



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.



Jiaganj, West Bengal, India
Baligram, Jiaganj, West Bengal, India
Lat 24.244328°
Long 88.268872°
06/02/24 02:25 PM GMT +05:30

Glimpses of some Activities



Jiaganj, West Bengal, India

67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 74

Lat 24.244557°

Long 88.268914°

16/02/24 02:38 PM GMT +05:30

Glimpses of some Activities



Inauguration of Women Self Defense Course



Glimpses of Activities



Jiaganj, West Bengal, India

67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 742122, India

Lat 24.244348°

Long 88.268847°

06/02/24 02:42 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India
67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 741
Lat 24.244397°
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Glimpses of Activities



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Glimpses of Activities



Glimpses of Activities



Jiaganj, West Bengal, India

67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 742122, India

Lat 24.244348°

Long 88.268847°

06/02/24 02:42 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India

67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 741001

Lat 24.24457°

Long 88.268924°

16/02/24 03:03 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India
67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 741
Lat 24.244343°
Long 88.268875°
06/02/24 02:06 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India
67V9+VM4, Baligram, Jiaganj, Jiaganj Azimganj, West Bengal 741
Lat 24.244573°
Long 88.268931°
16/02/24 03:10 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India

67M7+XXG Sripat singh college:office building, Jiaganj, Jiaganj Azimganj, West Be
India

Lat 24.234966°

Long 88.265077°

01/03/24 03:20 PM GMT +05:30

Glimpses of Activities



Jiaganj, West Bengal, India

67M7+XXG Sripat singh college:office building, Jiaganj, Jiaganj Azimganj, West Be
India

Lat 24.234919°

Long 88.265083°

01/03/24 02:49 PM GMT +05:30

Certificate Distribution



Jiaganj, West Bengal, India

67M7+XXG Sripat singh college:office building, Jiaganj, Jiaganj Azimganj, West Bengal, India

Lat 24.234919°

Long 88.265077°

01/03/24 02:37 PM GMT +05:30

Valedictory

ক্যারাটে প্রশিক্ষণ শিবির জিয়াগঞ্জ

নিজস্ব সংবাদদাতা

জিয়াগঞ্জ

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 দ্বিগুণ 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-Defense course conducted by Sripat Singh College in collaboration with Seigo-Kai Karate-Do Association of India from 6th February, 2024 to 28th February, 2024.

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

Sadhus Chakraborty

SAI 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 SARKAR
Principal
Sripat Singh College

Certificate

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

<https://www.facebook.com/100064120326833/posts/pfbid02TLiJJgsvD9w1WdpyZ9Bwn1ji4HwsPiet7NtThg2pGzTybdhXyHBX2zAKYkH3grGbl/>

<https://www.sangbadekalavya.in/2024/02/self-defence-certificate-course-for-girls.html?m=1>

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

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

Media Link, Registration link,
Feedback link

Certificate Distribution Sheet

Sl No	Name (Last Name)	Sem	Subject
21.	ARJUNA KHATUN	3rd Sem	Phy Ed (NCC)
22.	MAHINI SARDAR	3rd Sem	(NCC)
23.	Nibedita Ghosh	3rd Sem	(NCC)
24.	DEBANTI BISWAS	3rd Sem	(NCC)
25.	MANISHA PAL	5th Sem	(NCC) Any-Ed
26.	MOUSUMI MONDAL	5th Sem	(NCC)
27.	RIYA KUNDU	3rd Sem	(NCC)
28.	PRAYASI BISWAS	3rd Sem	(NCC)
29.	KOYEL GHOSH	3rd Sem	(NCC)
30.	MENKA MOJMU	1st Sem	(NCC)
31.	LAXMI PAL	1st Sem	(NCC)
32.	MITOSHAY GHOSH	1st Sem	Hist
33.	ANAMIKA MONDAL	1st Sem	English
34.	SUSMITA Dey	1st Sem	History
35.	SINA GHOSH	1st Sem	geography
36.	RIYA SINGH	1st Sem	pol-science
37.	DISHA SINGHA	1st Sem	English
38.	Sabona Khatun	1st Sem	political
39.	Riteeka Sarkar	1st Sem	Philosophy
40.	Shubhi Ghosal	1st Sem	Philosophy
41.	CHUMKI PRAMANIK	1st Sem	Political
42.	RADHAMANI SHIL	1st Sem	Political
43.	NISTA PODDAR	1st Sem	English
44.	REKHA MONDAL	6th Sem	History
45.	RIYA MONDAL	6th SEM	History
46.	BIPASHA DAS	6th Sem	Geography(NCC)

DO NOT WRITE YOUR NAME HERE, OTHERWISE YOUR RECEIPT WILL BE CANCELLED

Affidavit Sheet for Certificate course and Certificate Distribution on
Womens Self-Defense - 01/03/24

Sl No	Name (Last Name)	Sem	Subject
1.	SHREYA ROUTH	1st	ENGLISH
2.	ABRATHAMA MONDAL	1st	PHYSICAL EDUCATION
3.	TITHI GHOSH	1st	HISTORY
4.	NATYA KHATUN	1st	HISTORY
5.	PURABI BISHOPAYEE	1st	HISTORY (NCC)
6.	Aysha Siddika	1st	political Science
7.	Anura Datta	1st	Botany Major
8.	Swarnali Roy	1st	Sanskrit
9.	Anamika Mondal	1st	SANSKRIT
10.	Swarnali Mondal	1st	History
11.	NIKITA DAS	5th	Political Science
12.	Suhana Samrui	1st	Political Science
13.	Nani Mondal	1st	History
14.	MIMTAJ KHATUN	1st	ENVS
15.	KIRANMALA KHATUN	1st	HISTORY
16.	PRITTI KHATUN	1st	physical education
17.	Swarna Ghosh	1st	History
18.	Nana Akhbar	5th	History
19.	Sania Khatun	3rd	GA-POLYGRAMMATIC
20.	Sami Khatun	1st	History

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Certificate Distribution List

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.
