

## **Report on “Four Day workshop on Self Defence (for Girls)”**

**organized by**

**Internal complaints Committee, Women development Cell and IQAC Dimoria College (Autonomous), Khetri.**

**Date:** 25<sup>th</sup> of June, 2025 to 28<sup>th</sup> June 2025

**Venue** Auditorium, Dimoria College (Autonomous), Khetri.

### **Objective of the program:**

1. To empower the girl students with the skills and confidence to protect themselves from harm, both physically and mentally.
2. To enhance safety and well-being of the girl students by providing the tools to deter, avoid, and respond to potentially dangerous situations.

**Participation:** The workshop was attended by girl’s students of the college.

**Trainer:** Mrs. Bulbul Basumatary, Gold Medalist, 34<sup>th</sup> National Games Karate, Karate Coach and Professional self Defense Trainer.

### **Highlight of the Programme**

A four-day workshop on *Self-Defence* (for girls) was organized from 25<sup>th</sup> of June, 2025 to 28<sup>th</sup> June 2025 at Auditorium, Dimoria College (Autonomous), Khetri. The primary objective of the program was to empower participants with essential self-defence skills, boost self-confidence, and promote personal safety awareness. The workshop was conducted by certified Karate trainers by Mrs. Bulbul Basumatary, Gold Medalist, 34<sup>th</sup> National Games Karate, Karate Coach and Professional self Defense Trainer.

#### **Day 1- Inauguration of the programme:**

The workshop commenced with an inaugural session presided over by Principal i/c Dr. Mahananda Borah. Presiding Officer, Internal Complaints Committee (ICC) Dr. Minakshi Bayan Borah, President Women Development Cell (WDC) Dr. Alee Sarma, Coordinator, Internal Quality Assurance Cell (IQAC) Mr. Pankaj Bhattacharjya and other faculty members of the college were present in the inaugural session. Principal i/c Dr. Mahananda Borah by addressing the participants introduced the importance of self-defence in today’s world and explained psychological preparedness in risky situations. Participants were made aware of real-life threats and legal rights concerning self-defence. The trainer started with ice-breaking activities to foster team spirit and participation.

#### **Day 2 – Basic Techniques:**

The second day focused on teaching the fundamentals of self-defence techniques, including body posture, balance, and basic hand and leg movements. Participants were trained in how to block, escape from grips, and respond to sudden physical threats. Demonstrations were followed by hands-on practice in pairs under supervision.

#### **Day 3 – Advanced Techniques and Scenario Training:**

Participants were introduced to more advanced techniques involving self-defence tools (e.g., keys, bags) and methods for defending against multiple attackers. Role-playing sessions were conducted to simulate real-life scenarios, such as street harassment and public place confrontations. These drills enhanced the participants' reflexes and confidence.

#### Day 4 – Review, Evaluation, and valedictory session:

On the final day, a revision of techniques was done through group practice sessions and mini-assessments. Trainers gave personalized feedback and tips for continual improvement. The program concluded with a valedictory session where participants were awarded certificates of participation. Guests appreciated the initiative, emphasizing the importance of safety education, especially for women and youth.

The four-day self-defence workshop was a highly engaging and informative experience for all participants. It not only equipped them with essential physical techniques but also instilled a sense of self-awareness and confidence. Feedback from the attendees was overwhelmingly positive, with many requesting follow-up sessions and advanced training opportunities.

