

## Institutional Distinctiveness

### **Self Defense Program for Students:**

Vision of Chandra Kamal Bezbaruah Commerce College:

To establish itself as a centre of excellence for ensuring quality in Higher Education by shaping the human resource in the right way and thereby contribute towards uplift of the society and development of the nation.

Empowering students has been the call of the day. In this modern era, violence against students especially girl students is becoming very common in every street of both rural and urban setting. They feel insecure the moment they are out of their homes for any purpose. It is very important for everyone to be prepared mentally and physically and be well equipped with required skills and techniques to defend oneself from any kind of anti social elements prevailing in the society today. The purpose of self defense is that the more prepared you are the less likely you will become a victim.

The main objectives of the program are:-

- i) To improve physical conditioning and equip the students to defend themselves against any type of physical assault.
- ii) To build self confidence so that they can contribute meaningfully to their own development by shaping their own destiny.
- iii) Capacity enhancement through self defence training.
- iv) To empower the students in all aspects.
- v) To develop self-discipline

The “All Assam Amateur Muaythai Association” started its classes in the college campus for the first time in the year 1985 and has been continuing till date. Since 1985, the college has been providing the venue to conduct self defense training to students irrespective of sex. More than 2000 trainees from greater Jorhat area have been given training till now. Initially only Karate training was given but since 1998 Amateur Muaythai has been added to it and presently both type of training are given under the umbrella of All Assam Amateur Muaythai Association.

The different phases of the training are:-

Yellow belt (4 months)

Orange belt (4 months)

Green belt (4 months)

Blue belt (4 months)

Maroon belt (4 months)

Brown belt: Brown 1 (4 months), Brown 2 (4 months), Brown 3 (4 months), Brown 4 (4 months)

One year Gap

Black Belt

Thus, it is a 4 year self defense training program starting from “Yellow” to “Black Belt”. Till 2020, out of the total 2000 trainees, Black Belt has been awarded to 212 trainees. And among these 2000 trainees, quite a number of them were/are our students.

On September 2, 2019 the College signed an MOU with “All Assam Amateur Muaythai Association” which is affiliated to United Amateur Muaythai Association, India. An agreement was reached to provide Muaythai/ Self Defence classes to the students for an hour on every working day from 2019-20 academic session. Accordingly, till the declaration of the COVID-19 lockdown, self defence classes were going on in full swing as per allotment in the routine.