



**Event:** Self-Defence Program

**Date:** May 21, 2024

**Organized by:** Women's Empowerment Sub Committee, Domkal Girls College

**Collaboration with:** Domkal Karate Association

**Venue:** Domkal Girls College

**Attendance:** 70 students

The Women's Empowerment Sub Committee of Domkal Girls College, in collaboration with the Domkal Karate Association, successfully organized a self-Defence program on May 21, 2024. The program witnessed the enthusiastic participation of 70 students, eager to learn essential self-Defence techniques.

## Objectives of the program

1. **Empowerment through Self-Defence:** To equip female students with the necessary skills to protect themselves in various situations.
2. **Building Confidence:** To foster a sense of confidence and independence among the students.
3. **Awareness and Prevention:** To raise awareness about personal safety and preventive measures against potential threats.

## Events highlight

- **Inaugural Session:** The program commenced with an inaugural session where the Principal of Domkal Girls College, Dr. Alak Kumar Das, and IQAC& convenor of the women's empowerment sub-committee, Dr. Anusua Bagchi addressed the gathering. They emphasized the importance of self-defence training in today's world and encouraged the students to make the most of this opportunity.
- **Training Session:** The primary session was conducted by certified instructors from the Domkal Karate Association. The instructors demonstrated various self-defence techniques, including basic strikes, blocks, and escape maneuvers. The session was interactive, allowing students to practice these techniques under the guidance of the instructors.
- **Interactive Q&A:** After the training session, an interactive question-and-answer segment was held. Students actively participated, asking questions related to personal safety, situational awareness, and practical applications of the techniques learned.
- **Feedback and Testimonials:** The program concluded with students sharing their feedback and experiences. Many expressed their gratitude for the invaluable skills they acquired and suggested more such workshops in the future.

## **Outcomes:**

- **Skill Acquisition:** Students gained hands-on experience in self-defence techniques, which can be pivotal in ensuring their safety.
- **Enhanced Confidence:** The program significantly boosted the confidence of the participants, making them feel more empowered and secure.
- **Community Building:** The event fostered a sense of community and solidarity among the students, reinforcing the importance of mutual support and awareness.

## **Conclusion:**

The self-defence program organized by the Women's Empowerment Sub Committee in collaboration with the Domkal Karate Association was a resounding success. It not only provided practical self-Defence skills but also empowered the students with the confidence to navigate their environments safely. The positive feedback from the participants underscores the necessity and impact of such initiatives.

The committee plans to organize more such programs in the future, aiming to cover a broader range of topics related to women's safety and empowerment. The collaboration with the Domkal Karate Association will continue, ensuring sustained support and training for the students.

## **Acknowledgments:**

Special thanks to the Domkal Karate Association for their expert guidance and to all the participants for their enthusiastic involvement. Appreciation is also extended to the college administration for their unwavering support in organizing this event.



## SOME PRISTINE GLIMPSES OF THE EVENT



*Basuli*  
Coordinator  
21.05.24

IQAC  
Domkal Girls' College



Dr. Alak Kumar Das  
Principal, Domkal Girls' College

Murshidabad, W.B.

*Baru*  
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