



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE

**TEN-DAY TRAINING PROGRAMME ON SELF-DEFENCE  
FOR GIRL STUDENTS**

**Date: 14.12.2021**





## The Rationality of the Programme:

Indian Penal Code has listed so many crimes against women that includes rape, sexual assault, insult to modesty, kidnapping, abduction, cruelty by an intimate partner or relatives, trafficking etc. Quoting data from the University Grants Commission (UGC), Union Minister of State for human resource development Satya Pal Singh, in a written reply, said 149 cases of sexual harassment were reported from universities and 39 cases from colleges and other institutions in 2017. In 2016, 94 such cases were reported from universities and 18 from colleges and institutions. (<https://www.hindustantimes.com/education/50-increase-in-sexual-harassment-cases-on-campus-in-2017-ugc-data/story-VTuTtYPBebfIT9RXIGAwTK.html>). By keeping in view, the importance of self-defence training the Women's Study Centre, Gargaon College in collaboration with IQAC, Gargaon College and All India Karate-Do Federation, Sivasagar organised A Ten-Day Training Programme on Self-Defence for Girl Students from 14th to 24th December, 2021. It is expected that Life skill programmes like Self-Defence Training will definitely help the girl students to be more aware of their surroundings and be prepared for the unexpected at any time.

## Resource Persons of the Programme:

Mr Pranop Kumar Das  
International Martial Arts Expert  
Sivasagar, Assam

Dr. Chandraditya Gogoi  
Assistant Professor  
Department of Geology  
Gargaon College

## Flyer of the Programme:

**Gargaon College**  
Simlaguri, Sivasagar, Assam

**A Ten-Day Training Programme on  
SELF-DEFENCE  
for Girl Students  
(December 14 to December 24, 2021)**

Organized by  
**Women's Study Centre, Gargaon College**

In Collaboration with  
**IQAC, Gargaon College**  
&  
**All India Karate-Do Federation (AIKF), Sivasagar**

**Resource Person**

  
Mr Pranop Kumar Das  
International Martial Arts Expert

  
Dr. Chandraditya Gogoi  
Assistant Professor (PhD)  
Department of Geology, Gargaon College

Registration at  
<https://forms.gle/wu8kAFCXneR9A26>  
2021.12.09 (09:00 AM - 05:00 PM)  
<https://chat.whatsapp.com/D3R6u0WuZP5L13Z1u6k05>

**Organizing Committee**

**Author**  
Dr. Subyasree Mahanta  
Principal  
Gargaon College

**Coordinator, IQAC**  
Dr. Surajit Saitta  
Assistant Professor  
Department of Economics

**Programme Coordinator**  
Mrs. Nilakshi Chakrabarti  
Associate Professor (PhD)  
Department of Assamese

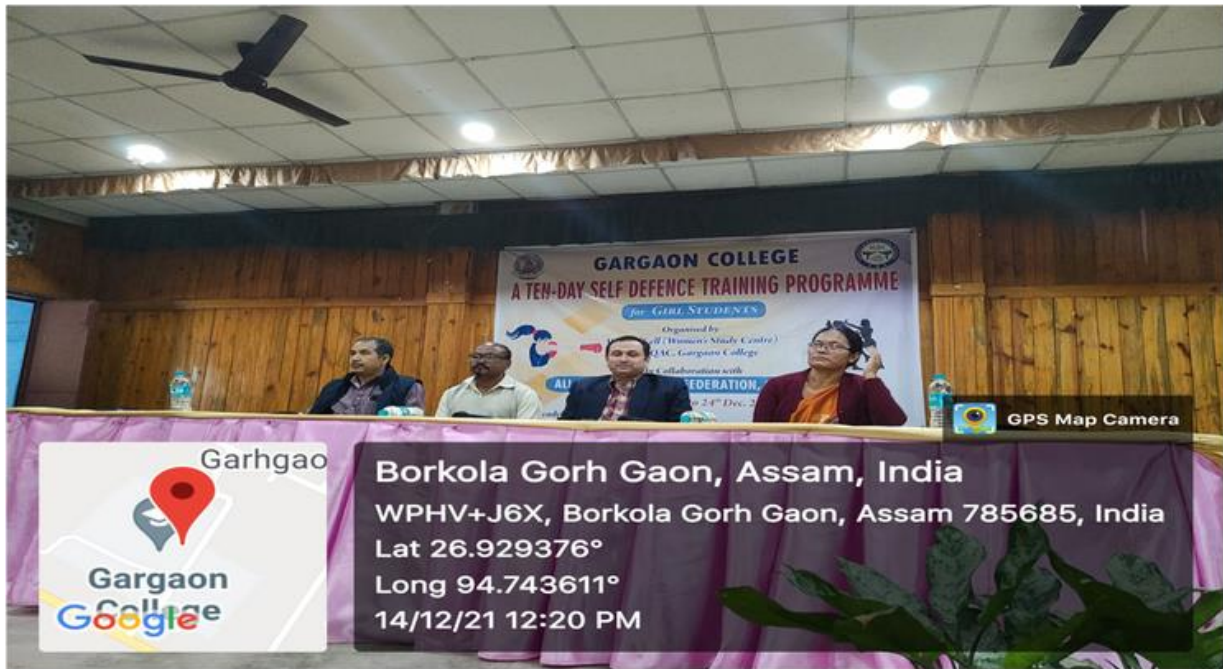
\*Registration is absolutely free.  
\*Certificates will be provided on successful completion of the programme.

\*Details regarding the class timings shall be communicated through the WhatsApp group

Contact us at - 8011506978



**Photographs of the Programme:**



## News Clip of the Programme

convincing the protesters, Dhakrajun 10-11-law, was freely roaming in the school

# 10-day programme on self-defense concludes

OUR CORRESPONDENT

**SIVASAGAR, Dec 24:** Beginning from December 14, a 10-day training programme on Self Defense for girl students held at the historic precincts of Gargaon College, a prominent institution of upper Assam, concluded successfully on December 24. Organized jointly by Women's Study Centre under IQAC, Gargaon College in collaboration with All India Karate-Do Federation, Sivasagar, the programme aimed at empowering girl students by imparting necessary skills of self defense keeping in view the increasing cases of violence against women in recent times.

In his inaugural address, Dr Sabyasachi Mahanta, Principal, Gargaon College, highlighted the significance of such a programme in improving the mental and physical health of girl students and in instilling confidence in them. He appreciated the efforts taken by Nilakhi Chetia, Coordinator, Women Cell and Dr Surajit Saikia, Coordinator, IQAC to organize the event.

The event was graced by Pranab Kumar Das, International Martial Arts Expert, and Dr Chandraditya Gogoi, head of the Department of Geology, Gargaon College, and eminent martial artist as the resource persons who shared their expertise and insights on various aspects of martial arts. Around 200 girl students actively participated in the training.

Certificates of participation were provided to the students at the valedictory function which was graced by Dr Rina Handique, Vice-Principal of the college.

## YouTube Link:

