



REPORT on SELF DEFENCE COURSE

2018-2019

Title of the activity: COURSE in KARATE TRAINING

In Collaboration with **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL** which is affiliated to **ITF TANG SOO DO SPORTS FEDERATION OF INDIA.**

Programme Coordinator : Dr. Saswati Chanda, Dept. of Sociology

Korean karate (TANG SOO DO) training classes have been started from the year 2016. Now in the year 2018-19, students are also continuously taking the benefits of this training programme.

Objective of the activity:

- Self Defence for Women
- Physical fitness and mental health improvement.

Type of Activity: Karate Certificate Course

Organizing Department: Women's Cell

Place of activity: Play ground, Old Building, Serampore Girls' College Campus

Date and time of the activity: Every Wednesday and Friday of the week (Time: 8 am to 10 am)

Programme Supervisors : Dr. Shilpi Adhikary , Teacher, Deptt. Of Sanskrit

Ms. Reboti , Staff, Serampore Girls College

Date: 1/8/2018 to 19/12/2018

Number of attendees: 134

Outcome:

- Students learned the basics of self-defence and Kyokushin Karate
- Gained self-confidence and mental peace.
- Developed interest in such self-defence programs.



Curriculum, Examination and Certification

The curriculum is as prescribed by **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL** which is affiliated to **ITF TANG SOO DO SPORTS FEDERATION OF INDIA**.

Interested students may enroll in this training free of cost. However, regular attendance and strict discipline are to be adhered to. While the training is strenuous, its benefits have made it very popular among students.

Based on the performance in the examination held, the students are awarded appropriate certificates ((Green Belt, Orange Belt, and Brown Belt.)

Students' Special Achievements

Year	Name of the Award/Medal	Team /Individual	University/State/National/ International	Sports/Cultural	Name of the Student
January 2019	2nd Position in 5th State "Tang Soo Do Championship 2019"	Individual	State	Sports	PUSPITA CHAKRABORTY
January 2019	Best College(1 st position) in the Hooghly District	Team	District	Sports	NA



Karate classes are going on in the playground of the college



TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL

(KOREAN KARATE)



Affiliated to ITF TANG SOO DO SPORTS FEDERATION OF INDIA
 Affiliated to INTERNATIONAL TANG SOO DO SPORTS FEDERATION USA
 Tang Soo Do is A Recognized Discipline of SGFI

Certificate

Belt Grade (Below Black Belt)



This is to certify that Akriti Shaw
 District / Unit. Serampore Girls Collage, Hooghly
 has been awarded by the Technical Council of Tang Soo Do Sports Association of West Bengal.

5th Grp Purple.....BELT

This special honour is bestowed in recognition of his/her merit as an outstanding Martial Artist having sound knowledge and ability in Martial Art and in graceful appreciation of his/her untiring efforts and personal dedication in the most advanced Martial Art Sport.

Tang-Soo Do (Korean Karate)

May his / her example serve as a model for other Martial Artists



Recommended by
 Membership No. _____
 Awarded this day 12-8-18

Ripan Chandra Sil
 General Secretary
 Tang Soo Do Sports Association of West Bengal
 International Referee / Judge





Certificate of a student

Soma Roy
Principel
Serampore Girls' College
Serampore, Hooghly

Serampore Girls' College

13, T. C. Goswami Street, P.O. : Serampore, District - Hooghly, W.B., Pin - 712201



Certificate of Completion

Awarded to PRIYANKA SINGH of 3RD semester _____ for successfully
completing the COURSE IN KARATE TRAINING (TANG-SOO DO) conducted by the
WOMEN CELL . Serampore Girls' College, from SEP 2017 to SEP 2018

Soma Roy.
Principal
Serampore Girls' College

Sarwati Choudh.
Course Co-ordinator
13/9/18



In Hooghly District Kick Boxing championship Serampore Girls' College was adjudged the Best College In Martial Arts in the district.

2018-19

Students' Attendance Register for

the month of Aug, Sept, 2018
 SUBJECT KARATE Oct, Nov, Dec 2018

CL.

CLASS _____ SEC _____

ATTEND -

ANCE

Roll No.	NAME OF STUDENTS
SECTION - A	
GENA 370	SOURMI DAS
432 (III)	PUJA ADOK
GENA 323	RENU KUMARI SHAW
GENA 334	RINA DAS
746 (II)	BANASREE DAS
530 (III)	PINKI MALIK
HISA 47	SETU KUMARI SHA
671 (III)	TANWISHA GUIN
ENGA 66	SUBHOMITA BOSE
820 (II)	KHUSHI KHUSHI KUMAR
51	MOUMITA MITRA
122 (II)	SOURMI ROY
ENGA 06	SUDESHNA KUNDU
ENGA 43	ARPITA SHAW
279 (II)	SRESTHA SARKAR
247 (II)	SOMA CHATTERJEE
573 (II)	RIMPA KHAN
PHIA 49	ANJU GOSWAMI
PHIA 30	REFIKA BEGAM IA
GENA 192	ARCHANA CHOUDHUR
ENGA 47	MUNMUN MONDOL
338 (II)	ADITI DE (867)
264	KHUSHBOG KUMARI SINGH
133	PUSPANJALI KUMARI THAKU
GENA 361	BIJOLI ROY
815	CHANDA SHAW
054	Antara Das
055	Aparna Mondal
058	Shreya Mukherjee
062	Anushka Ghosh
063	SK. Shalnam Choudhry
064	Suparna Samanta
067	Swika Kumari Rai
006	Ipsita Hazra
010	Tania Khatun
011	Snabani Ruedas
015	Samraa Khatun
020	Jesmin Yeamin
021	Trisa Kuumkar
024	Chitra Sankha

