

workshop on Self defence for Girls

Nagaon GNDG Commerce College

On 10thFeb, 2023, the NSS Unit and Women's Cell of the College conducted a two days workshop on Self defence for Girls. There are so many stories of women being victimized by sexual violence or a random attack by strangers as well as being abused in some way. As such, self-defence training is one of the most needed and must for every woman's to-do list, so that they can resist any kind of sexual assault as well as random attacks. The colleges being concerned on the issue invited an Expert Karate Trainer Mr. Ruhit Kr. Harijan to provide the college's girls a two days basic training on Self-defence, held at college indoor stadium. On this occasion the principal of the college Dr. Mriganka Saikia underlined the training need and also announced that in near future the college will arrange regular training classes on self-defence for the college girls' students.

