

## SERAMPORE GIRLS' COLLEGE

### WOMEN'S CELL

#### Annual Report 2024-2025

Women's Cell of the Serampore Girls' College has organized various programs in the year 2024-25. The detailed report of the programs are as follows :

### **15 day workshop on Self Defence and Certificate Distribution**

**Title of the activity:** 15 day workshop on Self Defence

**Trainer:** Mr. Bimal Pal, Bengal Kyokushin Karate Organization

**Type of Activity:** Karate Workshop and Certificate distribution (after successfully completion of the Course)

**Organizing Department:** Women's Cell, Serampore Girls' College

**Place of activity:** Playground, Old Building, Serampore Girls' College Campus

**Date and time of the activity:** 01.08.2024-17.08.24 ( Time: 8 am to 10 am)

**Number of attendees:** 54

**Objective of the activity:**

- To empower women students with the knowledge, skills, and confidence required to protect themselves in everyday situations.
- To develop physical self-defence techniques, situational awareness, and mental preparedness, while promoting self-confidence, discipline, and quick decision-making.
- To educate students about personal safety, legal rights, and strategies for preventing and responding to threats.

**Outcome:**

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

**Some Photographs of the Programme :**



**Participation of Students in Karate training and Workshop**

## Notice from Womens Cell

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Date : 22-09-2024

**All the students of Serampore Girls College are informed that a karate program and certificate distribution is going to be held on 25 th September 2024 at 11 am in college ground. Students are requested to present and those who are interested to learn basic karate or self defence can enroll at the spot on that day.**



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**Certificate Distribution Notice**



Kolkata, West Bengal, India  
 2, Maniktala, Serampore, Kolkata, West Bengal 712201, India  
 Lat 22.755792°  
 Long 88.345821°  
 25/09/24 12:14 PM GMT +05:30

GPS Map Camera



Kolkata, West Bengal, India  
 2, Maniktala, Serampore, Kolkata, West Bengal 712201, India  
 Lat 22.755797°  
 Long 88.345839°  
 25/09/24 12:14 PM GMT +05:30

GPS Map Camera

**Certificates Distribution**



Some of the students with their certificate

## Celebration of International Women’s Day(IWD) 2025

**Title – Celebration of International Women’s Day 2025**

This year Serampore Girls’ College celebrated the International Women’s Day in two phases. **First on 11.03.25** and the **second program was on 25.03.25**. The detail reports of these two programs are given below.

### First Celebration of International Women’s Day on 11.03.25 - Legal Awareness Program for Women

**Title – Legal Awareness Camp and Self Defense Demonstration for Women**

The Women's cell of Serampore Girls' College organised a program on Legal Awareness in collaboration with the District Legal Services Authority (DLSA) of Hooghly district on 11<sup>th</sup> March 2024.

**Speaker: Sm. Manali Samanta, WBJS, Secretary, District Legal Services Authority (DLSA), Hooghly.**

### **Objectives**

- Women's Cell of Serampore Girls' College organised a Legal Awareness Programme to sensitize the students about "Facilities offered by the Govt to fight legal issues faced by women".
- Where to seek advice for resolution of disputes whether through judicial system or otherwise.
- Where to find legal assistance to fight the legal problems faced.
- Where to get assistance for procedural expenses involved in fighting the legal battles.
- Students also demonstrated some of their skills in Karate to encourage other students.
- To encourage students to join in Karate course, organized by the college.

### **Type of Activity:**

- **Seminar**
- **Skill Demonstration by the Students**

A seminar was organized to spread awareness amongst the students on various laws for protecting women's rights. Also, it dealt with assistance offered by the Government for fighting legal cases to protect such rights.

The inaugural address, on this occasion, was delivered by The Principal Dr. Soma Roy and she briefed about the significance of this legal awareness programme.

The respected speaker, **Sm. Manali Samanta**, from DLSA then elaborated on the various legal aspects and the facilities which the Government proactively offers to assist women who need them.

