

# 10 day's certificate course on Self Defense Serampore Girls College

2022-2023

Criteria 1.2.1 and 1.2.2



## Serampore Girls College

13, T.C. Goswami Street,  
Serampore, Hooghly – 712201, West Bengal  
Email: [serampore\\_girls\\_college@yahoo.co.in](mailto:serampore_girls_college@yahoo.co.in)  
Website: [www.seramporegirlscollege.org](http://www.seramporegirlscollege.org)



# Serampore Girls' College

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

## NAAC Criteria 1.2.1 and 1.2.2



### **CERTIFICATE COURSE 2022-2023 (SELF DEFENCE)**

#### **REPORT 2022-2023 (SELF DEFENCE)**

**Title of the activity:** 10 day's certificate course on Self Defence (30 HOURS)

**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

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## NAAC Criteria 1.2.1 and 1.2.2




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

Workshop Duration : 10<sup>th</sup> - 20<sup>th</sup> 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/2GNSaposx7...>

Flyer of Workshop on Self Defence

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

Signature of Principal

# Serampore Girls' College

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## NAAC Criteria 1.2.1 and 1.2.2



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~~ 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





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## NAAC Criteria 1.2.1 and 1.2.2



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 1.2.1 and 1.2.2



Training the Students

Soma Roy,  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College



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## NAAC Criteria 1.2.1 and 1.2.2



329B, Chatra, Serampore, West Bengal 742000, India  
Hooghly  
West Bengal  
India  
2023-05-20(Sat) 11:41(am)

34°C  
93°F





**Body Breaking**



325A, Chatra, Serampore, West Bengal 742000, India  
Hooghly  
West Bengal  
India  
2023-05-20(Sat) 11:28(am)

34°C  
93°F



**Fighting Skills**

Soma Roy,  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

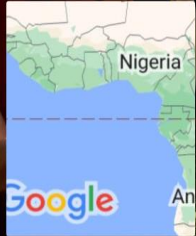
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## NAAC Criteria 1.2.1 and 1.2.2



GPS Map Camera



Hooghly, West Bengal, India

324A, Chatra, Serampore, West Bengal 742000, India

Lat 22.755527°

Long 88.345567°

20/05/23 12:09 PM GMT +05:30

Distribution of Certificates

Soma Roy,  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal