



TRCAC/DC/WDC/007 of 2024-25

Date: 16/09/2024

NOTICE
(DC/JC)

Self Defense Training Program

The Women Development Cell (WDC) of Thakur Ramnarayan College of Arts and Commerce is pleased to announce a Self Defense Training Program. It aimed at empowering our students with essential self-defense skills and techniques. This initiative is part of our ongoing effort to promote safety, confidence, and well-being among our students.

The objective is to equip students with practical self-defense skills and enhance their awareness of personal safety, thereby boosting their confidence and self-reliance in potentially dangerous situations.

Your presence and active participation will contribute to making this event a success.

Self Defense Training Program scheduled on following:-

Dates	Time
23rd September 2024	11:00 a.m to 01:00 pm
24th September 2024	11:00 a.m to 01:00 pm
25th September 2024	11:00 a.m to 01:00 pm
1st October 2024	11:00 a.m to 01:00 pm
3rd October 2024	11:00 a.m to 01:00 pm



Note - The participants shall wear comfortable clothes to perform the physical exercises and defence techniques.

Details of Event:


Date: September 23th, 2024 to October 3rd, 2024

Time: 11:00 a.m to 01:00 pm

Venue: Ground Floor (College Campus)

Ms. Nisha Kekan(DC) 
Ms. Aashna Digra(JC) 
Chairperson, WDC




Dr. Sumathi Rajkumar
Vice- Principal