

Report on “Two week Self-Defence Training Camp 2025”

Event : Self-Defence Training Camp 2025

Date and Time: From 06/01/25 to 17/01/25, 12 noon to 3 p.m.

Venue : College Basketball Court

Joint Conveners : Dr. Nabadyuti Barman & Dr. Tushar Kanti Bose

Coordinator : Dr. Md. Imran Hossain, HOD Department of Physical Education

The Grievance Redressal and Anti-Sexual Harassment Cell, the Department of Physical Education, and the IQAC of Srikrishna College, Bagula, in collaboration with Ranaghat College, Sudhiranjan Lahiri Mahavidyalaya, Dwijendralal College, Asannagar Madan Mohan Tarkalankar College, Pritilata Waddedar Mahavidyalaya, and the Nadia District Sports Karate-Do Association, jointly organized a “Two-Week Self-Defence Training Camp 2025” from 6th January to 17th January 2025.

The camp was intended for female students of our college as well as female students from the above-mentioned colleges that have signed an MoU with our institution. It formed part of both the **Platinum Jubilee Celebration** of our institution and the **Student Week Celebration 2025**.

The program was inaugurated by our Principal, **Dr. Sukdeb Ghosh**, and IQAC Coordinator, **Ms. Anamika Chakraborty**. The training camp aimed to build self-confidence and improve street awareness among female students.

A total of **82 female students** from various departments of our college participated in the event. Additionally, **13 female students** from Pritilata Waddedar Mahavidyalaya and Asannagar Madan Mohan Tarkalankar College attended on **17th January 2025**.

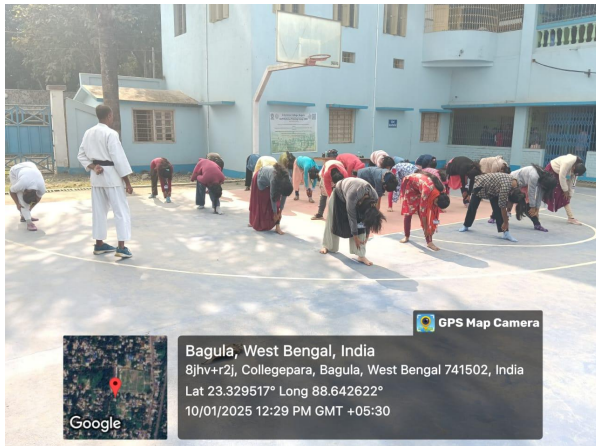
The sessions were conducted by **Sensei Supryo Dutta** (three-time international gold medalist, National A Judge, and 4th Dan Black Belt) from the Nadia District Sports Karate-Do Association. He trained the participants in various self-defence techniques and stunts to help them protect themselves in unwanted situations.

The **felicitation program** was held on **17th January 2025** in the presence of our Hon'ble Principal, **Dr. Sukdeb Ghosh**. Although the camp was initially planned to continue until **18th January 2025**, it concluded a day earlier due to unavoidable circumstances.

Some glimpses of the event



Some glimpses of the event



Some glimpses of the event



Brochure of the event



Srikrishna College, Bagula invites all the female college students to attend **Self-Defence Training Camp 2025**



From 06/01/25 to 18/01/25

A Part of both the Platinum Jubilee Celebration of Srikrishna College and the Student Week Celebration

Organised by

Grievance Redressal and Anti-Sexual Harassment Cell, IQAC and Physical Education Department of Srikrishna College, Bagula

In Collaboration with

Ranaghat College, Sudhiranjan Lahiri Mahavidyalaya, Dwijendralal College, Asannagar Madan Mohan Tarkalankar College,

Pritilata Waddedar Mahavidyalaya and Nadia district Sports Karate Do Association

Click here to register >> <https://forms.gle/QRLaYEopSCk9Fc846>

Last date of registration : 04/01/25

Chairperson

**Dr. Sukdeb
Ghosh**
Principal
Srikrishna College

Jnt. Convenors

Dr. Tushar Kanti Bose,

Assistant Professor, Department of Physics, Srikrishna College

Dr. Nabadyuti Barman

Assistant Professor, Department of Chemistry, Srikrishna College

Coordinator

Dr. Md. Imran Hossain

H.O.D, Department of Physical
Education, Srikrishna College

* Certificates will be given on successful completion of the course

* For more details please contact with the Jnt. Convenors & the Coordinator.

