

Women Study Centre 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.

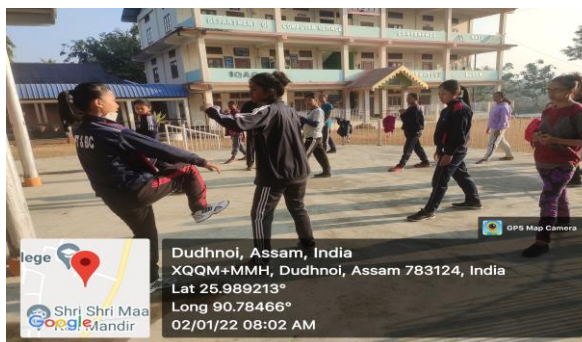
Objectives of the Programme

- 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.



Inaugural Programme

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.



Date:

(Dr. Lalit Ch. Rabha)
Principal
Dudhnoi College