

Report on Self-Defence Program



Event: Self-Defence Program

Date: May 21, 2024

Organized by: Women's
Empowerment Sub Committee,
Domkal Girls College

Collaboration with: Domkal
Karate Association

Venue: Domkal Girls College

Attendance: 70 students

The Women's Empowerment Sub Committee of Domkal Girls College, in collaboration with the Domkal Karate Association, successfully organized a self-Defence program on May 21, 2024. The program witnessed the enthusiastic participation of 70 students, eager to learn essential self-Defence techniques.

Objectives of the program

1. **Empowerment through Self-Defence:** To equip female students with the necessary skills to protect themselves in various situations.
2. **Building Confidence:** To foster a sense of confidence and independence among the students.
3. **Awareness and Prevention:** To raise awareness about personal safety and preventive measures against potential threats.

Events highlight

- **Inaugural Session:** The program commenced with an inaugural session where the Principal of Domkal Girls College, Dr. Alak Kumar Das, and IQAC& convenor of the women's empowerment sub-committee, Dr. Anusua Bagchi addressed the gathering. They emphasized the importance of self-defence training in today's world and encouraged the students to make the most of this opportunity.
- **Training Session:** The primary session was conducted by certified instructors from the Domkal Karate Association. The instructors demonstrated various self-defence techniques, including basic strikes, blocks, and escape maneuvers. The session was interactive, allowing students to practice these techniques under the guidance of the instructors.
- **Interactive Q&A:** After the training session, an interactive question-and-answer segment was held. Students actively participated, asking questions related to personal safety, situational awareness, and practical applications of the techniques learned.
- **Feedback and Testimonials:** The program concluded with students sharing their feedback and experiences. Many expressed their gratitude for the invaluable skills they acquired and suggested more such workshops in the future.

Outcomes:

- **Skill Acquisition:** Students gained hands-on experience in self-defence techniques, which can be pivotal in ensuring their safety.
- **Enhanced Confidence:** The program significantly boosted the confidence of the participants, making them feel more empowered and secure.
- **Community Building:** The event fostered a sense of community and solidarity among the students, reinforcing the importance of mutual support and awareness.

Conclusion:

The self-defence program organized by the Women's Empowerment Sub Committee in collaboration with the Domkal Karate Association was a resounding success. It not only provided practical self-Defence skills but also empowered the students with the confidence to navigate their environments safely. The positive feedback from the participants underscores the necessity and impact of such initiatives.

The committee plans to organize more such programs in the future, aiming to cover a broader range of topics related to women's safety and empowerment. The collaboration with the Domkal Karate Association will continue, ensuring sustained support and training for the students.

Acknowledgments:

Special thanks to the Domkal Karate Association for their expert guidance and to all the participants for their enthusiastic involvement. Appreciation is also extended to the college administration for their unwavering support in organizing this event.

Notice

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DOMKAL GIRLS' COLLEGE

ESTD-2011
[Govt. Aided]
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Ref. No. DGC/N/228/2024

Date: 17/05/2024

It is, hereby, notified that a 6 day career counselling programme on Employability Skill Training Programme for Female Students under Mahindra & Mahindra's CSR initiative "Mahindra Pride Classroom" will be held on and from 21st May 2024. The seat capacity is limited. The interested students are asked to contact with Mr. Bhavish Biswas, Mr. Esarul Islam, and Mr. Priyanka Das.

Sd/-

(Dr. Alak Kumar Das)
Principal

Ref. No. DGC/N/228 (1/4) /2024

Date: 17/05/2024

Copy forwarded to:

1. The Convener, Exam sub-committee
2. The coordinator, IQAC for information and keeping records
3. Office Copy
4. The system in-Charge, for wide circulation in College website

Date: 17/05/2024

Dr. Alak Kumar Das
Principal

PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad

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Ref. No. DGC/N/234/2024

Date: 21/05/2024

Notice

Due to the Karate Self-Defense Program, scheduled from 11:30 a.m. to 12:30 p.m., all classes will be suspended during this period.

All students are asked to attend the session in Room B-206.

Thank you for your cooperation.

Principal
Domkal Girls' College
PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad

Ref. No.: DGC/N/234(1/3)/2024

Date: 21/05/2024

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Principal
Domkal Girls' College
PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad

Participants List

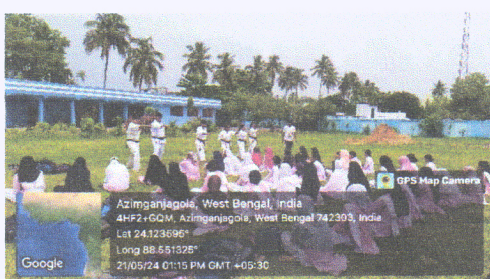
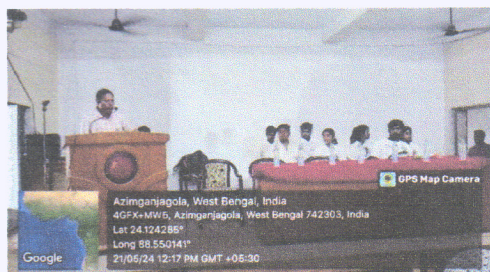
Self Defence Programme.

