

Action Taken Report

Awareness Program on Self-Defence for the Empowerment of College Girls

An Awareness Program on Self-Defence for the Empowerment of College Girls was successfully conducted on the 12th of April, 2023, from 11:00 am to 1:30 pm at the Multipurpose Hall, S. Kula Women's College, Nambol. The program was organised by All Manipur Women's Association (AMWA), the state branch of the All India Women's Conference (AIWC), in collaboration with the Secretary of VOVINAM Association of Manipur and NSS Unit I & NSS Unit II of S. Kula Women's College, Nambol.

Objectives

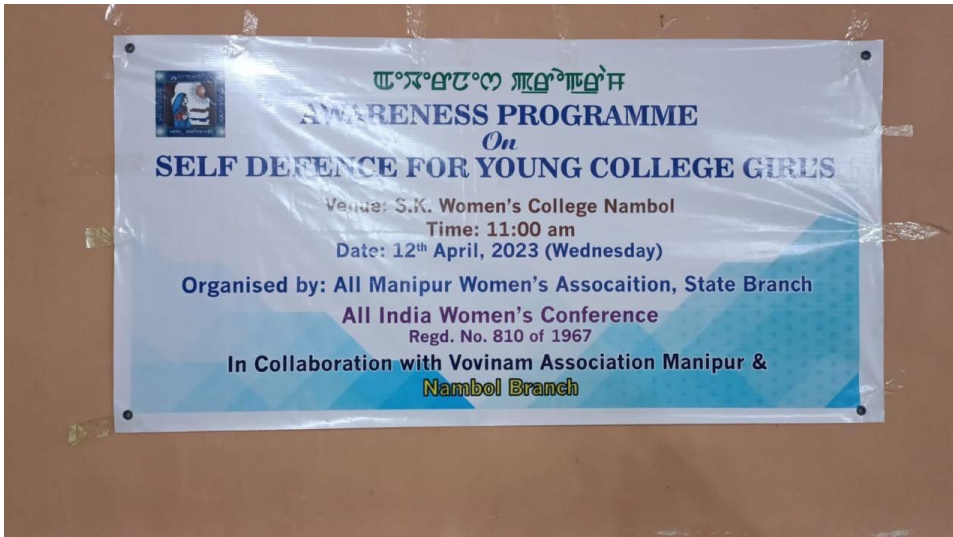
- To empower college girls with self-defence skills.
- To raise awareness on the importance of physical and mental preparedness.
- To build confidence among young women to face unforeseen challenges.

Program Highlights

The resource persons from the VOVINAM Association of Manipur conducted practical training sessions, demonstrating various self-defence techniques. The participants actively took part in the physical demonstrations, practising defence moves under expert guidance. The event witnessed enthusiastic participation from students and faculty members, creating an empowering and encouraging environment.

Photographs of the Event









Conclusion

The awareness program was a resounding success, significantly benefiting the students by equipping them with vital self-defence skills. It not only fostered self-confidence among participants but also highlighted the necessity of such training programs for young women in colleges. The collaborative effort of AMWA, AIWC, VOVINAM Association, and NSS Units of S. Kula Women's College was commendable in making the event impactful.

Sumobala

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