

One Week Martial Arts Training Program for Self Defense of girl students

Under the able guidance of Principal Dr Amandeep Heera, Internal Quality Assurance Cell (IQAC) of .Babbar Akali Memorial Khalsa College, Garhshankar successfully organized a 7-days (24th Feb to 2 nd March 2025) Martial Arts Self-Defense Training Program to strengthen the safety and self-reliance of female students. Renowned martial arts trainer Mr. Kamal Kishore Noori provided specialized training to the students.

During this training, students were practiced self-defense techniques, physical strengthening, quick decision-making skills, and special methods to handle potentially dangerous situations. The trainer also raised awareness among students about the importance of personal safety and motivated them to enhance their inner strength and self-confidence.

Throughout the training program, students participated with great enthusiasm and energy. Daily personalized instruction, practical demonstrations, and hands-on practice helped further strengthen their understanding and skills.

At the closing ceremony of the program, Principal Dr. Amandeep Heera appreciated the contributions of the IQAC team and trainer Mr. Kamal Kishore Noori. She advised the students to continuously practice these skills and always remain vigilant.

This program proved to be highly beneficial for the students, helping them become more confident and self-reliant. It stands as a remarkable example of the college's dedicated efforts toward student safety, personality development, and holistic



education.

