

Martial art trainning for girls at Dakhin Gaon



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Keeping in mind the importance of self defense for girls, an NGO called Nari Artha Samajai Samity, has launched a programme to train girls in martial arts, since May, free of charge to girls from the economically backward class at Dakhin Gaon, Guwahati. One of the objectives of the NGO is uplifting women mentally and physically so that they don't have to depend on others for any safety reasons, and thus the martial arts session to strengthen them physically. "We girls, we grow under the protection of our father, then under the protection of husbands after marriage and when we get old we depend on our children. But we want that women should live by themselves and should be able to protect herself. Thus the martial arts session for girls is one of our confidence-building measure" says Dipali Barman, secretary of the organisation. Initially there were few girls in the camp but later the enrollment numbers has increased to 85.

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BY PETER ALEX TODD

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