

Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

NAAC Criteria 1.3.1



REPORT 2022-2023 (SELF DEFENCE)

Title of the activity: 10 day workshop on Self Defence

Trainer: Mr. Bimal Pal, Bengal Kyokushin Karate Organization

Objective of the activity:

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

Type of Activity: Karate Workshop

Organizing Department: Women's Cell

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

Date and time of the activity: 10th May 2023 to 20th May 2023 (Time: 8 am to 10 am)

Number of attendees: 64

Outcome:

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

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

NAAC Criteria 1.3.1




10-Day Workshop on Self Defence
*Organized by: Women's Cell,
Serampore Girls' College*

Workshop Duration : 10th - 20th May, 2023
Time : 8:00 am to 10 am

Trainer : Bimal Pal,
Bengal Kyokushin Karate Organization

Participation in the workshop is free of cost

Patron : Dr. Soma Roy, Principal,
Serampore Girls' College



Coordinator : Dr. Farzana Shaheen

Registration Link :
<https://forms.gle/2GNSapox7...>

Flyer of Workshop on Self Defense

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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Ph. : (033) 26623723 (Office)
(0331) 26623723
Ph. : (033) 26623723 (Office)
(033) 26527850 (Principal)

Serampore Girls' College
(Estd.: 1981)
Re-Accredited by NAAC : Grade B (2nd Cycle)
13, T. C. GOSWAMI STREET, SERAMPORE, HOOGHLY. PIN-712 201, WEST BENGAL.
E-mail : serampore_girls_college@yahoo.co.in
Website : www.seramporegirlscollege.org

Ref. No.

Date 4/5/23

NOTICE
Self Defence Workshop.

All the students of Serampore Girls' College are informed that a 10 days' workshop on *Self defence* is going to be held from 10th May 2023. Those who enrolled for that are requested to be present on 8th May 2023 for orientation program at 2 pm and venue will be in front of Principal's room.