Self Defence Camp 2025
Srikrishna College, Bagula
Attendance Sheet

| Sl. No. | Name (IN CAPITAL LETTERS) | College | 06/01/25 | 07/01/25 | 08/01/25 | 09/01/25 | 10/01/25 | 11/01/25 |
|---------|---------------------------|---------|------------------------|------------------------|----------------|----------------|-----------------|-----------------|
| 1 | TRISA SARKAR | | Trisa Sarkar | Trisa Sarkar | Trisa Sarkar | Trisa Sarkar | Trisa Sarkar | Trisa Sarkar |
| 2 | SOMA MONDAL | | SOMA MONDAL | SOMA MONDAL | Soma Mondal | Soma Mondal | Soma Mondal | Soma Mondal |
| 3 | TIPTI BISWAS | | Tipti Biswas | Tipti Biswas | Tipti Biswas | Tipti Biswas | Tipti Biswas | Tipti Biswas |
| 4 | CHANDRA BISWAS | | Chandra Biswas | Chandra Biswas | Chandra Biswas | Chandra Biswas | | |
| 5 | MISHTI DAS | | Mishiti Das | Mishiti Das | | | | |
| 6 | MARINA TRIPATHI DEOSTA | | Marina Tripathi Deosta | Marina Tripathi Deosta | | | | |
| 7 | SATHI SARKAR | | Sathi Sarkar | Sathi Sarkar | | | | |
| 8 | ARBI BISWAS | | Arbi Biswas | Arbi Biswas | | | | |
| 9 | PAYEL BISWAS | | Payel Biswas | Payel Biswas | | | | |
| 10 | BARANDEE BISWAS | | Barandeep Biswas | Barandeep Biswas | Antara Mondal | Antara Mondal | | |
| 11 | Antara Mondal | | Antara Mondal | Antara Mondal | Antara Mondal | Antara Mondal | Antara Mondal | Antara Mondal |
| 12 | Mousumi Maithra | | Mousumi Maithra | Mousumi Maithra | | | Mousumi Maithra | Mousumi Maithra |
| 13 | Shreya Jodan | | Shreya Jodan | Shreya Jodan | | | | |
| 14 | Priyanka Mondal | | Priyanka Mondal | Priyanka Mondal | | | | |
| 15 | Mahuya Bain | | Mahuya Bain | Mahuya Bain | | | | |
| 16 | Sutapa Ghosh | | Sutapa Ghosh | Sutapa Ghosh | Sutapa Ghosh | Sutapa Ghosh | | |
| 17 | Hena Kanjilal | | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal |
| 18 | Esika Majumdar | | Esika Majumdar | Esika Majumdar | Esika Majumdar | Esika Majumdar | Esika Majumdar | Esika Majumdar |

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| Sl. No. | Name (IN CAPITAL LETTERS) | College | 06/01/25 | 07/01/25 | 08/01/25 | 09/01/25 | 10/01/25 | 11/01/25 |
|---------|---------------------------|---------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 19 | Trisha Biswas | | Trisha Biswas | Trisha Biswas | Trisha Biswas | Trisha Biswas | Trisha Biswas | Trisha Biswas |
| 20 | Sharmistha Biswas | | Sharmistha Biswas | Sharmistha Biswas | Sharmistha Biswas | Sharmistha Biswas | Sharmistha Biswas | Sharmistha Biswas |
| 21 | Jayosthi Das | | Jayosthi Das | Jayosthi Das | | | | |
| 22 | Barsha Adhikary | | Barsha Adhikary | Barsha Adhikary | Barsha Adhikary | Barsha Adhikary | | |
| 23 | ESHITA MONDAL | | Eshta Mondal | Eshta Mondal | | | | |
| 24 | SNIGDHA MONDAL | | Snigdha Mondal | Snigdha Mondal | | | | |
| 25 | TAJMIKA MONDAL | | Tajmika Mondal | Tajmika Mondal | | | | |
| 26 | Neelshin Tarafdar | | Neelshin Tarafdar | Neelshin Tarafdar | Neelshin Tarafdar | Neelshin Tarafdar | | |
| 27 | Tania Khatun | | Tania Khatun | Tania Khatun | Tania Khatun | Tania Khatun | | |
| 28 | Puja Biswas | | Puja Biswas | Puja Biswas | Puja Biswas | Puja Biswas | | |
| 29 | Mammi Sarkar | | Mammi Sarkar | Mammi Sarkar | | | | |
| 30 | Rose Das | | Rose Das | Rose Das | Rose Das | Rose Das | Rose Das | Rose Das |
| 31 | Ritaj Sarkar | | Ritaj Sarkar | Ritaj Sarkar | Ritaj Sarkar | Ritaj Sarkar | Ritaj Sarkar | Ritaj Sarkar |
| 32 | Barsha Biswas | | Barsha Biswas | Barsha Biswas | Barsha Biswas | Barsha Biswas | Barsha Biswas | Barsha Biswas |
| 33 | Mousumi Mondal | | Mousumi Mondal | Mousumi Mondal | | | | |
| 34 | Rinki Biswas | | Rinki Biswas | Rinki Biswas | | | | |
| 35 | Shreetha Biswas | | Shreetha Biswas | Shreetha Biswas | Shreetha Biswas | Shreetha Biswas | | |
| 36 | Someshree Mondal | | Someshree Mondal | Someshree Mondal | | | | |

