

Report on Certificate Course on Self- defence(Karate)

In India, the cases of gender violence are increasing, many of which go unreported or unregistered. This is because India is a place where women are taught not to get raped but men are *not taught* to not to rape. But for the moment, it is very important for women in India to learn self-defence for their own safety and survival. Studies have shown that criminals choose those targets more that are unaware of their surroundings and what is going on around them. An attack can happen in any form at anytime. This is true of the situation in Shillong too. In fact, over the years, some students of the college have complained of some sort of harassment by the opposite sex on their way to college. As a result, the Students' Cell came up with the idea of starting a self-defence programme that would arm students with the necessary skills to defend themselves. Other than self-protection, Martial Arts teach women discipline and also build confidence which transfers to all other areas of their life.

Thus, on the 12th of May 2014, in collaboration with the All Meghalaya Karate-Do Association, the college started the first Self-Defence class for students and the first batch of 8 students were officially inducted on this day. Since then the number of students has been increasing. In 2015 the number rose to 26, and 2016 saw 23 students in their *whites* (karate uniforms). The art form taught is Karate Shotokan and Self-defence. The students also appeared for their official examinations in 2015, in which all came out successful. Two of them secured a double promotion from white belt to orange belt and the rest secured yellow belts. The college team also competed in the inter-college tournament, where 6 students won in 2015; 2016 saw one winner.

It is heartening to see that more and more students have expressed interest in being a part of the Self defence programme. In fact, even residents in the surrounding area of the college have come forward to enrol themselves. Martial Arts is not only a physical exercise but a training philosophy that every woman should imbibe, keeping in view its relevance in the present situation where women are in danger of being easy targets.

Dr R. J. Nongrum
Co- ordinator,
COC Self Defence (Karate)