



Report on-

27/08/2022

Self Defense Awareness Programme

A Self-Defense Awareness Programme was organized by the Self Defense Club of the college in association with IQAC especially for the girl students on 27th of August, 2022 with an aim to bring awareness on the need of the skill that would help the girl students to be more aware of their surroundings and be prepared for the unexpected at any time. This would develop a sense of fearlessness and cultivates mental and physical strength among girl students.

The programme started with an introductory note by Dr. Bhupen Rabha, Assistant Professor in the Department of English. He emphasized on the need for the training for every girl student.

Dr. Rabha introduced Nilakshi Devi, a National Referee of Tong-II Moo-Doo and also an alumni of the department of English. Nilakshi Devi would be the trainer for Self Defense Course in the college. She brought a team of young fighters to demonstrate some of the skills of Wushu and other forms of self defense courses. One by one, the young fighters displayed their skills to the surprise of the students present on the occasion. Some of them displayed flying kicks and falling tricks in filmy style. This really inspired the students to learn the art form for self defense. Nilakshi Devi also explained that Self Defense Training would boost confidence, help to develop physical strength, would enhance awareness about their surroundings, would improve decision making skills, promote self-discipline and instill a sense of responsibility.

Dr. Bhupen Rabha, a faculty member also displayed some of the skills that he had acquired as a student many years ago to the utter surprise of the participants.

The awareness programme was a great success as it helped students understand the need of physical training for a better life. It is indeed an essential aspect of their education. The programme ended with a positive response from students to join the course on Self Defense Training.

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Fig.1: Snapshot of the participants gathering for the programme



Fig.2: Snapshot of the young fighters in action



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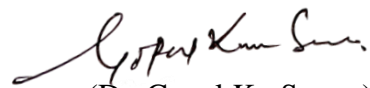
Fig.3: Snapshot of young fighters ready for demonstration on Self Defense



Fig.4: Snapshot of the participants



Fig 5 : Snapshot of Dr. Bhupen Rabha, Asst. Prof., demonstrating skills on Self Defense



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