

Activity Report
on
Ten-day Training-Cum-Workshop on Self Defense for Women
16th November 2017

A Ten-day Training-Cum-Workshop on Self Defense for Women, from 7-16 November 2017 was held at S. Kula Women's College, Nambol, Manipur. The programme was organized by Women's Studies Centre, of this college in collaboration with HULA Sindamsang, Keishamthong Laishram Leirak, Imphal, Manipur. The closing ceremony was held at the multipurpose hall of the college on 16 November 2017 at 11.00 a.m. in which, Dr. K. Sobita Devi, Chairperson, Manipur State Commission for Women, Dr. L. K. Singh, President, HULA Sindamsang, M. Arunkumar Meetei, Principal, HULA Sindamsang, Dr. N. Joykumar Singh, Principal, S. Kula Women's College, Dr. W. Kunjarani Chanu, Director, Women's Studies Centre, and Shri N. Ibomcha Singh, President, Governing Body, S. Kula Women's College were graced as Chief Guest, Guests of honour and president of the closing function respectively.



Giving the keynote address, convener of the organizing committee, Dr. L. Muhindro Meetei stated that the Women's Studies Centre of this college has been organizing different programmes like outreach programme, awareness programme on the concerns of women in particular. By considering the significance of self defense in such a society where women are in vulnerable day by day with the advancement of science and technology, the centre has been planning to impart knowledge of self defense to the students of this college. As done in the 2014, the centre had requested the HULA Sindamsang, Keishamthong to provide instructors for organizing ten-day training cum workshop on the self defence for

women. Two women instructors were involved in training the participants on the art of self-defense. As a residential programme, it was started since 7th of November 2017. By considering the ensuing examinations of 1st and 3rd semester to be held from 23 November 2017 the programme was managed in the morning and evening shift only. Altogether 30 participants participated and acquired different techniques of self defense during the course of ten days training. It is also great success of the programme that some students were nominated by the trainers and HULA authority to participate in the Sangai Festival from 21 November 2017 in the event of HULA demonstration. Members of HULA Sindamsang and trainees of the workshop performed a series of techniques employed for self defence through a demonstration programme to all the dignitaries and participants of the closing function. All the dignitaries in their speeches, emphasised the significance of self defence training for women that can reduce the prevalence of crime against women to a certain degree. The programme ended with certificate distribution to all the participants. To mark the success of the organization, certificate of appreciation were also presented to two women instructors (1) Mangangcha Mutum Enourembi and (2) Nongthombam Sara Devi. Significantly, certificate of honour were also presented to the authority of the HULA Sindamsang by the authority of the S. Kula Women's College by honouring the contribution made by this organization in this ten-day training cum workshop on self defence for women. The Certificate of honour was received by Dr. L. K. Singh, President and Mutum Arunkumar Meetei, Principal of the HULA Sindamsang. On the feedback, most of the participants have expressed desire to organize such programme at regular intervals which will encourage all the women students to be empowered so that they can defend themselves from various untoward incidents in the future.



List of participants in the 10-day training cum workshop on Self-defense for women held from 07 to 16 November 2017 at S. Kula Women's College

1	Lourembam Kebisana	BFT 1 st Sem
2	Leishangthem Ramva Chanu	B Voc FT 1 st Sem
3	Laishram Sushmadutt	B Sc. 1 st Sem
4	Bhony Kshetrimayum	BBT 1 st Sem
5	Ningthoujam Nganthoi	B A 1 st Sem
6	Khangembam Rebina Devi	B Sc 3 rd Sem
7	Takhellambam Asharani Devi	B Sc 5 th Sem
8	Mongngaiching Singsit	BFT 1 st Sem
9	Chaobisana Mongjam	BCA 3 rd Sem
10	Kangjam Merinashree Devi	BFT 3 rd Sem
11	Soibam Sonia Chanu	BA 3 rd Sem
12	Kayenpaibam Taibanganbi	BFT
13	Angeles White Khoisnam	BA 5 th Sem

S. KULA WOMEN'S COLLEGE, NAMBOL

14	Loitongbam Lalleima Chanu	BA 5 th Sem
15	Preety Irungbam	BTT 3 rd Sem
16	Heigrujam Liya Devi	BTT 3 rd Sem
17	Kiyam Bilami Chanu	BA 1 st Sem
18	Nameirakpam Seirowna Chanu	B Sc 1 st Sem
19	PF Hariivini Kayina	BFT 3 rd Sem
20	Lakshmi Salam	BA 1 st Sem
21	N. Adaphro	BFT 3 rd Sem
22	Mutum Priyabandana Devi	B. Ed 2 nd Year
23	Sophiya Sagolshem	B Sc 3 rd Sem
24	Ranjana Yumnam	B Sc 3 rd Sem
25	Khwairakpam Mediya Devi	BBT 3 rd Sem
26	Ngangom Soni Chanu	BCA 3 rd Sem
27	Laimayum Pushparani Devi	BCA 3 rd Sem
28	Laimayum Bidyalaxmi Devi	BCA 3 rd Sem

29	Konsam Keronica Devi	BBT 3 rd Sem
30	Nongthombam Malemnganbi Chanu	B Ed 2 nd Sem

Certificate of appreciation given to the instructors by K. Sobita, Chairperson MSCW and N. Ibomcha, President, GB, SKWC

1. Mangangcha Mutum Enourembi
Instructor
Uripok Sorbon Thingel Kababram Leikai
2. Nongthombam Sara Devi
Instructor
Uripok Sorbon Thingel Kababram Leikai

Certificate of Honour given by K. Sobita, Chairperson MSCW and N. Ibomcha, President, GB, SKWC to

1. Dr. L. K. Singh, *President*, HULA Sindamsang, Keishamthong, Imphal West, Manipur
2. M. Arunkumar Meetei, *Principal*, HULA Sindamsang, Keishamthong, Imphal West, manipur

(Dr. L. Muhindro Meetei)
Convener,
Organising Committee



KULA WOMEN'S COLLEGE

KONGKHAMPAT, NAMBOL, MANIPUR.

Organizing Committee

The 2nd November, 2017

The following faculty members will constitute the organizing committee for the organization of **Ten-day training-cum-workshop on Self Defence for Women** which will be held from 07 to 16 November 2017 at the Indoor Hall of the college in the morning and evening shift. The programme is organized by Women's Studies Centre in collaboration with Hula Sindamsang, Keishamthong, Laishram Leirak, Imphal East.

1. Dr. N. Joykumar Singh, Principal - Patron
2. Dr. W. Kunjarani Chanu,
Director, Women's Studies Centre - President
3. Dr. L. Muhindro
Coordinator, Human Rights Studies Centre, - Convenor
4. Dr. I. Dinamani Singh, Asst. Prof. Dept. of English - Co-convenor
5. L. Tomba Meetei - Member
6. Ch. Rameshwor Singh - Member
7. M. Surjit Singh, HoD, Education - Member
8. Ch. Rameshwor Singh, Asst. Prof. Dept. of Geography - Member
9. M. Bishajeet Meetei - Member
10. L. Kulachandra, Head Clerk - Member
11. M. Gandhi Singh - Member
12. P. Jiten Singh - Member
13. Kh. Suresh Singh - Member

(Dr. N. Joykumar Singh)

Principal,

S. Kula Women's College,
Nambol, Manipur.
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(Dr. N. Joykumar Singh)

Principal,

Principal S. Kula Women's College,
S. Kula Women's College Nambol, Manipur.
Nambol, Manipur.