

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 day to 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 mental 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 students of SBMS College, Sualkuchi
Organised by

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

Participants Signature -

- | | |
|----------------------------|-------------------------|
| ① Rhythmika Rayan. | 27/ Nitamoni Boro |
| ② Julina Kakati | 28/ Nibedita Baishya |
| ③ Sneha Ray | 29/ Kangkana Das |
| 4) Kaushika Kalita | 30/ Timamoni Medai |
| ⑤ Parbin Sultana | 31/ Pinki Thakuria |
| ⑥ Susmita Baishya | 32/ Ashmea Begum |
| ⑦ Sujana Begum | 33/ Prantati Bhuyan |
| ⑧ Sima Akhleri | 34/ Madhusmita Kalita |
| 9) Priyanka Malakar | 35/ Jomoni Kalita |
| 10) Nikita Kalita | 36/ Charanika Das |
| 11) Morjina Begum | 37/ Bidisha Malakar |
| 12) Leema Kalita | 38/ Mayuraki Mahanta |
| 13) Kangkana Mahanta | 39/ Rubani Das |
| 14) Priyanka Kalita | 40/ Seemi Das |
| 15) Anindita Baishya | 41/ Pampa Das |
| 16) Swapna Kalita | 42/ Jyoti Rajbongshi |
| 17) Samikha Dutta | 43/ Sangita Baishya |
| 18) Ruli Baishya | 44/ Bobita Das |
| 19) Sushmita Baishya | 45/ Reemli Baishya |
| 20) Kabita Harbongshi | 46/ Bhagyashree Baishya |
| 21) Frana Begum | 47/ Barasha Nath |
| 22/ Farooq Yasmin | 48/ Barasha Kalita |
| 23/ Sweety Dewan | 49/ Gargi Bharali |
| 24/ Susmita Bezbaruah | 50/ Tikumoni Baishya |
| 25/ Himansree Baishya | 51/ Soni ara Begum |
| 26/ Jayashree Baishya Nath | 52/ Mami Baishya |

- 53) Rezina Nasrin
 54) Doli Das
 55) Raji Begum
 56) Parishmita Barman
 57) Garima Baishya
 58) Pampi Pathak
 59) Sabnam Senraj
 60) Aija Sultana
 61) Nabanita Deka
 62) Shyanika Kalita
 63) Jini Malakar
 64) Farham Akhtaria
 65) Priyanka Das
 66) Dimpal Das
 67) Kakali Das
 68) Pali Malakar
 69) Priyanka Kalita
 70) Darshana Kalita
 71) Sujia Nath
 72) Lorna Bharali
 73) Priyanka Bharali
 74) Leha Kalita
 75) Shahina Sultana Begum
 76) Dimpal Medhi
 77) Kakali Baishya
 78) Haripriya Kalita
 79) Jyashree Nath
 80) Bidisha Rami Kashyap
 81) Nishita Baishya
 82) Mihirika Kalita
 83) Sabnam Sultana
 84) Leine Baishya
 85) Resmini Begum
 86) Momi Nath
 87) Jaruja Yamin
 88) Kakturi Kalita
 89) ~~Chaitali Baishya~~
 89) Chaitali Baishya
 90) Himanshu Baishya
 91) Maine Baishya
 92) Nika Alam
 93) Muscumi Begum
 94) Dimpal Kalita
 95) Chinty Das
 96) Jermia Sultana

Few moments of the events:





 **GPS Map Camera**



Sualkuchi, Assam, India

5HC8+C5V, Lakhi Nagar, Sualkuchi, Assam 781103, India

Lat 26.170058°

Long 91.565137°

04/03/23 10:58 AM GMT +05:30



Utkalita
Principal
S.B.M.S. College
Sualkuchi

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

