

2023-24

ADD-ON COURSE IN WOMEN SELF DEFENSE

REPORT

Sripat Singh College Internal Quality Assurance Cell Empowering Women through Self-Defense: A Collaborative Initiative of Sripat Singh College

The Internal Quality Assurance Cell (IQAC) and NCC Unit of Sripat Singh College, in collaboration with the Saigo Kai do Karate Association of India, joined hands to organize an add-on course on women's self-defense. This initiative aimed to empower women with the knowledge and skills necessary to defend themselves in various situations. The course spanned 25 days, allowing for comprehensive learning and practice.

The inauguration of the course was a momentous occasion, graced by the college's principal, Dr. Kamal Krishna Sarkar, along with esteemed dignitaries such as Dr. Sagar Simlandy, Coordinator IQAC, Mr. Biplab Biswas from the NCC, and Sensei Sadhudas Chakraborty, the trainer from the Saigo Kai do Karate Association of India. Their presence added immense value to the event and underscored the importance of the initiative in promoting women's safety and empowerment.

The course offered a well-rounded curriculum, blending theoretical concepts with practical training. This approach ensured that participants not only understood the principles of self-defense but also gained hands-on experience in applying these techniques. Sensei Sadhudas Chakraborty's expertise and guidance were pivotal in delivering high-quality training sessions that were both informative and engaging.

The valedictory function, held on 1st March 2024, was a fitting conclusion to the course. The event was attended by distinguished guests, including Madam Shaoni Singha Roy, President of the Governing Body, Mr. Prasenjit Ghosh, a member of the Governing Body, Dr. Kamal Krishna Sarkar, the college's principal, Dr. Sagar Simlandy, Coordinator IQAC, Mr. Biplab Biswas from the NCC, and Sensei Sadhudas Chakraborty, the trainer. Their presence highlighted the success and significance of the course in promoting women's safety and empowerment.

The add-on course on women's self-defense was a commendable initiative by IQAC and the NCC Unit of Sripat Singh College, in collaboration with the Saigo Kai do Karate Association of India. It not only equipped women with essential self-defense skills but also raised awareness about the importance of self-protection. Such initiatives are crucial in fostering empowerment and safety among women, ensuring that they can navigate the world with confidence and resilience.



