**Doaba College Jalandhar**

**Title of the Event: Workshop on Self Defence for Self- Confidence**

**Date: 2-3, 5 May 2025**

**Venue: Yog and Meditation Kendra**

**Organized by: Health and Well-Being Committee, Department of Physical Education**

**In-charge of the Event: Prof. Garima Chodha, Dr. Suresh Mago & Prof. Vinod Kumar**

**Name of the Chief Guest: Mr. Sunil Kumar, Karate and Martial Arts Expert**

**REPORT**

The Health and Well-Being Committee, in collaboration with the Department of Physical Education, Doaba College Jalandhar, organized a three-day workshop for girl students on the topic ‘Self Defence for Self- Confidence’ on 02-03 and 05 May 2025. Mr. Sunil Kumar, karate and martial arts expert, was the resource person. The event began with his floral welcome by Prof. Garima Chodha, Dr. Suresh Mago, Dr. Ambika Bhalla and Prof. Vinod Kumar. In his welcome address, Dr. Suresh Mago introduced the purpose of the event and the resource person to the audience.

The resource person, Mr. Sunil Kumar, emphasized the importance of martial-arts techniques. He motivated the girls to prepare themselves for self-defence. He demonstrated self-defence techniques through karate and also shed light on the strong and weak parts of the body such as elbows, palms, heels, toes, head, eyes, ears, throat respectively, which can work as weapons for self-protection.

This was demonstrated by him along with his colleague. Practicals of Karate for self- defence between pairs of girl students were also done. All the girl students participated enthusiastically in it.

In the Valedictory session, on the third day of the workshop, Principal, Dr. Pardeep Bhandari, in his address, said that girls should be given the freedom to achieve excellence. However, their mental fear prevents them from moving forward. He congratulated the girl students for their enthusiastic participation in the self-defence workshop and for attaining self-confidence to march ahead in life.

Many girl students shared their experiences of this workshop. Around 100 girls participated in the workshop. The trainer was honoured with a memento. The members of the committee Prof. Vikas Jain, Prof. Neha Gupta, Prof. Jaswinder Singh and faculty members were also present on the occasion. The event culminated with a vote of thanks by Dr. Suresh Mago, Co-ordinator of the event.