**Report on**

**Workshop on Techniques of Self Defence for Girls Students**

A seven day workshop on Techniques of Self Defence for Girls Students was organised by Women Studies and Research Centre (WSRC) of Mangaldai College from 21st October 2019 to 26th October 2019 for creating awareness among the female students about self-defence techniques. Principal Dr. K. K. Nath inaugurated the programme on 21st October 2019 at the Auditorium of the college. Karate Blackbelt Champion Ms Priyanka Baishya was the instructor of the workshop. Addressing the gathering, Ms Priyanka Baishya mentioned that the girls have to face many complex challenges in the present society along with rising atrocities and violence against women. She urged the female students to be cautious and physically fit and cultivate healthy habits by doing regular physical exercise.

The inauguration programme was attended by 52 students and 18 faculties of the college.