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| Sl. No. | Name (IN CAPITAL LETTERS) | College | 06/01/25 | 07/01/25 | 08/01/25 | 09/01/25 | 10/01/25 | 11/01/25 |
|---------|---------------------------|---------|------------------|------------------|----------------|----------------|------------------|------------------|
| 37 | SATHBOL BISWAS | | Satabdi | Biswas | | | | |
| 38 | SHREYASHOSH | | Shreyashosh | Shreyashosh | Shreyashosh | Shreyashosh | Shreyashosh | Shreyashosh |
| 39 | SNEHALATA SIKDER | | Snehalata Sikder | | | | Snehalata Sikder | Snehalata Sikder |
| 40 | KIMPA SARKAR | | Kimpa Sarkar | | | | | |
| 41 | POLIMONDAL | | Poli Mondal | Poli Mondal | Poli Mondal | Poli Mondal | Poli Mondal | Poli Mondal |
| 42 | STIMRAN BAKSHI | | Sirvzo Bakshi | Sirvzo Bakshi | Sirvzo Bakshi | Sirvzo Bakshi | | |
| 43 | BIJOYA TRAKUT | | Biyoja Trakut | | | | | |
| 44 | ARPILA BISWAS | | Arpila Biswas | | | | | |
| 45 | MITA BISWAS | | Mita Biswas | Mita Biswas | Mita Biswas | Mita Biswas | | |
| 46 | ARUNA DHALI | | Aruna Dhal | Aruna Dhal | | | | |
| 47 | DAIPSA SINGHA | | Daipsa Singha | Daipsa Singha | Daipsa Singha | Daipsa Singha | Daipsa Singha | Daipsa Singha |
| 48 | NANDINI BISWAS | | Nandini Biswas | Nandini Biswas | Nandini Biswas | Nandini Biswas | | |
| 49 | STUTI BISWAS | | Stuti Biswas | Stuti Biswas | | | Stuti Biswas | Stuti Biswas |
| 50 | SHARANI MOJUMDER | | Sharani Mojumder | Sharani Mojumder | | | Sharani Mojumder | Sharani Mojumder |
| 51 | MANDIRA MANDAL | | Mandira Mandal | Mandira Mandal | Mandira Mandal | Mandira Mandal | Mandira Mandal | Mandira Mandal |
| 52 | RAMA ROY | | Rama Roy | Rama Roy | Rama Roy | Rama Roy | Rama Roy | Rama Roy |
| 53 | SANCHITA BISWAS | | Sanchita Biswas | Sanchita Biswas | | | | |
| 54 | TAMAMA MONDAL | | Tamama Mondal | Tamama Mondal | | | | |

