

Women Cell Government Degree College, Theog

A Report on Self-Defence and Martial Arts Training Programme

Activity: 3.4

On 11th March 2025, the Women's Cell of Government Degree College Theog, in collaboration with the NCC Unit of the college, organized an inspiring and empowering self-defence and martial arts training programme. This event aimed to enhance the confidence, safety, and self-reliance of the students by equipping them with essential self-defence techniques and strategies.

A pivotal part of the programme was the session conducted by the Caretaker Officer Prof. Chandresh Kumar of the NCC Unit, Government College Theog, who served as the resource person. The resource person emphasized the importance of self-defence in a student's life. Speaking earnestly, he highlighted how self-defence is not just a skill but a vital tool for confidence and preparedness in difficult situations. Their words and dedication left a deep impression on the participants, inspiring them to take proactive steps toward self-reliance and personal safety.



The training session included practical demonstrations of basic martial arts moves and self-defence techniques tailored to real-life scenarios. These demonstrations were skillfully performed by the students of the Physical Education Department, who showcased their abilities and served as role models for their peers. Participants actively engaged in the session, displaying enthusiasm and determination to learn these life-saving skills. The collaborative effort of the Women's Cell and the NCC Unit ensured the success of the event, leaving a lasting impact on all attendees.

Dr. Nidhi Dhatwalia
Convener Women Cell

Principal
Govt. Degree College, Theog