

AZADI KA AMRIT MAHOTSAV

WOMEN AND CHILDREN (WORKSHOP ON SELF DEFENCE)

A 3(three) hours programme on Women and Children conducted on 27th June 2023 in the premises of DIET, Karbi Anglong Diphu under the flagship of Azadi Ka Amrit Mahotsav 2023. The first 1 and half hours had session on speech by Principal DIET, Karbi Anglong and invited guest speaker on Women and Children. And the second 1 and half hour had a demonstration session on self defence. The programme was inaugurated by Smt. Kakrai Teronpi, Principal DIET, Karbi Anglong, along with the guest of honour Smt. Jacinta Hansepi and Smt. Monjir Kropi, Faculties DIET Karbi Anglong and B.Ed 2nd semester Teacher Trainees. The objectives of the programme explain by Smt. Robika Enhipi, W.E.T DIET, Karbi Anglong cum Co-ordinator of the programme. Vote of thanks was given by Smt. Swapna Das Lecturer DIET, Karbi Anglong cum Co-ordinator of the programme. Felicitated with Karbi poho to the dignitaries in the inaugural session and the program ended with our National Anthem “Jana Gana Mana.”

Total expected participants	Total Present
50	45

Objectives of the interactive session

1. To educate the girl’s students about the different types of violence against them.
2. To provide knowledge about the different tips of self protection.
3. To showcase and give demo on different self defence techniques.

Learning Outcome

1. The trainees learn about the different kinds of violence that may be faced by girl’s or by women to any place including at home.
2. The trainee participants got different Self protection tips.
3. The trainees have the chance to see the live demo of the Self-defence techniques as demonstrated by the trainees.





Schedule of the program

Sl. No.	Time	Activity	Nodal Person
1	10.00 am-10.15 am	Morning Assembly Prayer/Lightning of Diyas	Led by B.Ed Teacher Trainees
2	10.15 am-10.20 am	Welcome Speech	By Smt. Robika Enghipi W.E.T cum co-ordinator
3	10.20 am-10.30 am	Inaugural Session	Smt. Kakrai Teronpi, Principal DIET
4	10.30 am-10.35 am	Felicitation of Dignitaries	Led by Smt. Mitali Engtipi and Urmi Enghipi B.Ed 2 nd Semester Teacher Trainees
5	10.35 am-10.45 am	Objectives of the program	By Smt. Robika Enghipi W.E.T cum co-ordinator
6	10.45 am -11.00 am	Speech on Women and Children	Smt. Kakrai Teronpi, Principal DIET
7	11.00 am- 11.30 am	Speech on Self Defense	By Smt. Jacinta Hansepi, Resource Person
8	11.30 am -12.30 pm	Demonstration on Self Defence	By Smt. Jacinta Hansepi and Monjir Kropi
9	12.30 pm -12-40 pm	Certificate of Appreciation	Shri Samujjal Borah & Smt. Swapna Das Lecturer, DIET
10	12.40 pm -12.50 pm	Vote of thanks	Smt. Swapna Das Lecturer, DIET cum co-ordinator
11	12.50 pm -1.00 pm	National Anthem	Led by B.Ed Teacher Trainees

Organised by-

Smt. Swapna Das
Co-ordinator

Smt. Robika Enghipi
Co-ordinator

Date-27/-6/2023