Pr. Sankar

Rajin Biswas

Mitali Mondal

Agarmin Khatun

Tarima ~~the~~ Mandal

Sandipa Halder

Brishti Bain

Pr. Sankar

Pr. Sankar

Rajin Biswas Rajin Biswas ✓

Mitali Mondal Mitali Mondal

Agarmin Khatun

Agarmin Khatun

Tarima Mandal

Tarima Mandal ✓

Sandipa Halder

Sandipa Halder ✓

Brishti Bain

Brishti Bain ✓

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| Sl. No. | Name (IN CAPITAL LETTERS) | College | 06/01/25 | 07/01/25 | 08/01/25 | 09/01/25 | 10/01/25 | 11/01/25 |
|---------|---------------------------|---------|------------------|------------------|------------------|------------------|------------------|------------------|
| 55 | PIU SARKAR | | Piu Sarkar | Piu Sarkar | Piu Sarkar | Piu Sarkar | Piu Sarkar | Piu Sarkar |
| 56 | RITU BISWAS | | Ritu Biswas | Ritu Biswas | Ritu Biswas | Ritu Biswas | | |
| 57 | MITALI MONDAL | | | | | | | |
| 58 | AYASHMIN KHATUN | | | | | | | |
| 59 | TANIMA HANDBAL | | Tanima Mandal | Tanima Mandal | Tanima Mandal | Tanima Mandal | | |
| 60 | SANDIPA HALDER | | Sandipa Halder | Sandipa Halder | Sandipa Halder | Sandipa Halder | Sandipa Halder | Sandipa Halder |
| 61 | BRISHATI BAIRIN | | Brishati Bairin | Brishati Bairin | Brishati Bairin | Brishati Bairin | Brishati Bairin | Brishati Bairin |
| 62 | NISHA GHOSH | | Nesha Ghosh | Nesha Ghosh | Nesha Ghosh | Nesha Ghosh | Nesha Ghosh | Nesha Ghosh |
| 63 | PAMELI PAUL | | Pameli Paul | Pameli Paul | Pameli Paul | Pameli Paul | Pameli Paul | Pameli Paul |
| 64 | DISHA BANERJEE | | Disha Banerjee | Disha Banerjee | Disha Banerjee | Disha Banerjee | | |
| 65 | LABANI SARKAR | | Labani Sarkar | Labani Sarkar | Labani Sarkar | Labani Sarkar | | |
| 66 | SANDIPA SARKAR | | | | | | | |
| 67 | MALIKA MITRA | | Malika Mitra | Malika Mitra | Malika Mitra | | | |
| 68 | BIPOASHA MONDAL | | Bi'poasha Mondal | Bi'poasha Mondal | Bi'poasha Mondal | Bi'poasha Mondal | Bi'poasha Mondal | Bi'poasha Mondal |
| 69 | ANRITA ADHIKARI | | Anrita Adhikari | Anrita Adhikari | Anrita Adhikari | Anrita Adhikari | Anrita Adhikari | Anrita Adhikari |
| 70 | ANTARA TIKADAR | | Antara Tikadar | Antara Tikadar | Antara Tikadar | Antara Tikadar | | |
| 71 | Rona Biswas | | Rona Biswas | Rona Biswas | Rona Biswas | Rona Biswas | Rona Biswas | Rona Biswas |
| 72 | Rinki Biswas | | Rinki Biswas | Rinki Biswas | Rinki Biswas | Rinki Biswas | Rinki Biswas | Rinki Biswas |

Self Defence Camp 2025
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Self Defence Camp 2025
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| Sl. No. | Name (IN CAPITAL LETTERS) | Name of the College | 13/01/25 | 14/01/25 | 15/01/25 | 16/01/25 | 17/01/25 | 18/01/25 |
|---------|---------------------------|---------------------|-------------------|-------------------|----------------|----------------|-------------------|----------|
| 1. | MANDIRA MANJAL | | Mandira Mandal | Mandira Mandal | Mandira Mandal | Mandira Mandal | Mandira Mandal | |
| 2 | Hena Kanjilal | | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | Hena Kanjilal | |
| 3 | SHARBANI MAJUMDAR | | Sharbani Majumdar | Sharbani Majumdar | | | Sharbani Majumdar | |
| 4. | STUTTI BISWAS | | Stuti Biswas | Stuti Biswas | | | Stuti Biswas | |
| 5. | ARPITA BISWAS | | Arpita Biswas | Arpita Biswas | | | | |
| 6. | ROSE DAS | | Rose Das | Rose Das | | | Rose Das | |
| 7. | PAHEL SARKAR | | Pahel Sarkar | Pahel Sarkar | | | Pahel Sarkar | |
| 8. | Tanya Biswas. | | Tanya Biswas | Tanya Biswas | | | Tanya Biswas | |
| 9. | Keya Paul | | Keya Paul | Keya Paul | Keya Paul | Keya Paul | Keya Paul | |
| 10. | ANSEN KHAJUN | | Ansen Khajun | Ansen Khajun | | | Ansen Khajun | |
| 11. | TIHNI GHOSH | | Tihni Ghosh | Tihni Ghosh | | | Tihni Ghosh | |
| 12. | HAFIZA MONDAL | | Hafiza Mondal | Hafiza Mondal | | | Hafiza Mondal | |
| 13. | ARPITA HALDER | | Arpita Halder | Arpita Halder | Arpita Halder | Arpita Halder | Arpita Halder | |
| 14 | RONA BISWAS | | Rona Biswas | Rona Biswas | Rona Biswas | Rona Biswas | Rona Biswas | |
| 15 | RINKI BISWAS | | Rinki Biswas | Rinki Biswas | Rinki Biswas | Rinki Biswas | Rinki Biswas | |
| 16 | Antara Mondal | | Antara Mondal | Antara Mondal | | | | |
| 17 | SHREYA GHOSH | | Shreya Ghosh | Shreya Ghosh | | | | |
| 18 | BARSHA BISWAS | | Barsha Biswas | Barsha Biswas | | | | |

