



ONE MONTH

**WOMEN
SELF
DEFENCE
TRAINING**



FREE



**FIGHT
BACK**

ADVANTAGES

- STRENGTH ✓
- FITNESS ✓
- FLEXIBILITY ✓
- SHARPER FOCUS ✓
- SELF CONFIDENCE ✓
- REDUCE STRESS & TENSION ✓
- PRACTICAL SELF DEFENCE ✓

*Starts from
24th Dec, 2021*



Women's Study Centre, Dudhnoi College

&

Dudhnoi Martial Arts Academy

7896193922



7002432263



Office of the Principal

DUDHNOI COLLEGE

Dudhnoi, Goalpara, Assam-783124

Dr. Lalit Chandra Rabha, M.A., Ph. D.

Principal & Secretary

Mobile : 8638103337

E-mail : dudhnoicollege@gmail.com

Website : www.dudhnoicollege.ac.in

Ref

Date 23.12.2021

NOTICE

It is notified that the inaugural program of one month women self defence free training will be held on **23** December, 2021 at 10 a.m. at Dudhnoi College field. So, all the teachers and students are hereby requested to attend the programme without hampering their regular classes.

(Dr. Lalit Ch. Rabha)

Principal, Dudhnoi College

Principal
Dudhnoi College

Report

One Month Women Self-defence Training

The Women Study Centre of Dudhnoi College in collaboration with Dudhnoi Martial Arts Academy, Dudhnoi launched a training programme named “One Month Women Self-defence Training Programme” from 24th December, 2021 to 2nd February, 2022. With an aim to develop self -defence skills as well as self confidence among girl students the training programme was made open for all women of Dudhnoi area including school students. Girls from Dudhnoi College HS classes and Degree classes, girls from neighbouring schools participated in the programme as trainee. Mr. Kishor Rabha, the president of Dudhnoi Martial Arts Academy, Mr. Gupto Mandal, ex student of Dudhnoi Collage as well as national kickboxing champion and trainer of Martial Arts Academy, Mr. Bitupan Kalita, ex student of Dudhnoi College and trainer of Martial Arts Academy were the trainers of this programme.

Objectives of the Programme

- To develop strength, fitness and flexibility among the women sections of the society.
- To develop self-defence skills among girls to protect themselves and others in any kind of dangerous situation.
- To enhance self confidence among girls.
- To reduce stress and tension as well as to sharpen focus among girl students through the practice of physical training and yogic practice.
- To create awareness in Dudhnoi area about the importance of physical training in our education system.

The programme was initially attended by 40 girls though only 17 of them continued till the completion of the training.

Outcomes

- Kickboxing Competition among Girl Students has been introduced as an event of College Week, 2022 for the first time in Dudhnoi College.
- 5 trainees of this programme took admission in Dudhnoi Martial Arts Academy for next level of training.

On 23rd March, 2022 the participants who have successfully completed the training programme have been awarded in the presence of Dr. Lalit Ch. Rabha, Principal of Dudhnoi College, Mr. Kishor Rabha, President of Dudhnoi Martial Arts Academy, Bondita Borbora, Coordinator of Women Study Centre of Dudhnoi College and a good number of teachers and students of the college.



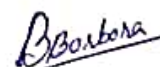
(Dr. Lalit Ch. Rabha)

Principal

Dudhnoi College

Principal

Dudhnoi College



(Bondita Borbora)

Coordinator

Women's Study Centre

Some Photographs of the Training Programme



Inaugural Programme



23.03.2022

One Month Free Self Defence Training for Women (Dec. 24, 2021 - Feb 2, 2022)

Women Study Centre of Dudhnoi College has organised one month free self defence training for women from 24th December, 2021 to 2nd February, 2022 in collaboration with Dudhnoi Martial Arts Academy, Dudhnoi, with an aim to develop self defence skills as well as self confidence among girls, the training programme was made open for all women of Dudhnoi area locality including school students.

At the beginning, 40 girls joined the programme. ~~They continued till the completion of the training.~~ They continued till the completion of the training.

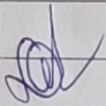
Today on 23rd March 2022 certificates have been distributed to the participants who have successfully completed the training programme.

Signature

1. Dr. Lalit Ch. Rabha
2. Jitumoni Pathak
3. Kishore Rabha
4. Ridyut weid-
5. Bondita Borboroa
6. Nilip Aguike
7. Nihamanj Dingo
8. ~~20/20/20~~
9. ~~20/20/20~~
10. Rajk Ram Pathak
11. Linso Timungri
12. Soondipan Pathak
13. Arachana Devi

Students' Signature

14. Debonna Rabha
15. Pushya Kachari
16. Bhumnika Brahma
17. Dipshikha Das
18. Kanmoni Daيمary
19. Sagatika Rabha
20. Mitabi Rabha
21. Mayuri ~~Bh~~ Khakhhalary
22. Aastha Rabha
23. Priya Ray
24. Kabere Boroo
25. Manisha Muchahary
26. Banisha Brahma
27. Bornati Rabha
28. Chemi lekhahalary
29. Mr̄idula Basumatary
30. Debarchana Devi


Principal & Secretary
Dudhnoi College

Day Long Yoga Training

YOGA WITH COMMUNITY

On the occasion of International yoga day



June 21, 2022
From 6 A.M. to 3 P.M.