Soma Roy.
Principal
Principal
Serampore Girls' College
Serampore, Hooghly

Farzana Stahar
Coordinator
4/5/23

Notice of the Workshop

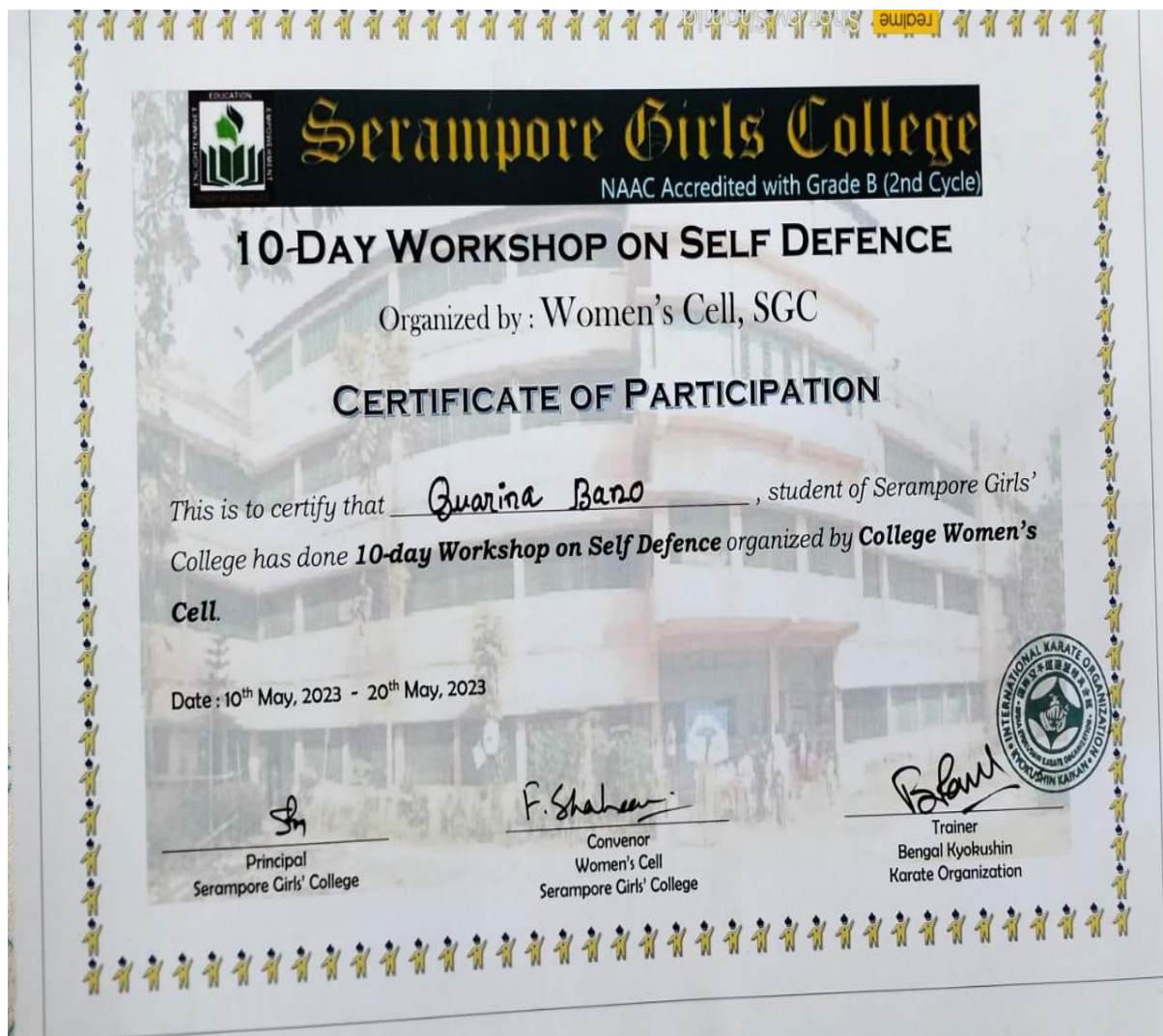
Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

NAAC Criteria 1.3.1



Certificate awarded to the students

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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NAAC Criteria 1.3.1



Training the Students

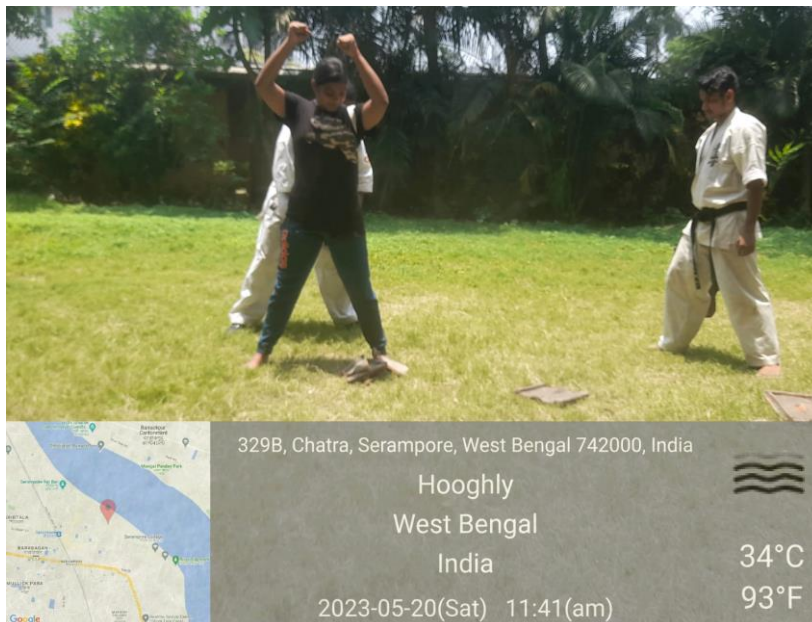
Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

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NAAC Criteria 1.3.1



Body Breaking



Fighting Skills

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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NAAC Criteria 1.3.1



Distribution of Certificates

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal