**Workshop on Techniques of Self-Defence**

The Woman Studies Research Cell of Mangaldai College in collaboration with Mangaldai College Teachers Unit and IQAC, Mangaldai College organised a four-day workshop on techniques of self-defence from 13th to 17th June 2022 in the Auditorium of Mangaldai College. The workshop was inaugurated by Dr Kamala Kanta Borah, Principal, Mangaldai College. The instructor of this four-day self-defence workshop was Shihan Dhruba Jyoti Sarma, 5th Done Black Belt. He taught various basic self-defence techniques to the participants and emphasised the importance of learning self-defence in our daily lives. A total of 45 students and 15 faculties participated in the workshop making it a successful one.



 