**Local People,
Teachers, Students
can participate in
the program**

HEALTH BENEFIT OF YOGA

- ✓ Massage Therapies
- ✓ Energy Therapies
- ✓ Hydrotherapy
- ✓ Treatments
- ✓ Strength
- ✓ Flexibility
- ✓ Confidence
- ✓ Healing

Venue:
Dudhnoi College



7002255998
8721077198
9859606564



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Date

20th June, 2022

NOTICE

It is notified that Dudhnoi College is going to celebrate International Yoga Day by organising yoga practice and a one day Training on “Yoga with Community” on 21st June, 2022 from 6 a.m. to 3 p.m. at the College premise. Local people of Dudhnoi and members of Arogyam Yoga club of Dudhnoi are also going to join with us through the whole programme. So, all the teachers and students of Dudhnoi College are hereby requested to attend all the programmes on that day.

Dr. Lalit Ch. Rabha

Principal, Dudhnoi College

Principal
Dudhnoi College

Celebration

Of

International Yoga Day Cum Training

Dudhnoi College

21 June, 2022

Report of the Celebration of “International Yoga Day” Cum Training at Dudhnoi College

Dudhnoi College celebrated the International Yoga Day on 21 June, 2022 with much enthusiasm and vigour. Like the previous years and as per the direction of Director of Higher Education, Assam vide letter no. DHE/PA/Misc/3/2022/38 dated 18th June, 2022, Dudhnoi College celebrated Yoga Day of this year with Day long activities. Started with an inaugural speech by the Principal of Dudhnoi College, the activities started at 6 am with substantial number of participations from students, teachers and local people. Conducted under careful supervision of Mr. Bidhan Chakrabrty , the Yoga teachers of Arogyam Yoga club of Dudhnoi, the attendants practised and demonstrated many *Asanas* including Chanting of Vedic prayers. The main *asanas* practised today includes *surjya namaskar*, *Kapalbhati asana*, *pranayama*, *dhyana*, *sankalpa* and *santi path*. The audience greatly enjoyed the morning yoga session and displayed a remarkable sense of contentment at the end of the session. It must be mentioned here that the elaborate arrangement of the morning session was made jointly by the Department of Mathematics and Women Cell of Dudhnoi College.

As part of this celebration of the International Yoga Day, another programme was organised at 10.30 am in the conference Hall of Dudhnoi College. Named as “**Psycho-Physical Health and Yoga**”, this lecture programme enlightened the mind of audience by the enriching speech of the resource person Mr. Raju Sharma, who is presently a Yoga teachers of *Patanjali Yoga pith of Goalpara*. Mr. Sharma elaborated the significance of Yoga on physical and mental health, while giving a brief historical context of the same. Referring to the health benefit of the yoga, the resource person also pointed out that consistent practice of Yoga has not only

preventive power but also has curative power. It can bring peace and contentment to a suffering mind. Moreover, Mr. Sharma hinted to the universal acceptance of the practice of Yoga and its incorporation on curriculum in different stages from school to university level across the world. Of late, Yoga has been recognised as sports and most probably the next Olympic will witness sports based on Yoga. Therefore, Mr. Sharma, citing to this possibility, requested that the school and college should take education of Yoga sincerely and must strive to develop it as sports in near future. The programme ends with demonstration of certain *asana* by one student and a teacher from Patanjali Yoga Pith of Goalpara. It is to be mentioned here that this auspicious programme was organised by the Department of Philosophy in collaboration with NSS unit of Dudhnoi College.



Dr. Lalit Ch. Rabha
Principal
Dudhnoi College

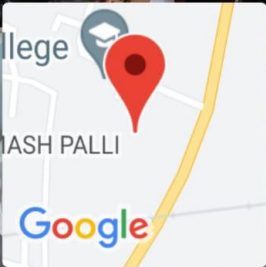
(NB: Snapshots taken on those days are furnished below to support the above stated activities)





Dudhnoi, Assam, India

XQQM+RX6 Dudhnoi college half bridge, Dudhnoi, Assam 783124, India
Lat 25.989228°
Long 90.784806°
21/06/22 11:43 AM



Dudhnoi, Assam, India

XQQM+MMH, Dudhnoi, Assam 783124, India
Lat 25.989116°
Long 90.784586°
21/06/22 11:33 AM