

## Women's Day Celebration

06:03:2025

To commemorate a week-long Women's Day Celebration, Southfield College in collaboration with the Sports Authority of India (SAI) and Darjeeling Hill University organized a Self-Defence demonstration and a class for the NCC cadets of the college with the theme "Stronger Her, Healthier Future". The demonstration was displayed by the members of Wako India Kickboxing Federation where the students were provided with the basic self-defence techniques. The programme aimed to promote physical fitness with mental alertness so that women could improve their situational awareness and defend themselves in potentially dangerous situations.

The event saw the gracious presence of Lt Gyanshree Pradhan (ANO, Southfield College) Mr. Sanjay Rai and Mr. Manoj Rai (Darjeeling District Kickboxing Association), Mr. Biswanath Roy (General Secretary, Kickboxing Federation), Sanjay Rai (Centre In- charge SAI), Utkarsh David and Sanjiv Hingmang (SAI).

