

Self Defence Course

RAMANANDA COLLEGE



BISHNUPUR * BANKURA
Pin - 722122, West Bengal

Mob:- 6297976619

e-mail : principalramananda@gmail.com
Website : www.ramanandacollege.org

Estd.:1945

UGC Recognized & State Government Aided Constituent College

Under the Bankura University (dt.-01.01.2017)

(Re-Accredited by NAAC 3rd Cycle at B⁺⁺ Level)

Ref. No.....

Date.....

From : Principal
Secretary, G.B.

REPORT ON SELF DEFENSE PROGRAMME

- **Name of the organizing Department(s):** Women Cell & Prevention of Sexual Harassment Cell
- **Collaborating Agency:** Shotokan Karate-Do Federation of India
Address: Rajdarbar, P. O+P.S- Bishnupur
- **Title of the Programme:** Self Defence Training Camp
- **Funded by:** Ramananda College
- **Level:** Local
- **Time Period:** One week for each of the three batches except Sundays & Holidays
- **Date(s):** 22-11-2021 to 16-12-2021
- **Timings:** 2pm-4pm
- **Venue:** Open Ground in front of the Central Library
- **Total number of participants:** 205



Details of the programme

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Sl.No.	Phase	Duration	No. of Participants	Name of the Trainers
1.	1 st Phase	22/11/2021- 30/11/2021	81	Mr. Pabitramay Singha Thakur Miss Poulami Singha Thakur
2.	2 nd Phase	01/12/2021- 09/12/2021	61	Mr. Pabitramay Singha Thakur Miss Poulami Singha Thakur
3.	3 rd Phase	10/12/2021- 16/12/2021	63	Mr. Pabitramay Singha Thakur Miss Poulami Singha Thakur



- Objectives of the Programme:

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- i. To impart self defence training to maximum number of girl students at college level.
- ii. To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- iii. To show case and give demo on different self-defense techniques.
- iv. To make them able to defend against physical assault.
- v. To build self-confidence and physical skill.
- vi. To develop a vibrant youth force in the state.

• **Learning Outcomes of the Programme:**

- i. The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- ii. The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.
- iii. The students have the chance to see the live demo of the self-defense techniques as demonstrated by the trainer and the companion cadets.



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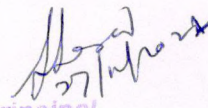
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- **Summary:** Living safe and free from violence is everyone's right and reducing violence is everyone's responsibility. It is always better to stop something bad from happening than to deal with it after it happened. One of the best forms of self-defense is personal protective measures. In fact, with the rising number of crimes against women in the nation, the Government is taking a step forward for self-defense training for girls in college to ensure their safety. This proposal has been recommended in principle by the Empowered Committee of the Nirbhaya Fund under the Ministry of Women and Child Development that self-defense training can be incorporated in the curriculum of every college. The Training Programme concludes with a note on the promise from both the sides that this kind of Programme will be continued in the times to come.




Principal
Ramananda College,
Bishnupur, Bankura



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Tel - 6297976619

Tele Fax - (03244) 254427

e-mail-principal@ramanandacollege.org

Website-www.ramanandacollege.org

Ref. No.

Date- 16-11-2021

বিজ্ঞপ্তি

এতদ্বারা ছাত্রীদের জানানো যায় যে, আগামী ২২-১১-২০২১ তারিখ থেকে ২৮-১১-২০২১ তারিখ পর্যন্ত (1st Phase), ২৯-১১-২০২১ তারিখ থেকে ০৫-১২-২০২১ তারিখ পর্যন্ত (2nd Phase) এবং ০৬-১২-২০২১ থেকে ১২-১২-২০২১ তারিখ পর্যন্ত (3rd Phase) কলেজের ছাত্রীদের জন্য একটি Self Defense Course কলেজে অনুষ্ঠিত হবে।

ইচ্ছুক ছাত্রীদের 1st Phase এর নাম আগামী ২০-১১-২০২১ তারিখের মধ্যে, 2nd Phase এর নাম আগামী ২৭-১১-২০২১ তারিখের মধ্যে এবং 3rd Phase এর নাম আগামী ০৪-১২-২০২১ তারিখের মধ্যে জমা দেওয়ার জন্য বলা হচ্ছে।

যোগাযোগ :