Glimpses of some Activities

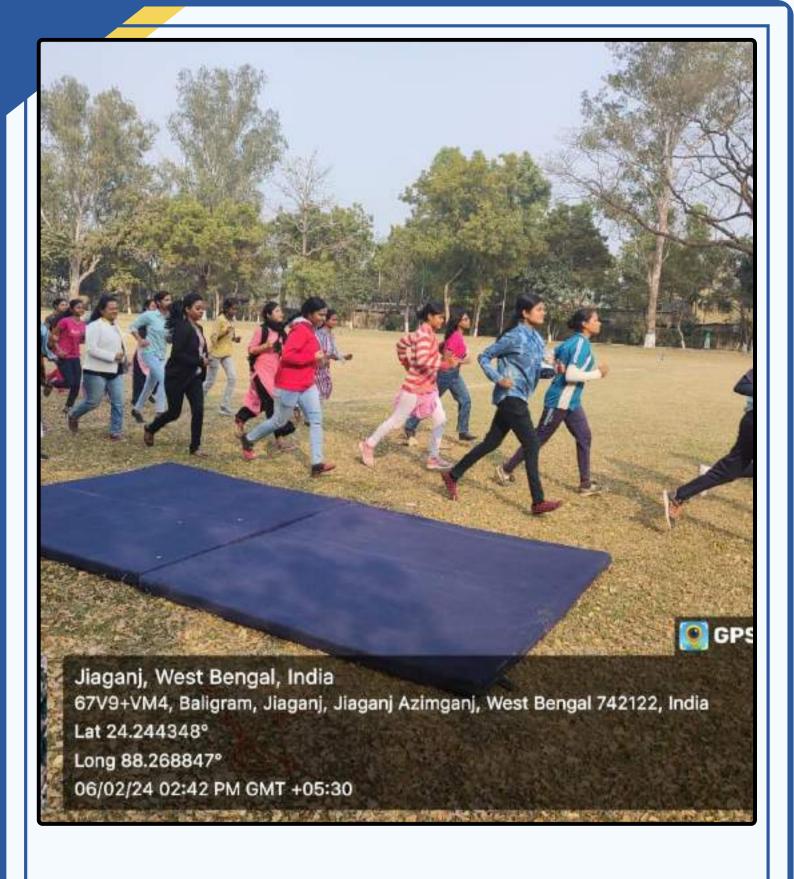


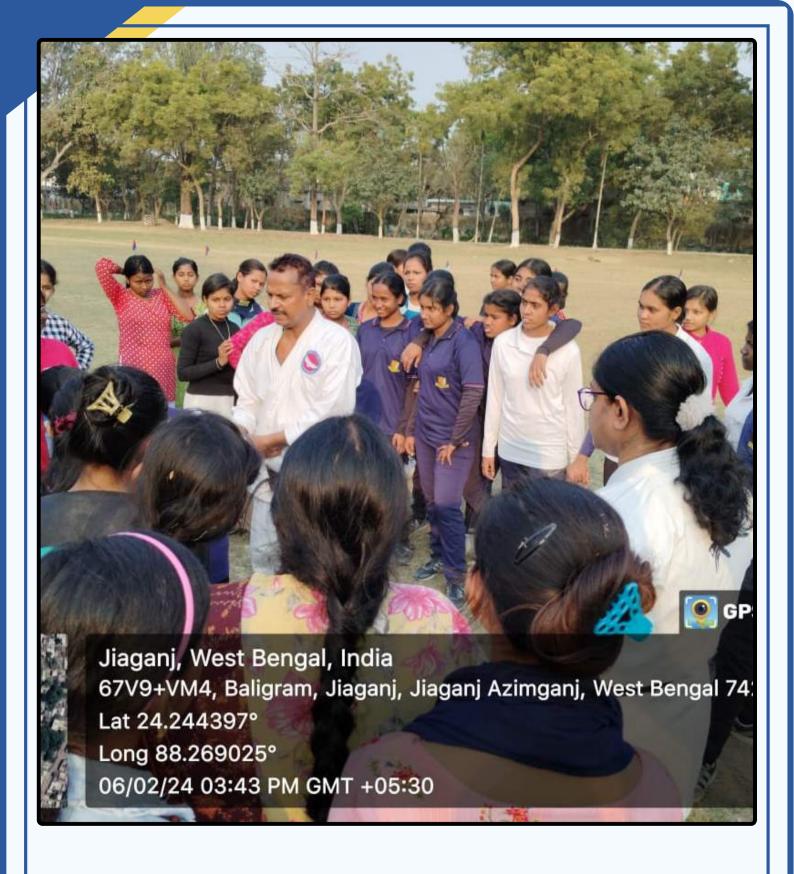
Glimpses of some Activities



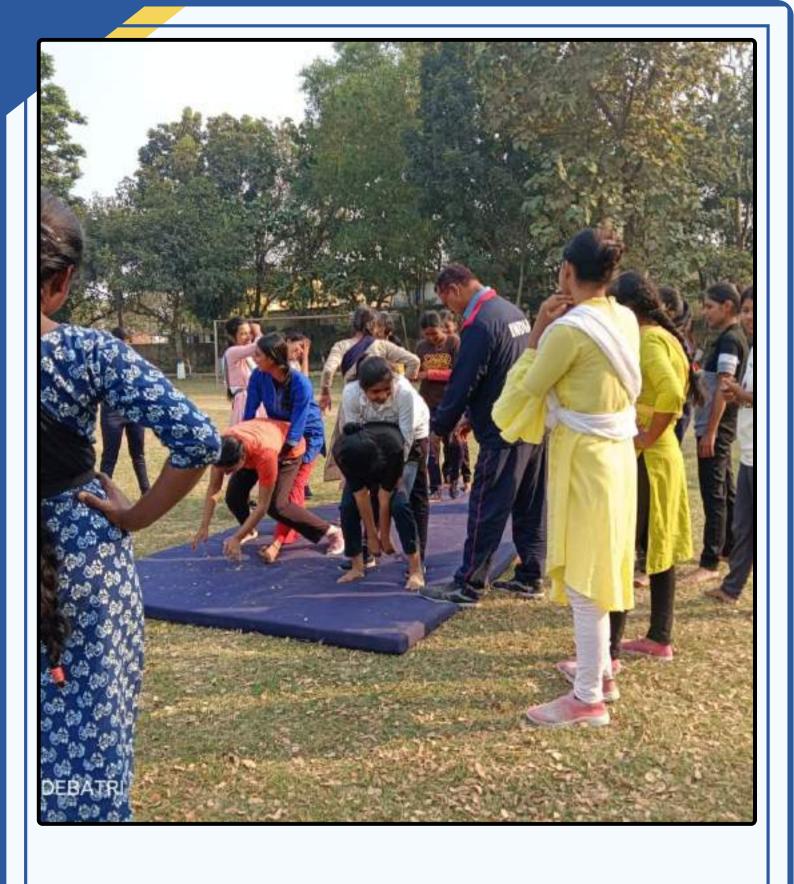
Inauguration of Women Self Defense Course

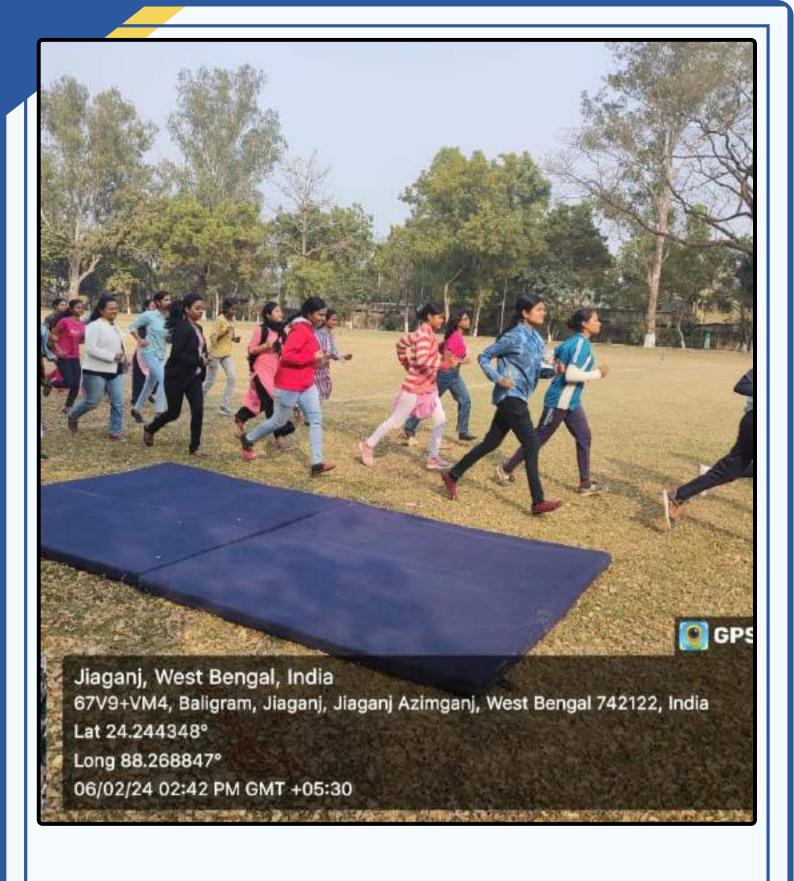








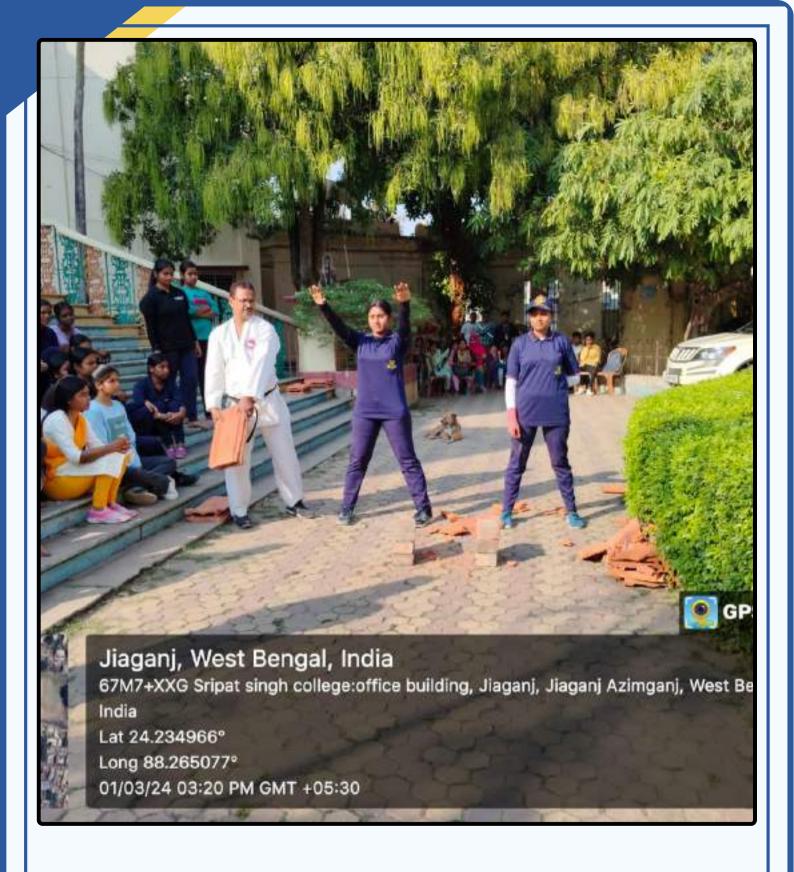














Certificate Distribution



Valedictory

क्यात्र धानक्ष

নিজস্ব সংবাদদদাতা

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নারী সুরক্ষায় সচেতনতার পাশাপাশি তাঁদের আত্মরক্ষায় দক্ষ করে তুলতে কলেজে শুরু হল ক্যারাটে প্রশিক্ষণ শিবির। জিয়াগঞ্জ শ্রীপৎ সিং কলেজের উদ্যোগে এই কর্মসূচি নেওয়া হয়েছে। কলেজ সূত্রের খবর, ৩৫৭ জন ছাত্রীকে নিয়ে মঙ্গলবার থেকে শুরু হয়েছে প্রশিক্ষণ। আগামী ১৫ দিন ধরে এই প্রশিক্ষণ শিবির নিয়মিত চলবে। এ প্রসঙ্গে কলেজের আইকিউএসি-র কো-অর্ডিনেটর সাগর সিমলান্দি বলেন, "জিয়াগঞ্জ শ্রীপৎ সিং কলেজ ছাত্রীদের আত্মরক্ষা সচেতন করতে উদ্যোগী হয়েছে। কলেজে এই প্রশিক্ষণ শিবিরে তুলনামূলক ছাত্রী সংখ্যা কম কেন। এ নিয়ে অধ্যক্ষ কমলকৃষ্ণ সরকার বলেন, "প্রাথমিক স্তরে দু'শো জন ছাত্রীকে প্রশিক্ষণ দেওয়া হবে বলে সিদ্ধান্ত নেওয়া হয়েছিল। পরবর্তী কালে সেই সংখ্যাটা প্রায় দিগুণ হয়ে গিয়েছে। কলেজে বিভিন্ন পরীক্ষা চলার কারণে অনেকেই ইচ্ছে থাকলেও অংশগ্রহণ করতে পারেনি। আগামী দিনে এই ধরনের কর্মসূচি পুনরায় চলতে থাকবে। প্রশিক্ষণ শিবিরে অংশগ্রহণকারী সকল ছাত্রীকে শংসাপত্র দেওয়া হবে।"



Print Media Coverage









CERTIFICATE

OF COMPLETION

THIS IS TO CERTIFY THAT



a student of	semester of	has successfully completed the
Women's Self-Def	ense course conducted by Sripat Sing	gh College in collaboration with Seigo-Kai Karate-Do
Association of Indi	a from 6th February, 2024 to 28th Feb	ruary, 2024.

Through this course, she has demonstrated a commitment to learning and applying essential self-defense techniques, strategies, and principales aimed at empowering women to protect themselves effectively...