SLNO	NAME	ID	Sem	Signature
1.	Purnak Jahan	208	4th Sem	Purnak Jahan
2.	Bumi Sultana	150	4th Sem	Bumi Sultana
3.	Rafiqe Khatun	822	4th Sem	Rafiqe Khatun
4.	Tahmina Khatun	758	4th Sem	Tahmina Khatun
5.	Atmisa Khatun	409	4th Sem	Atmisa Khatun
6.	Chahtali Khatun	373	4th Sem	Chahtali Khatun
7.	Seuli Khatun	506	4th Sem	Seuli Khatun
8.	Dijia Parvin	428	2nd Sem	Dijia Parvin
9.	Mushtika Khatun	0465	2nd Sem	Mushtika Khatun
10.	Nostima Khatun	0371	4th Sem	Nostima Khatun
11.	Asha Khatun	0436	4th Sem	Asha Khatun
12.	Ariya Khatun	0568	4th Sem	Ariya Khatun
13.	Aulia Sultana	0519	4th Sem	Aulia Sultana
14.	Jasmina Akter Banu	019	4th Sem	Jasmina Akter Banu
15.	Sumiya Jomila	0682	4th Sem	Sumiya Jomila
16.	Mehnaznisha Khatun	0229	4th Sem	Mehnaznisha Khatun
17.	Sebilka Nazim	1038	2nd Sem	Sebilka Nazim
18.	Gulsham Khatun	707	4th Sem	Gulsham Khatun
19.	Rubejan Parvin	747	4th Sem	Rubejan Parvin
20.	Nafisa Banu	0187	4th Sem	Nafisa Banu
21.	Sonia Biswas	0191	4th Sem	Sonia Biswas
22.	Jinnatan Nisha	0168	4th Sem	Jinnatan Nisha
23.	Jharna Samkar	1168	6th Sem	Jharna Samkar
24.	Subhadra Haldar	198	6th Sem	Subhadra Haldar
25.	Mouhisi Mondal	03/0072	2nd Sem	Mouhisi Mondal
26.	Kakali Mondal	09/654	2nd Sem	Kakali Mondal
27.	Hafiza Khatun	1812	8th Sem	Hafiza Khatun
28.	Sakina Shani	636	6th Sem	Sakina Shani
29.	Tarika Khatun	122/1232	6th Sem	Tarika Khatun
30.	Morina Khatun	00670	2nd Sem	Morina Khatun
31.	Sumiya Akter Banu	0189	2nd Sem	Sumiya Akter Banu
32.	Tamanna Nasrin	037	4th Sem	Tamanna Nasrin
33.	Anindita Das	0178	4th Sem	Anindita Das
34.	Gulsham Khatun	0143	4th Sem	Gulsham Khatun

SLNO	NAME	ID	Sem	Signature
34.	Samima Nasrin	0145	4th Sem	Samima Nasrin
35.	Khadija Khatun	0423	4th Sem	Khadija Khatun
36.	Hosainnahan Khatun	0214	2nd Sem	Hosainnahan Khatun
37.	Yasmin Khatun	0454	2nd Sem	Yasmin Khatun
38.	Najma Khatun	0164	2nd Sem	Najma Khatun
39.	Monalisa Khatun	0170	2nd Sem	Monalisa Khatun
40.	Ruma Khatun	0061	6th Sem	Ruma Khatun
41.	Najma Khatun	0100	2nd Sem	Najma Khatun
42.	Saniya Parvin	0528	4th Sem	Saniya Parvin
43.	Tarhana Azmi	0583	4th Sem	Tarhana Azmi
44.	Sumiya Samim	0218	2nd Sem	Sumiya Samim
45.	Tania Khatun	0439	2nd Sem	Tania Khatun
46.	Mehnaz Khatun	0437	2nd Sem	Mehnaz Khatun
47.	Riya Khatun	0449	2nd Sem	Riya Khatun
48.	Arifa Mondal	0247	6th Sem	Arifa Mondal
49.	Sakina Khatun	03406	6th Sem	Sakina Khatun
50.	Mst. Morina Khatun	0572	6th Sem	Mst. Morina Khatun
51.	SURAIYA KHATUN	0674	6th Sem	Suraiya Khatun
52.	Sufia Parvin	0185	4th Sem	Sufia Parvin
53.	Baby Nazim	0314	4th Sem	Baby Nazim
54.	Ferdosa Begum	578	4th Sem	Ferdosa Begum
55.	Tamanna Khatun	505	4th Sem	Tamanna Khatun
56.	Dolon Roy	280	6th Sem	Dolon Roy
57.	Anshuman Mondal	1203	6th Sem	Anshuman Mondal
58.	Anamika Pal	158	6th Sem	Anamika Pal
59.	Sreyas Saha	1218	6th Sem	Sreyas Saha
60.	Shreika Khatun	701	4th Sem	Shreika Khatun
61.	Sumiya Banu	729	6th Sem	Sumiya Banu
62.	Pia Khatun	1166	6th Sem	Pia Khatun
63.	Tahmina Khatun	1139	6th Sem	Tahmina Khatun
64.	Tuhina Khatun	1165	6th Sem	Tuhina Khatun
65.	Mona Khatun	657	4th Sem	Mona Khatun
66.	Tayeba Khatun	1196	6th Sem	Tayeba Khatun
67.	Hasnana Banu	1094	6th Sem	Hasnana Banu

SLNO	NAME	ID	Sem	Signature
68.	Sakina Khatun	1260	6th Sem	Sakina Khatun
69.	Jommatul Fardous	7105	6th Sem	Jommatul Fardous
70.	Kaya Khatun	358	6th Sem	Kaya Khatun

SOME PRISTINE GLIMPSES OF THE EVENT



Basali
21.05.24
Coordinator
IQAC
Domkal Girls' College



Dr. Alak Kumar Das
Principal, Domkal Girls' College
Murshidabad, W.B.

Principal
Domkal Girls' College
Domkal, Murshidabad

Basali
21.05.24
Head of the Department
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Domkal Girls' College