The students were highly motivated by the lectures and were totally engrossed in the discussion.

During the question-answer session, some of the students shared their personal experiences of the trauma faced by them and the speakers provided them with suitable pieces of advice.

After the Seminar, students, who has already completed Karate courses from the college, demonstrated some of their skills to encourage other students to learn self-defence course.

**Organising Department: Women's Cell**

**Place of Activity:** NB 8 & NB 9

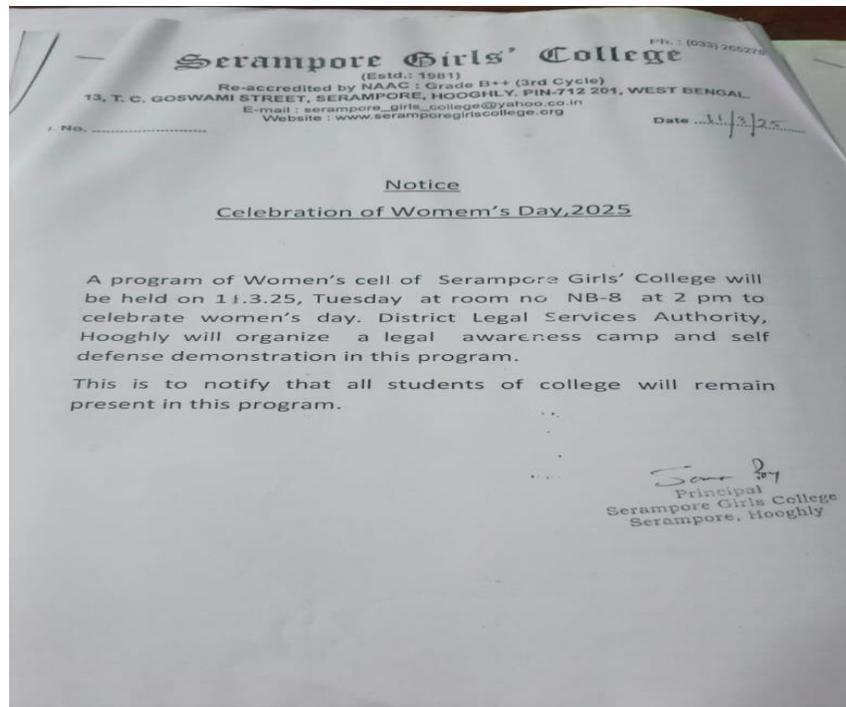
**Date & Time of Activity:** 11<sup>th</sup> March 2025. (2:00pm-4.00 pm)

**Number of Attendees:** Students- 109 and Teachers: 19

**The outcome of the Programme –**

- Students got to know their legal rights and discuss their legal issues with resource persons.
- The programme winded up with open discussion and active participation from the audience which was answered and discussed by the resource persons.
- The programme ended successfully on a very positive note.

