they are doing the same. They are now fully able to defend themselves from any kind of unwanted incidents that might be faced by them. They are also found to be competent to join any taekwondo and karate competitions. So it was an impactful programme for our girls.

