



OFFICE OF THE PRINCIPAL

CHANDRA KAMAL BEZBARUAH COMMERCE COLLEGE

NAAC B+ GRADE ACCREDITED

(ESTD. 1965)

JORHAT (ASSAM), PIN - 785 001

+91-376-2301891 (O)

+91-94350-92990 (M)

e-mail : info@ckbcc.org

Website : www.ckbcc.org

Dr. Ranjit Sarma, M.Sc., M.Phil., Ph.D.

Principal & Secretary

Ref. No.

Date

Institutional Distinctiveness

Self-Defence 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-defence 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 defence 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:-



R. Sarma

Principal

CKB Commerce College
JORHAT



OFFICE OF THE PRINCIPAL

CHANDRA KAMAL BEZBARUAH COMMERCE COLLEGE

NAAC B+ GRADE ACCREDITED

(ESTD. 1965)

JORHAT (ASSAM), PIN - 785 001

Dr. Ranjit Sarma, M.Sc., M.Phil., Ph.D.

Principal & Secretary

☎ : +91-376-2301891 (O)

☎ : +91-94350-92990 (M)

e-mail : info@ckbcc.org

Website : www.ckbcc.org

Ref. No.

Date

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-defence 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, Free Self Defence Training for both girl and boy students was conducted in the college from 9th September, 2019 to 7th March, 2020 but afterwards, there was an interruption due to the COVID-19 lockdown.

The college campus presents a vibrant and lively atmosphere from Monday to Saturday (4pm to 7pm) with old and young students engrossed in Muaythai practice, and parents/guardians as avid onlookers. Further, the strategic location of the institution in the heart of the city makes it ideal for hosting big and important events. Thus, Muaythai Professional Fight Championship, Season 1 was held in Chandra Kamal Bezbaruah Commerce College from August 22 - 27, 2017. Few students of the college were also among the competitors. The 16th All Assam Muaythai Championship (Senior Men & Women) and All Assam Colour Belt Kick-Boxing Test was held from November 18 to November 20, 2021 in the Indoor Stadium of the college. Wards of the college faculty and staff were also among the participants.



R. Sarma

Principal
CKB Commerce College
JORHAT