



# Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

## ACTIVITY REPORT

### Self-defense Workshop for female students concludes at GDC Kargil

<b>Date</b>	May 04, 2026	<b>Category</b>	Co-curricular activities
<b>Department</b>	N/A	<b>Committee</b>	PM-USHA/UGC AISHE/Academic Projects

As part of the Pradhan Mantri Uchchar Shiksha Abhiyan (PM-USHA) initiative aimed at promoting inclusive and quality higher education, Government Degree College Kargil successfully conducted the concluding ceremony of a seven-day self-defense workshop exclusively for female students.

The workshop was organized under the Gender Inclusion & Equity Initiatives of PM-USHA, with the objective of empowering young women with essential self-defense skills and confidence.

The programme commenced with a welcome address and anchoring by Dr. Imtiyaz Kharpa, who briefly highlighted the activities and outcomes of the week-long self-defense workshop conducted at the college. This was followed by an address by Dr. Abdul Hamid, Convener PM-USHA, who elaborated on the vision and objectives of the PM-USHA scheme in strengthening higher education and promoting gender equity.

The highlight of the programme was an expert talk by Major Smita, Yoga Instructor on the topic "Do You Have It in You?" under the theme Nari Shakti. In her address, she effectively correlated her talk with the need to inspire young women to consider careers in the defense forces, encouraging them to build physical fitness, mental strength, and a spirit of discipline and patriotism. Her motivational interaction urged participants to recognize their inner potential and take up challenges with confidence.

Mr. Mehdi Nasri, the trainer of the seven-day workshop, shared his experiences and insights from the training sessions. His dedicated coaching of the students throughout the week was widely acknowledged and appreciated by all, as reflected in the confidence and skills demonstrated by the participants.

Students presented a practical demonstration of self-defense techniques, effectively showcasing the skills gained and the impact of the week-long training.

The programme concluded with an address by the Principal, who commended the organizers and participants for the successful conduct of the workshop and emphasized the importance of such initiatives in empowering young women.

The event ended with a formal vote of thanks by Mr. Ahsan Ali, Co-Convener PM-USHA, who expressed gratitude to the trainer, resource person, organizers, and students for their active participation and contribution.

### Photo Gallery (7 Photos)



