



REPORT on SELF DEFENCE COURSE 2019-2020

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 2019-20, students are also continuously taking the benefits of this training programme. However, the college has to stop the course due to Covid.

Date: 1/8/2019 to 27/2/2020

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

Number of attendees: 139

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 2020	1st place in "6th Hooghly District Kick Boxing Championship"	Individual	District	Sports	SOMA CHATTERJEE
January 2020	2nd place in "6th Hooghly District Kick Boxing Championship"	Individual	District	Sports	PUSPITA CHAKRABORTY
February 2020	2nd Position in 6th State "Tang Soo Do Championship 2020"	Team	State	Sports	Serampore Girls' College Karate Team

Some Photographs



Karate Training is going on in the college playground



Pushpita Chakraborty won the Silver Medal

Serampore Girls' College

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



Certificate of Completion

Awarded to PAYEL MODAK of 2ND semester ___ for successfully
completing the COURSE IN KARATE TRAINING (TANG-SOO DO) conducted by the
WOMEN CELL. Serampore Girls' College, from SEP 2019 to JAN 2020

Soma Roy,
Principal
Serampore Girls' College

Jaswanti Chakr.
Course Co-ordinator 29/1/20.