Signature

Self Defence Camp 2025
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| Sl. No. | Name (IN CAPITAL LETTERS) | Name of the College | 13/01/25 | 14/01/25 | 15/01/25 | 16/01/25 | 17/01/25 | 18/01/25 |
|---------|---------------------------|---------------------|-------------------|-------------------|----------|----------|------------------|----------|
| 19 | Hena Biswas | | Hena Biswas | Hena Biswas | | | Hena Biswas | |
| 20 | Poli Mondal | | Poli Mondal | Poli Mondal | | | Poli Mondal | |
| 21 | MITA BISWAS | | Mita Biswas | Mita Biswas | | | | |
| 22 | Sharmistha Biswas | | Sharmistha Biswas | Sharmistha Biswas | | | | |
| 23 | Rishi Biswas | | Rishi Biswas | Rishi Biswas | | | | |
| 24 | Barsha Adhikary | | Barsha Adhikary | Barsha Adhikary | | | | |
| 25 | BITASHA MONDAL | | Bitasha Mondal | Bitasha Mondal | | | | |
| 26 | ARPIA ADHIKARY | | Arpia Adhikary | Arpia Adhikary | | | | |
| 27 | BITA RAN BAKSHI | | Bitaranki Bakshi | Bitaranki Bakshi | | | | |
| 28 | CHANDRA BISWAS | | Chandra Biswas | Chandra Biswas | | | Chandra Biswas | |
| 29 | SNEHALATA SIKDER | | Snehalata Sikder | Snehalata Sikder | | | Snehalata Sikder | |
| 30 | TRISA SARKAR | | Trisa Sarkar | Trisa Sarkar | | | Trisa Sarkar | |
| 31 | TITHI BISWAS | | Tithi Biswas | Tithi Biswas | | | Tithi Biswas | |
| 32 | PRITTI GOLDER | | Priti Golder | Priti Golder | | | Priti Golder | |
| 33 | SHREYA GHOSH | | Shreyah Ghosh | Shreyah Ghosh | | | Shreyah Ghosh | |
| 34 | BARSHA BISWAS | | Barsha Biswas | Barsha Biswas | | | Barsha Biswas | |
| 35 | MOUSUMI MAITRA | | Mousumi Maitra | Mousumi Maitra | | | Mousumi Maitra | |
| 36 | NEHA GHOSH | | Neha Ghosh | Neha Ghosh | | | Neha Ghosh | |

Attendance Sheet

16/01/25

1. Sandipa Halder
2. Boushdi Bain

24) Snehalata Sikder

3. Anipsa Singh
4. Pithi Ghosh.
5. Anasina Khattun
6. Rama Ray
7. Hena Biswas
8. Tania Khattun
9. Priyanka Das
10. Nowshin Tanabder
11. Hafiza Mandal
12. Piu Sankar
13. Rose Das
14. Payel Sankar
15. Pamela Pal
16. Puja Biswas.
17. Hena Kanjilal
18. SHARBANI MAJUMDER
19. STTUTI BISWAS
20. Rinke Biswas
21. Rona Biswas
22. Sharmistha Biswas
23. Bansha Adhikary

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Attendance Sheet

| SL- <u>Name</u> | <u>Name of the College</u> | <u>Signature</u> |
|--------------------------|--------------------------------|------------------|
| 1. PRANTI BISWAS | P.W.M | Pranti Biswas |
| 2. PAYEL BISWAS | Pritilata Wadker Mahavidyalaya | Payel Biswas |
| 3. ARUNA BISWAS | " | Aruna Biswas |
| 4. RITWIKA SAHA | " | Ritwika Saha. |
| 5. Sathi P | | |
| 6. SATHI PAUL | " | Sathi Paul. |
| 7. KEYA MONDAL | " | Keya Mondal. |
| 8. ADURI MANDAL | " | Aduri Mandal. |
| 9. PRIYANKA BISWAS | Asannagar M.M.T College | Priyanka Biswas |
| 9. SHREYA MONDAL | " | Shreya Mondal |
| 10. SNEHA MONDAL | " | Sneha Mondal |
| 11. SATHI MONDAL | " | Sathi Mondal |
| 12. Sheli Sar | | |
| 12. SHELI SARKAR | " | Sheli Sarkar |
| 13. SABITRI GAJIN | " | Sabitri Gajin |
| 14. | | |