Report on

"Self-defense Training Program" organized on the occasion of International Women Day Celebration, 2023

March 4, 2023

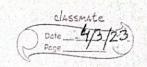
International Women's Day is a Global dayto celebrate the progress made towards achieving gender equality and women's empowerment and also to critically reflect on those accomplishments and strive for a greater momentum towards gender equality worldwide.

Women cell,SBMS College have been celebrating International Women Day every year with various women empowerment program for the benefit of girl students. And in the year 2023 Women cell, SBMS College have organized a training program on "Self-defense" among the girl students on the occasion of International Women Day.

Self-defense is one of the most important skills for women which ultimately gives women freedom, as they are able to defend themselves against both mental, emotional and physical challenges. The women who train in self defense feel empowered. They are resilient, able to handle all types of adversity, whether big or small. They also have the confidence to handle things because of the physical and mantal skills they learn in women's self-defense classes.

In this view of mind, Women cell, SBMS college was organized a self defense training program among the girl students of the college. In this program 96 girl students were participated. The Black Belt of Taekwondo and Kick Boxing Mr. Subodh Medhi and Manimay Das had participated as Recourse person cum trainer in this program.

The program was moderated by Secretary of Women cell, SBMS College, Dr. Sikha Rani Kalita and inaugurated by Dr. Jogesh Deka, President teacher's unit of the college. The principal (i/c) of SBMS College Mr. Gopal Sarma was delivered the inaugural speech of the program. In this program the president of women cell Mrs. Dipali Kalita also delivered lecture for the trainee. The IQAC coordinators Dr. Nihar Ranjan Kalita, Dr. Anima Baishya and members of the Women cell, all faculty members and employees of the college were also present in the program.



SELF-DEFENSE TRAINING PROGRAMME for girl studens of SBMS College, Swalkuchi Organised by

Women Cell SBMS College
On the occasion of the
INTERNATIONAL WOMEN DAY CELEBRATION
2023

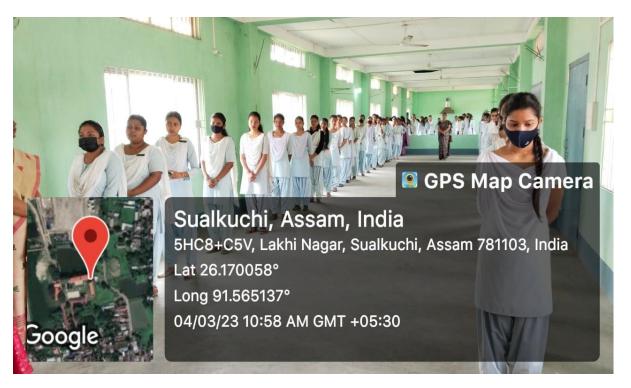
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3) Smeha Ray.	29) Kangkana Dus
4) Kaushika Kalita	30) Timamoni Medai.
@ Parebin Sultana.	31) Pinki Thakuria
(5) Sumita Baishya	32) Ashma Begain
03 Sujana Begum	33) Prartite Bhuyan
8 Sima Akhler	34) Madhismita kaleta
9) Priyanka Malakar	35) Jonmoni kalita
10) Nikita Kalita	36) Chayanika Das
11) Morijina Begun	3-1) Bidisha Malakari:
12) Leema Kalita	38) Mayurakti Mahanta
13> kangrana ryahanta	89) Subori Das
14) Puiyanka Kalita	
15) Aniendita Baishya.	1) Repubzono: 12) Juri Rosbougohi 43) Sanaita Baish va
16> Swopna Ralita.	12) Juru Rojbougohi
17) Somibha Dutta.	43) Sangita Baishya.
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19) Sushmita Baishyd.	45) Reamli Baishya 1
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20) Kabita Harbongdui 21) Frana Begion	97) Browsha Midin
22/ Farmoj Yesmin	48 Barasta Kalita
23/ Sweety Dewan.	97) Baraisha Math 48) Baraisha Kalita 849) Gargi Bharali
24/ Susmita Bezbareuch	50) Tikumoni Baishya
25/ Himasner Bournya	51) Soni ara Bigum
26/ Jaychree Britishy M	14th 52) Mami Boishya

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Principal
S.B.M.S. College
Sualkuchi

Coordinator IQAC S.B.M.S.College, Sualkuchi