**Some Photographs of the Programme :**



**Notice**



**Karate Demonstration by College Students**



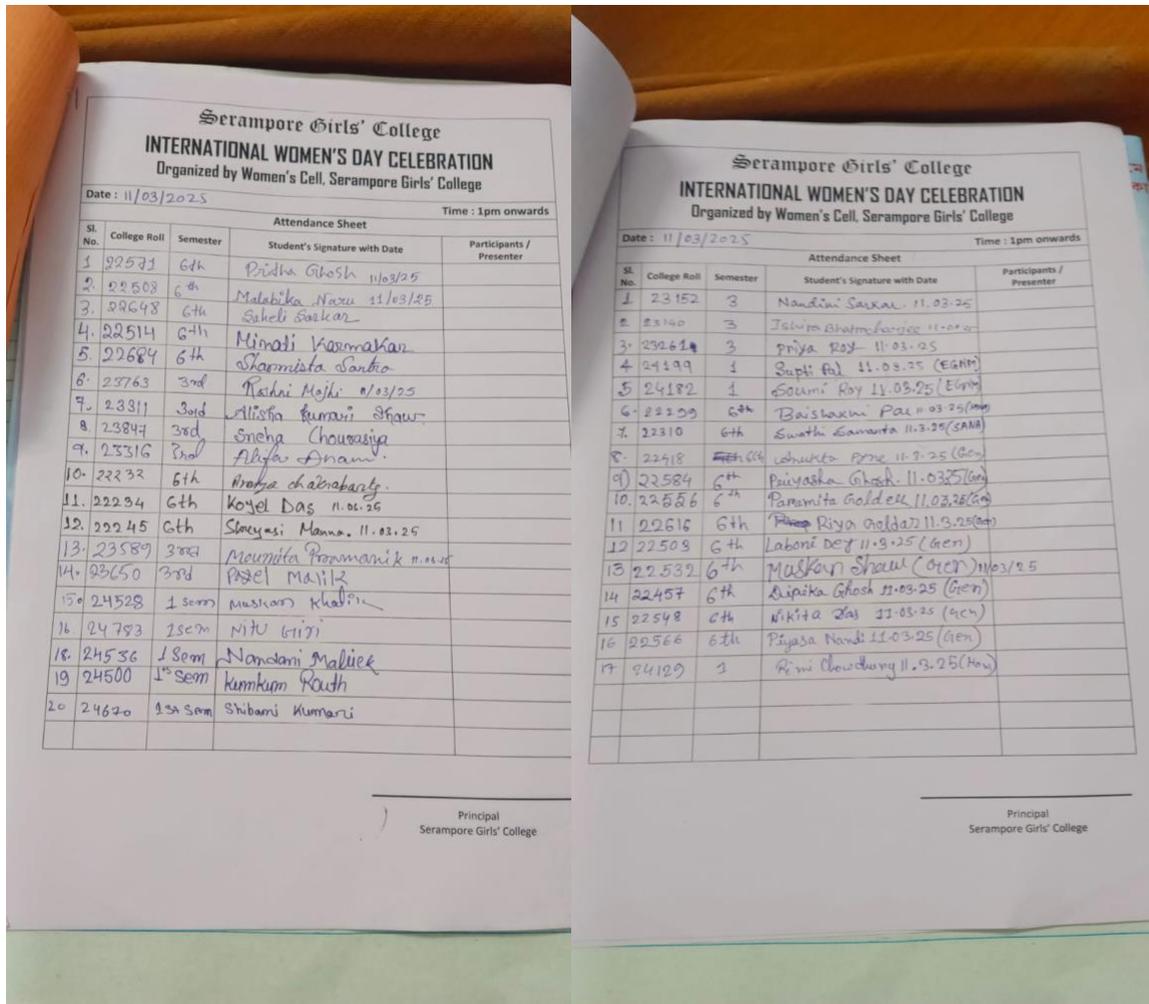
**Karate Demonstration by College Students**



Speaker addressing to the students



Speaker addressing to the students on the laws to prevent Domestic Violence



## Attendance Sheet

## Second Celebration of International Women's Day on 25.03.25

Title of the activity: A Seminar on "Girls' Trafficking"

Type of the activity: Seminar

Speaker: Prof. Shiladitya Chakraborty, Department of Political Science, Kalyani University

The objective of the activity:

- To raise awareness among students about the causes, forms, and realities of girl trafficking at local, national, and global levels.
- To educate students on identifying risk factors, warning signs, and common methods used by traffickers, including online exploitation.

- **To inform participants** about legal rights, government laws, and support systems available for prevention, rescue, and rehabilitation of victims.
- **To empower young women** with knowledge, confidence, and practical strategies to protect themselves and others, and to encourage active participation in prevention efforts.
- **Organizing Department:** Women's Cell
- **Place of activity:** Serampore Girls' College, Room no. NB 8 and NB 9
- **Date and time of the activity:** 25th March 2025 ( From 12 noon -3.00 pm)
- **Number of attendees:** (a) students: 173, (b) teachers: 22.