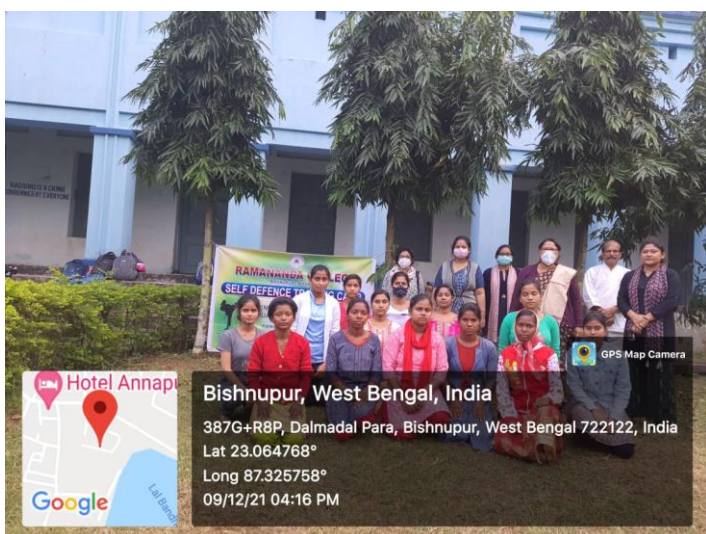
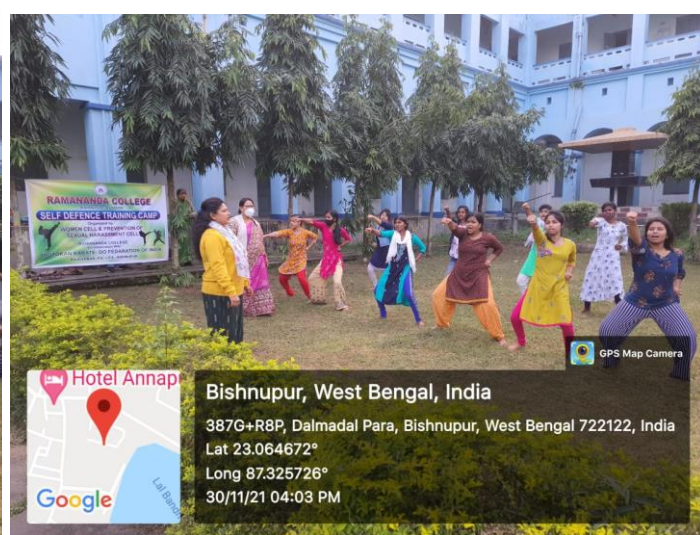
1. IQAC Office, Ramananda College
2. Prof. Tanuja Khatun, (Dept. of History)
3. Prof. Madhumita Mandi, (Dept. of Zoology)



স্বপ্না ঘোড়াই
(ডঃ স্বপ্না ঘোড়াই)
অধ্যক্ষ
রামানন্দ কলেজ
বিশ্বপুর্, বাঁকুড়া
অধ্যক্ষ
রামানন্দ কলেজ
বিশ্বপুর্ বাঁকুড়া

Notice for the Self Defence Course organized by Ramananda College

Starting from 22.11.2021 to 16.12.2021



Self Defence Course organized by Ramananda College for the female students of the college from 22.11.2021 to 16.12.2021

SUBJECTWISE
Students' Attendance Register

..... College/School
Subject **SELF DEFENCE**

..... Stream **8**

..... Year, Class..... Sec.....