The das Chakralouty

EI SADHUDAS CHAKRABORTY
Trainer
Seigo-Kai Karate-Do
Association of India

LT. BIPLAB BISWAS Associate NCC Officer 9/4 Coy Commander NCC S.S. College, Jiaganj DR. SAGAR SIMLANDY Coordinator I Q A C S.S. College, Jiaganj DR. KAMAL KRISHNA SAF Principal Sripat Singh Colleg

Certificate

Media Link: https://fb.watch/q1SNzJR-W /?mibextid=rS40aB7S9Ucbxw6vi

https://www.facebook.com/100064120326833/posts/pfbid02TLiJJgsvD9w1Wdp yZ9Bwn1ji4HwsPiet7NtThg2pGzTybdhXyHBX2zAKYkH3grGbl/

https://www.sangbadekalavya.in/2024/02/self-defence-certificatecourse-for-girls.html?m=1

Registration link: https://forms.gle/dLNupMiAk5PT9iJk7

Feedback link: https://forms.gle/tipMomt9b1fthr6t5

Media Link, Registration link, Feedback link

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Conclusion

In conclusion, the collaborative initiative of Sripat Singh College, led by the Internal Quality Assurance Cell (IQAC) and NCC Unit, in partnership with the Saigo Kai do Karate Association of India, to organize an add-on course on women's self-defense, has been a resounding success. The 25-day course provided women with the knowledge and skills needed to defend themselves, with a curriculum that balanced theory and practical training. The inauguration and valedictory functions, attended by esteemed dignitaries and college officials, underscored the importance and impact of the initiative in empowering women and promoting their safety. Such initiatives are crucial in fostering empowerment and safety among women, ensuring they can navigate the world with confidence and resilience.