

- 08 March 2020: Self Defence Training for women, Women's Cell
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**MAVELIKARA ROYAL CITY**  
**JCI INDIA ZONE XXII REGION F**



International  
Women's Day  
**MARCH 8**

**In Association with Women's Cell  
Bishop Moore College, Mavelikara**



**SAMILANA WOMEN'S WEEK DAY 4**

**SELF DEFENCE TRAINING**

**on 04.03.2020 at 11.00 am**

**Trainer : VINEETHA . T**

**3<sup>rd</sup> DAN BLACK BELT (JSKAI),**

**1<sup>st</sup> DAN BLACK BELT (KAI)**

