

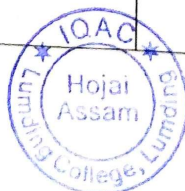


Report on Workshop on Martial Arts

Martial arts are codified systems and traditions of combat practices, which are practised for a variety of reasons – self-defence, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development. India has an ancient tradition in diverse martial arts. Nearly every part of India has evolved one or the other form of popular martial art.

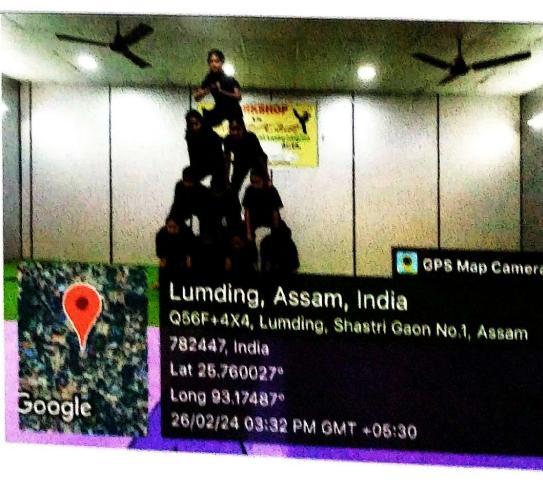
Women Cell, ACTA Unit Lumding College organise five day's workshop on Martial Arts in the college premises for both the girls & boys from 22nd February 2024 to 26th February 2024. Forty students (both girls & boys) participated in the workshop. Sri Joydeb Sarkar, THAI BOXING of Lumding acted as trainer and resource person. Every day they trained the students on the different aspects of Martial Arts.

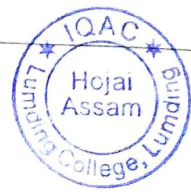
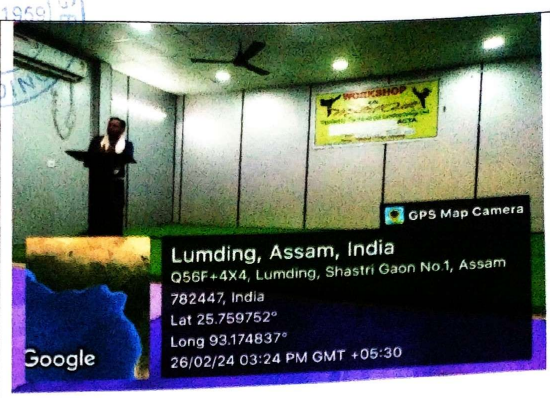
On 22nd February, 2024 Principal, Dr. Anuradha Chaudhuri inaugurated the workshop along with IQAC Coordinator Dr. Sanjay Kanti Das and other departmental colleagues. Dr. Chaudhuri while delivering her lecture appreciate the activities of Women Cell, ACTA unit, Lumding College for organising such type of events. She further explained the importance of martial arts by saying "...and of course it's good for self-defence, with all that punching and kicking. But the benefits of martial arts training, especially for children and teenagers, are much more than simple physical improvements. Martial arts benefits span a spectrum of physical, mental, and social attributes, all of which are learned and improved through martial arts training."





After successful completion of five days training programme on 26th February 2024, valedictory session was held in the college conference hall from 3pm onwards. Principal i/c Sri Parsu Upadhaya, IQAC Coordinator Dr. Sanjay Kanti Das, ACTA Secretary Lumding College Unit Sri Anjan Paul and Resource person Sri Joydeb Sarkar of THAI BOXING of Lumding College were remain present in the session along with members of Women Cell, ACTA unit Lumding College. All the dignitaries delivered their short speeches covering the different aspects of Martial arts and the key role of Women Cell, ACTA Unit, Lumding College for organizing such events. In the meantime, all the participants show one confined demonstration of martial arts. Later the dignitaries handed over the participation certificate to the participants. The whole valedictory session was hosted by Dr. Onkita Misra, Secretary Women Cell, ACTA Unit, Lumding College.





Report prepared by:

Rapporteur Group, IQAC,

Lumding College



Dated: 27.02.2024

Signature

1. Mrs. Seema Nath (Convener)
2. Mrs. Antara Choudhury (Member)
3. Ms. Sudhangshu Priya Bharati (Member)
4. Ms. Sampurna Bora (Member)
5. Ms. Deborah Daolagupu (Member)
6. Dr. Jahnabi Das (Member)
7. Ms. Chandrawali Goswami (Member)

Seema Nath
A. Choudhury
Sb

Sura
Daolagupu

Jahnabi

Chandrawali

