

International Women's Day Report, 2022

On the 8th of March 2022, International Women's Day was celebrated in Shillong Commerce College. The programme was organised by the Women's Cell of the College on the theme "Gender Equality Today for a Sustainable Tomorrow" and sub-theme "Be Empowered Be Safe". The programme was organised with a purpose to provide training to young girls on self-defence which could be an essential tool for them to survive the crimes, violence and injustices of today's world. The resource person for the programme was Mr Sambormi Lyngdoh and his team of 15 members (Team Revolution) from the FERDY School of Martial Arts.

Mr Sambormi Lyngdoh is a well-known Martial Artiste in Meghalaya who started the MMA (Mixed Martial Arts) Gym at Lumsophoh and also a member of the (AIMMA) All India Mixed Martial Arts. He was an active martial artiste since 1996 under the guidance of (L) Stephen Leong and has won many laurels for the state of Meghalaya in this discipline.

The programme started at 10:30 am hosted by the Coordinator of the Women's Cell Miss Christina Wanniang. At the beginning of the programme a welcome speech was addressed by Madam Principal Dr (Mrs) Sabita Sen who hinted on the need for a girl or a woman to get involved in martial arts in order to enable self-care and have a much more secure life. Further, in her speech she mentioned that women are the strength and backbone of the family and society at large and how, without them, there could be no society. Many times they were the soft targets of crimes and violence. Therefore they needed to be skilled to be strong enough both physically and psychologically.

Next, Mr Sambormi Lyngdoh expressed his deep sense of privilege to celebrate International Women's Day with all the girl students which was something he had not done before. He also stated on the importance of being self-secured through self-defence as the first and foremost tool to empower women

Further, the Vice Principal Dr (Mrs) Sonita Khongwir expressed that both men and women have to be equal, cooperate and assist each other since one cannot exist and live without the other. She further expressed that 'a man who cooks and cleans is irresistible and a woman who knows how to defend, take care and stand up for herself is awesome'. She then concluded her remarks with a vote of thanks to the organisers of the Women's Cell (Miss Christina Wanniang, Miss Philistina Kharkhyr, Miss Sophia Kurbah, Miss Sandra A Khonglah), the

resource person Mr. Shanbormi Lyngdoh and his team, and to all student participants participating in the celebration.

Next, the token of appreciation was given by the principal to the Resource Person. After that, the actual part of the programme started. Basic moves of boxing, kicking and skills on how to defend oneself and counteract when attacked were taught. Students were also asked to volunteer the moves that were taught. The resource person was very impressed with the enthusiasm and talent of the students for they could learn the self-defence skills and moves faster.

At 12pm, a short break of tea and snacks were served to all. Soon after that the second session started at 12:20 pm which went on till 1:00 pm. In the second session the students were taught more about fighting skills and rehearsing on all the basic self-defence skills.

Mention may be made that some male students also joined the programme to support the female students and celebrate the International Women's Day along with them. This celebration brought so much fun, joy and unity among all. At the end, the resource person thanked all the student participants for their enthusiasm and, on a positive note, he ended with a remark 'Stay Safe and Stay Healthy'.