

#अबइंडियाखेलगाकिकबॉक्सिंग



SASHAKTIKARAN THROUGH STRENGTH

A Tribute to **Women Kickboxer**
International Womens day 2026



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MINUTE-TO-MINUTE PROGRAM SCHEDULE

Kickboxing Demonstration Event:

WAKO
KICKBOXING

International Women's Day

FIT
INDIA

05:15 PM - 05:30 PM

Welcome Address by
the Event Coordinator

Venue:

Jawaharlal Nehru Stadium, Delhi

Date: 08-03-2026

05:30 PM - 05:40 PM

Kickboxing
Demonstration

S.No.	Activity	Duration	Participants/Remarks
1	Fast Warm-up	1 Min	Payal Khan with 25 Participants, Song-Ab India Khelega Kickboxing
2	Shadow Kickboxing	1 Min	Payal Khan with 25 Participants, Song-Ab India Khelega Kickboxing
3	Kickboxing Demo Fight (Low Kick)	1 Min	Madhu and Monal Kukreja
4	Kickboxing Musical Forms Demo (Stick)	1 Min	Krishna Kumari – with song
5	Basic Techniques: Padding	1 Min	Anju Sharma & Vidhika Kaushik and Santosh Thapa & Ridhima Kaushik
6	Kickboxing Musical Forms Demo (Nanchaku)	1 Min	Niral Kukreja – with song
7	Kickboxing Demo Fight (Point Fight)	1 Min	Somya Bhardwaj and Saanvi Kaintura
8	Kickboxing Musical Forms Demo (Kama)	1 Min	Nikshita Tomar – with song
9	Self Defense Demo	2 Min	Monal Kukreja, Nitin and Nitin Kashyap

This schedule provides a clear and professional flow for the Kickboxing demonstration, ensuring effective time management and engagement. This event is a tribute to the rising tide of women in combat sports. We are proud to feature a lineup of International and National-level athletes who will be showcasing the elite skills that have brought them success on the global stage.

These champions are not just performers they are active competitors who have recently participated in the Asmita Kickboxing City League and the Zonal League 2026. Their participation highlights the growing professional pathway for women in sports under the "Asmita" initiative.

"Strength does not come from physical capacity. It comes from an indomitable will." They inspire the next generation to break barriers and take the lead.

Best Regards

Santosh K Agrawal
President - WAKO India Kickboxing Federation

"Great coaches create great champions."



WOMEN POWER IN KICKBOXING

International Women's Day Special Event

Venue: Jawaharlal Nehru Stadium, Delhi

Date: 08 March 2026



“Strong Women Create Strong Nation”



ABOUT THE EVENT

This kickboxing demonstration event was organized on the occasion of International Women's Day at Jawaharlal Nehru Stadium, Delhi. The event showcased the strength, confidence, and discipline of young athletes.

The main aim of this event was to promote women empowerment through sports and inspire young girls to become fearless and independent. The performances were energetic and highly motivating.





WOMEN EMPOWERMENT THROUGH SPORTS

Women are becoming stronger and more confident in every field. Kickboxing is not just a sport, it is a symbol of self-defense, strength, and courage



“A strong woman stands up for herself. A stronger woman stands up for others.”



SOMYA BHARDWAJ

World Rank 1

Black Belt 1st Degree

Best National Female Athlete 2025

Somya Bhardwaj is one of the top kickboxers who has won many national and international medals. She is an inspiration for young athletes.



RIDHIMA KAUSHIK

World Rank 1

Black Belt 1st Degree

Best National Female Athlete 2025

Ridhima Kaushik has achieved great success with multiple gold medals. Her dedication and hard work make her a role model.



EVENT HIGHLIGHTS

- Powerful Performances
- High Energy Demonstrations
- Women Empowerment Message
- Teamwork & Discipline



“Champions are made with hard work and dedication.”

Thank You



युवा कार्यक्रम और खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS AND SPORTS



Play fair

Administrative Office: J-3180, Basement, Sainik Colony, Sector-49, Faridabad-121001, Haryana, INDIA
Ph.: +91 9811986191, 8700091040, 0129-4155205 | E-Mail: wakoindiainfo@gmail.com, Website: wakoindia.org

