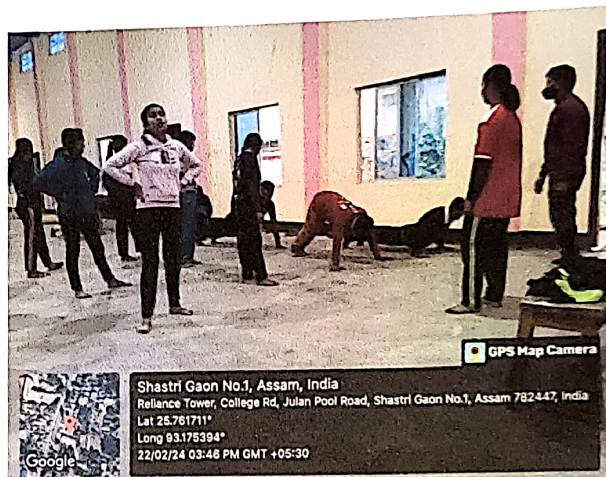
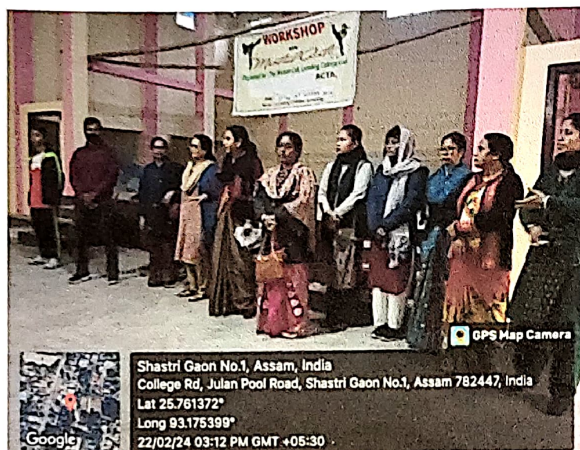
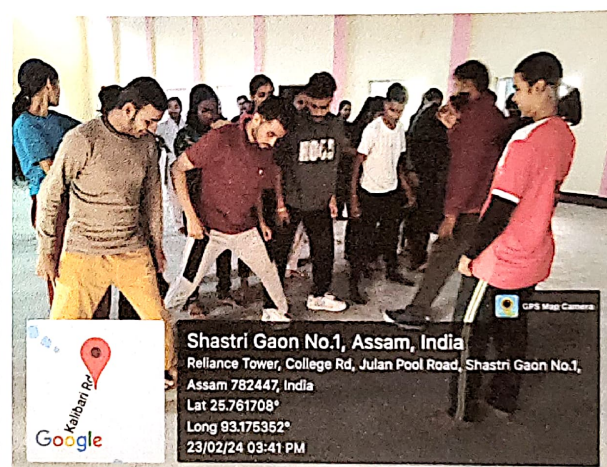
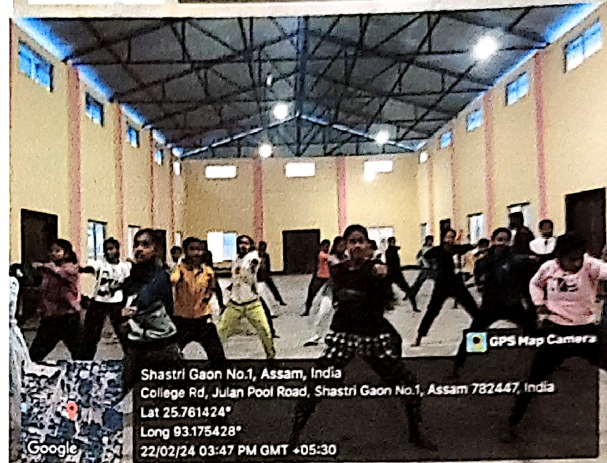
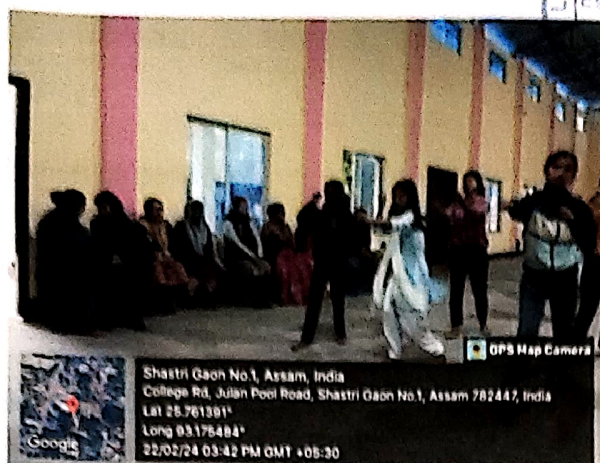




Report on the Martial Art Workshop at Lumding College

The Women Cell of Lumding College successfully organized a martial art workshop from February 22 to 26, 2024. The primary objective of the workshop was to equip participants with essential self-defense techniques and to promote physical fitness and confidence. The initiative was part of the Women Cell's ongoing efforts to provide valuable extracurricular activities that enhance the personal development of students. The workshop was conducted by Sri Joydeb Sarkar, a seasoned expert in mixed martial arts affiliated with the Thai Boxing Institute. Mr. Sarkar brought a wealth of experience and expertise to the workshop, ensuring that participants received high-quality training. A total of 40 participants attended the workshop, showing a commendable level of enthusiasm and commitment throughout the five-day event. The diverse group included students from various departments, reflecting the inclusive nature of the program.





Picture: Snaps from the workshop

The martial art workshop organized by the Women Cell of Lumding College was a resounding success. It not only provided valuable self-defense training but also fostered a sense of empowerment and confidence among participants. The Women Cell plans to continue offering



such workshops in the future, contributing to the holistic development of students at Lumding College.

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