

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**

S. KULA WOMEN'S COLLEGE, NAMBOL

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 3 rd Semester
13.	Angeles White Khoisnam	BA 5 th Sem
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.	Respa Yurembam	BSc, 3rd Sem
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.	R.K. Kherodasana Devi	BSc, 3rd Sem

S. KULA WOMEN'S COLLEGE, NAM BOL

31.	Elizabeth Irom	BA, 1st Sem
32.	Moirangthem Jeshila Devi	BA, 1st Sem
33.	Thounaojam Soniya Devi	BA, 1st Sem
34.	Khaidem Sundari Devi	BA, 1st Sem
35.	Kangujam Manileima	BA, 1st Sem
36.	Hemabati Nameirakpam	BA, 1st Sem
37.	Laishram Bindiya Devi	BA, 1st Sem
38.	Priya Laishram	BA, 1st Sem
39.	Elizabeth Irom	BA, 1st Sem
40.	Moirangthem Jeshila Devi	BA, 1st Sem
41.	Laishram Narmada Devi	BSc, 5th Sem
42.	Khangembam Renubala Chanu	BSc, 5th Sem
43.	Suranda Khaidem	BSc, 5th Sem
44.	Koijam Valentina Devi	BSc, 5th Sem
45.	Ningthoujam Babina Devi	BSc, 5th Sem
46.	Yurembam Kenao Chanu	BSc, 5th Sem
47.	Konthoujam Joshmi Devi	BSc, 5th Sem
48.	Loitongbam Rashitombi Devi	BSc, 5th Sem
49.	Saikhom Pusparani Devi	BSc, 5th Sem
50.	Laishram Narmada Devi	BSc, 5th Sem
51.	Khangembam Renubala Chanu	BSc, 5th Sem
52.	Leimapokpam Yaipharembi Chanu	Bcom 5th sEm
53.	Thokchom Henna Devi	Bcom 5th sEm
54.	Maibam Dayabati Devi	Bcom 5th sEm
55.	Moirangthem Bebika Devi	Bcom, 1st Sem
56.	Sagolshem Ricky Chanu	Bcom, 1st Sem
57.	Narmada Ngangom	Bcom, 1st Sem

58.	Indrani Salam	Bcom, 1st Sem
59.	Ningthoujam Elima Devi	BSc, 3rd Sem
60.	Soibam Luxmi Devi	BSc, 3rd Sem
61.	Lourembam Robita Devi	BSc, 3rd Sem
62.	Elam Urmila Chanu	BSc, 3rd Sem
63.	Maisnam Rinapati Devi	BSc, 3rd Sem
64.	Hanglem Usharani Devi	BSc, 3rd 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.

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| 1. Dr. N. Joykumar Singh, Principal | - Patron |
| 2. Dr. W. Kunjarani Chanu,
<i>Director, Women's Studies Centre</i> | - President |
| 3. Dr. L. Muhindro
<i>Coordinator, Human Rights Studies Centre,</i> | - 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.

Weblink to Self-Defence training for Women

<https://www.youtube.com/watch?v=Zev2XveYidI&t=139s>