



Office of the Principal

Govt. Degree College Pampore

گورنمنٹ ڈگری کالج پانپور (کشمیر)

Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir

Cell: 9419022133, Web : gdcpampore.com Email: gdcpampore@gmail.com

No: GDC/PMP/021/2712

Dated: 19/07/2021

Report on One Week Self Defensive Training Camp for Girls

Department of Physical Education and Sports in collaboration with Women Development Cell organized One Week Self Defensive Training Camp for Girls w. e. f. 05/07/2021 to 10/07/2021. The Training Camp was conducted to boost the self-confidence of the girls & to empower them by way of training in skills to face any undesirable situation. Worthy Principal Dr. Seema Naz formally welcomed the Chief Guest Mr. Baseer- Ul- Haq Choudhary DC Pulwama & Special Guest Mr. Ishtiyaq Ahmad Bhat Tehsildar Pampore. She motivated & mentored the students to be strong and alert while dealing with the any unfavorable situation. Chief Guest of the event appreciated students who participated the training camp with full enthusiasm. He also called upon the parents to make their daughters courageous & advised students to keep practicing basic techniques on a daily basis. He encouraged educational institutes to step forward & organize mass trainings for the girls to make them self-reliant. The coaches in the camp were Ms. Sumaiya Saif, Ms. Tamajud Saif & Ms. Shariya Manzoor being the International players of Martial Arts & Karate. The girls were taught simple techniques of self-defense & they were also informed about tackling situations in which they found themselves to be under any kind of harassment. The safety of the girl should be given maximum priority. The techniques were drawn from Martial Arts & included the back- fist defense, fast forward defense. The coaches gave training session from 11: 00 am to 03: 00 pm for all the following days. Trainers gave elaborate demonstrations of the techniques to students.

In the valedictory ceremony Worthy Principal Dr. Seema Naz shared her views and appreciated all the students who participated with zest & zeal. All the participants were awarded with Participation Certificates & Medals for being a part of the training camp. Special Guest on the Valedictory ceremony was Nahida Manzoor, 1st girl from UT of JK to climb Mount Everest.





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Sd/-
Mr. Zaffer Manzoor
Convener Sports

Sd/-
Prof. (Dr.) Seema Naz
PRINCIPAL