### Outcome:

- **Increased awareness and understanding**  
Students gain a clear understanding of what girl trafficking is, its causes, forms, and how it affects individuals, families, and society.
- **Ability to identify warning signs**  
Students learn to recognize common indicators of trafficking and grooming, helping them identify potential victims or risky situations early.
- **Knowledge of laws and rights**  
Students become informed about national and international laws related to trafficking, as well as the rights of victims and legal consequences for offenders.
- **Development of social responsibility**  
The seminar encourages students to take an active role in prevention by promoting ethical behavior, gender equality, and community vigilance.
- **Empowerment to take action and seek help**  
Students learn where and how to report suspected trafficking cases, access helplines, and support organizations working to combat trafficking and rehabilitate survivors.

### Some Photographs of the Programme :



**Principal Madam was addressing before the Programme**



Speaker, Prof. Shiladitya Chakraborty , addressing to the students.

International Women's Day Celebration  
Organized by: Women's Cell, Serampore Girls' College  
Date: 25<sup>th</sup> March, 2025

Participant Signature Sheet

Sl. No.	Roll No.	Class	Signature
1.	24135	Sem-2	Rudrakshi Mukherjee
2.	24002	Sem-2	Abhika Sarkar
3.	24007	Sem-2	Abhinaya Riknath
4.	24025	Sem-2	Anu Das
5.	24004	Sem-2	Ahana Barua
6.	24508	Sem-2	Mammi Hazra
7.	24613	Sem-2	Riya Ghosh
8.	24614	Sem-2	Rida Malik
9.	24186	Sem-2	Susita Das
10.	24178	Sem-2	Sonali Kanyasulk
11.	22263	Sem-6	Khushi Kumari Singh
12.	22280	Sem-6	Rupali Prasad
13.	22261	Sem-6	Kashis Shaw
14.	22264	Sem-6	Kizan Mahato
15.	22253	Sem-6	Dipika Kumari Thakur
16.	24608	Sem-2	Rita Das
17.	24054	Sem-2	Dipika Choudhury
18.	24133	Sem-2	Riya Ghosh
19.	24117	Sem-2	Rafat Najveen
20.	24043	Sem-2	Bansree Gayen
21.	24088	Sem-2	Muskana Khatun
22.	24044	Sem-2	Bansha Pal
23.	24065	Sem-2	Khusi Pramanick
24.	24091	Sem-2	Nandini Holder
25.	24033	Sem-2	Anpito Adok
26.	24778	Sem-2	Laxmi Kumari Sharma

International Women's Day Celebration  
Organized by: Women's Cell, Serampore Girls' College  
Date: 25<sup>th</sup> March, 2025

Participant Signature Sheet

Sl. No.	Roll No.	Class	Signature
1	24405	Sem II	Ananya Sarkar
2	24522	Sem 2	Mousumi Doley
3	24464	Sem 2	Shikha Ghosh
4	24743	Sem 2	Tribha Mukherjee
5	24402	Sem II	Aitijhya Hanna
6.	24777	Sem II	Ruja kha
7.	24018	Sem II	Ankita Kumari
8.	24120	Sem II	Rambha Yadav
9.	24052	Sem II	Deekhi Kumari
10	24030	Sem II	Arunika Shah
11	24134	Sem II	Rosmi Tanti
12	24154	Sem II	Sorowati Haena
13	24156	Sem II	Sayani Datta
14	24100	Sem II	Suhana Khatun
15	24041	Sem II	Bairakshi Mallick
16	24021	Sem II	Ankita Sartra
17	24155	Sem II	Sanaat Jyoti
18	24014	Sem II	Anisha Tasveem
19	24410	Sem II	Ankara Pal
20	24411	Sem II	Amita Basu
21	24160	Sem II	Shalita Parveen
22	24095	Sem II	Nehla Shaheen
23	24063	Sem II	Kakshata Parvin
24	24224	Sem II	Zeba Nashim
25	24097	Sem II	Nivea Khatun

Attendance Sheet