Roll No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
370	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
432	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
323	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
334	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
746	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
530	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
671	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
820	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
122	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
06	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
279	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
247	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
573	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
192	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
338	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
264	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
133	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
361	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
815	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
054	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
055	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
058	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
062	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
063	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
064	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
067	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
006	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
010	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
011	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
015	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
024	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Roll No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
370	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
432	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
323	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
334	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
746	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
530	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
671	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
820	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
122	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
06	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
279	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
247	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
573	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
192	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
338	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
264	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
133	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
361	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
815	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
054	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
055	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
058	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
062	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
063	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
064	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
067	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
006	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
010	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
011	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
015	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
024	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Soma Roy
 Principal
 Serampore Girls' College
 Serampore, Hooghly

B.A. / B.Sc. 1ST YEAR

(2018-19)

CLA

Students' Attendance Register for
CLASS _____ SEC _____

ATTEND -

SERIAL NO	College Roll No.	NAME OF STUDENTS
SECTION-B		
1	17/PLSA/05	PUJA PAUL
2	17/PLSA/55	SANCHITA ROY
3	17/ENGA/32	ADITI PANJA
4	17/ENGA/33	SOUMELEE LAHA
5	17/SANA/72	GARNALI CHATTERJEE
6	17/EDCA/01	RUPA KHATUN
7	PHIA/06	SRINJOYEE GHOSH
8	PHIA/07	PRIYANKA DAS
9	CMSA/06	HENA BAG
10	CMSA/09	SHREYANKA SAHA
11	CMSA/12	PUNAM SONI
12	CMSA/23	SHRIYA CHAKRABORTY
13	GENA/138	ARPITA BISWAS
14	GENA/385	RANI KUMARI MONDAL
15	GENS/003	RIMA PANJA
16	GENA/207	LOVELY SINGH
17	PLSA/13	OINDRILA GOSWAMI
18	PLSA/51	DEBOSMITA DHAR
19	GENA/356	JADA MONDAL (2ND YEAR)
20	GENA/354	Chitra Santra
21	034	Aditi Pal
22	17/036	Debopriya Pal
23	037	Simple Das
24	17/NECA/38	Dipti Pal
25	041	Priyansree Sit
26	17/MSA/05	Saraswati Parhi
27	07	Nasrin Khatun
28	08	Soumi Shaw
29	009	Anushree Pal
30	019	Mapasa Choin
31	023	Thinkle Khan
32	032	Krishna Samanta
33	033	Mousumi Naskar
34	034	Sagarika Dutta
35	040	Lily Mallick
36	050	Purnima Debnath
37	052	Lipika Sarkar
38	17/PHIA/01	Swainali Saha
39	002	Sarada Chatterjee
40	005	Raima Mukherjee

Roll No.	S.A. 1	S.A. 2	S.A. 3	S.A. 4	S.A. 5	S.A. 6	S.A. 7	S.A. 8	S.A. 9	10	11	12	13	14	15
1	P	P	P	P	P	.	.	P	.						
2	P	P	P	P	P	P	.	P	.						
3	.	.	P	P	.	.	P	.	P						
4	.	.	P	P	P	.	P	P	.						
5	P	P	.	P	P	.	P	P	.						
6	P	P	.	P	.	P	.	P	.						
7	.	.	P	.	P	.	P	.	P						
8	P	P	.	P	P	.	.	P	.						
9	.	.	P	.	P	.	P	.	P						
10	.	.	P	.	P	P	.	P	P						
11	P	.	P	P	.	P	.	P	.						
12	.	P	P	P	.	P	P	.	.						
13	P	P	P	P	.	.	.	P	.						
14	P	.	P	P	P	.	P	P	P						
15	.	.	P	.	P	.	P	P	P						
16	P	.	P	P	.	P	P	P	.						
17	.	P	P	.	.	P	.	.	.						
18	.	.	P	P	P	.	P	P	.						
19	P	.	P	P	P	.	P	P	P						
20	.	P	.	P	P	.	.	P	.						
21	.	P	P	.	P	P	.	P	.						
22	P	.	P	.	P	.	P	.	P						
23	.	P	.	P	P	.	P	.	P						
24	.	P	P	.	P	P	.	P	.						
25	.	P	P	.	P	P	.	P	.						
26	P	.	P	P	.	P	.	P	.						
27	P	.	P	P	.	P	.	P	.						
28	P	.	P	P	.	P	P	.	P						
29	P	P	.	P	.	P	.	P	P						
30	P	P	.	P	.	.	.	P	P						
31	.	P	P	.	P	P	.	.	.						
32	.	.	P	.	P	.	P	.	.						
33	.	.	P	P	.	P	.	P	.						
34	P	.	.	P	P	.	P	.	P						
35	P	.	P	.	P	P	.	P	.						
36	P	P	.	P	.	P	.	P	.						
37	.	.	P	.	P	.	P	.	P						
38	.	.	P	.	P	P	.	P	.						
39	.	.	P	.	P	.	P	.	P						
40	P	P	.	P	.	P	.	P	.						
	P	P	.	P	.	P	.	P	.						
	P	P	.	P	.	P	.	P	.						
	P	P	.	P	.	P	.	P	.						

Som
Print
Serampore
Serampore

