



**J.C. BOSE UNIVERSITY OF SCIENCE  
AND TECHNOLOGY, YMCA**  
*Faridabad, Haryana*



- On 3rd March, 2021 'J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, Faridabad & Haryana Kickboxing Association (WAKO Haryana)' signed an MOU for "Self Defence Training Program (SDTP)".
- Prof. Dinesh Kumar Agrawal, Vice-Chancellor of the University introduced Self Defence Training for the girl students in an institutionalized manner, that will go a long way in contributing towards their physical, emotional and mental health, along with academics.
- Women empowerment through skill development in the field of Self Defence, under the expert guidance of one of the most passionate Kickboxing sportspersons in India – Mr. Santosh Kr. Agrawal – Founder & Secretary General, Haryana Kickboxing Association, will be facilitated through this programme.
- Our heartfelt thanks to Prof. Dinesh Kumar for his benevolent support in the form of this association that has the potential to usher in a new era for Kickboxing sport in general, and bringing forth the female talent in this field in particular; at pan India level.

- It was a privilege for WAKO India to meet Dr. Dinesh Kumar Agrawal, Vice Chancellor of J.C. Bose University of Science & Technology, YMCA, Faridabad (A Haryana State Government & Accredited A-Grade NAAC University) and Shri Sunil Kumar Garg, Registrar of the University.

- WAKO India President and Secretary General – Haryana Kickboxing Association, Mr. Santosh K. Agrawal was well attended by the university officials and they had a long discussion about the future plans of Kickboxing in India, and where WAKO India is heading to in the near future.

- Discussions like holding up the State & National events at YMCA were also held. During the meeting, Treasurer of Haryana Kickboxing Association, Mr. Vikas Aggarwal was also present.



# ***TRAINING***

- All girl students participate in training sessions, with 100% attendance and all display great energy and enthusiasm, towards the pursuit of becoming trained in self-defence tricks.
- The power and energy seen in their kicks and punches, over the punching bag and pad, clearly signal their commitment to the cause.
- Their dedication shows that they are no less than men in any field. They are willing and ready to be role models of tomorrow.





- Girl students can be seen cheerful and full of energy, especially during the early morning sessions.
- They practise in auditorium and punch with near accuracy, well on target. Their passion to excel in Kickboxing sport is well appreciated by HKA trainers, officials and University management, alike.
- J.C. Bose University has world class infrastructure that encourages and inspires all the students alike to be a part of this venture/ initiative.



# SELF DEFENSE TRAINING PROGRAM

A Joint Initiative By

**HARYANA KICKBOXING ASSOCIATION &  
J. C. BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY, YMCA FARIDABAD**



**PHYSICAL FITNESS — SELF DEFENSE — WOMEN EMPOWERMENT**