Session : 20 – 20

BHARAT STATIONERS, 15 College Square, Kolkata-73, Ph. : 2241- 9575

1st Batch

Students' Attendance Register for

CLASS _____ SEC _____

		ATTEND-																
Roll No.	NAME OF STUDENTS	Admission No.	22/11	23/11	24/11	25/11	26/11	27/11	28/11	7	8	9	10	11	12	13	14	15
			21/11	21/11	21/11	21/11	21/11	21/11	21/11	21/11								
1.	Mantu Loho (V)		P	P	P	P	P	P										
2.	Histu Ghosh (I)		P	.	.	.	.	.										
3.	Shampa Sardar (I)		P	.	.	.	.	.										
4.	Sunni Majumder (I)		P	.	.	.	.	.										
5.	Mummi Singh (V)		P	.	P	.	.	.										
6.	Santi Rabidas (I)		P	P	.	.	.	.										
7.	Bharati Rabidas (I)		P	P	.	.	.	.										
8.	Saradia Dhank (I)		P	.	.	.	.	.										
9.	Prati Chand (V)		.	.	.	.	.	.										
10.	Puja Patra (V)		P	P	P	P	P	P										
11.	Mamoni Garai (V)		P	P	P	P	P	P										
12.	Rajashree Rana (V)		P	P	P	P	P	P										
13.	Puja Mandal (I)		P	.	.	.	.	.										
14.	Riya Majhi (I)		.	.	.	.	.	.										
15.	Sathi Dutta (I)		P	.	.	.	.	.										
16.	Shilpa Bhui (I)		P	.	P	.	.	.										
17.	Riya Dey (I)		P	.	P	.	.	.										
18.	Mousumi Gorai (I)		P	.	.	.	.	.										
19.	Riya Nandi (I)		P	P	.	.	.	.										
20.	Sabani Ree (I)		P	.	.	.	.	.										
21.	Sathi Karmakar (I)		P	.	.	.	.	.										
22.	Wisha Chandra (I)		P	.	.	.	.	.										
23.	Anushree Pal (I)		P	.	P	.	.	.										
24.	Sneha Gorai (I)		P	.	P	.	.	.										
25.	Jamuna Gore (I)		.	.	.	.	.	.										
26.	Sudipta Majhi (I)		P	P	.	.	.	.										
27.	Anushila Ghosh (I)		.	P	P	.	.	.										
28.	Susmita Dey (I)		.	P	.	.	.	.										
29.	Shreyosi Das (III)		.	P	.	.	.	.										
30.	Praamila Bapari (I)		.	P	.	.	.	.										
31.	Sanchita Roy (I)		.	P	.	.	.	.										
32.	Puja Rajak (I)		.	P	.	.	.	.										

2nd Batch

Students' Attendance Register for

CLASS _____ SEC _____

Roll No.	NAME OF STUDENTS	Admission No.	ATTEND.														
			01 12 21	2 OFF	03 12 21	4 OFF	5 SN	06 21	07 21	08 21	09 21	10	11	12	13	14	15
1.	Wurjahan Khatun (V)		P		P			P	P	P	P						
2.	Sushmita Murmu (V)		P		.			.	.	P	.						
3.	Shatakshy Halder (V)		P		P			P	P	P	P						
4.	Weha Dhibar (I)		P		.			.	.	P	P						
5.	Putul Saren (I)		.		.			.	.	.	.						
6.	Lakshirani Hembran (I)		P		.			.	.	P	P						
7.	Sonali Mandi (I)		P		P	P		P	P	P	P						
8.	Suchitra Mandi (I)		P		P	P		P	P	P	P						
9.	Shilpa Wandi (I)		P		P			.	P	P	P						
10.	Mousumi Singh (I)		P		P	P		P	.	P	P						
11.	Susama Maji (III)		P		P			P	P	P	P						
12.	Ashapurna Paramanik (I)		P		.			.	.	P	P						
13.	Tharina Kisku (I)		P		-			.	.	P	P						
14.	Beinda Goswami (I)				P			.	-	P	P						
15.	Srabani Satpathi (V)		P		P			.	P	P	P						

3rd Batch

Students' Attendance Register for CLASS 3rd Batch SEC

Roll No.	NAME OF STUDENTS	Admission No.	ATTEND-															
			SN						7	8	9	10	11	12	13	14	15	
			10	11	13	14	15	16										
			12	12	12	12	12	12										
			21	21	21	21	21	21										
1.	Bristi Ghosh		P	P	P	P	P	P										
2.	Sangita Roy		P	P	P	P	P	P										
3.	Purshima Hebram		P	P	P	P	P	P										
4.	Mamata Lohar		P	P	P	P	P	P										
5.	Sumana Paramanik/paramanik		P	P	P	P	P	P										
6.	Susmita Murmu		P	P	P	P	P	P										
7.	Tithi Dutta		P	P	.	.	.	.										
8.	Madhumita Sardar		P	P	.	.	.	.										
9.	Koyel Roy		P	.	P	.	.	P										
10.	Piyali Nag		P	.	P	.	.	P										
11.	Mousumi Nag		P	.	.	.	.	.										
12.	Parvina Roy		P	.	.	.	.	.										
13.	Rinku Midya		.	P	P	.	P	P										
14.	Brinda Goswami		.	P	.	.	.	.										
15.	Anisha Maji		.	P	.	.	.	.										
16.	Sudipa Biswas		.	P	.	.	.	.										
17.	Moumita Dutta		.	.	P	.	P	P										
18.	Shreyasi Dey		.	.	P	P	P	P										
19.	Shilpa Nandi		.	.	P	.	.	P										
20.	Satakshy Halder		.	.	P	.	.	P										