

PURBASTHALI COLLEGE

WOMEN'S CELL

Instructor

Sensai Aakash Hazra

Chief Instructor, JKA
INDIA, West Bengal

Convener

Dr. Lipika Ghoshal

Duration of the Programme

January 23, 2023 to
February 22, 2023

Last Date for Apply

January 20, 2023



TRAINING PROGRAMME

EMPOWER HER : A COMPREHENSIVE SELF – DEFENSE TRAINING PROGRAMME

ORGANIZED BY

WOMEN'S CELL OF PURBATHALI COLLEGE
IN COLLABORATION WITH
JKA INDIA, WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Saha
Principal
Purbasthali College
Parulla, Purba Bardhaman

About the Course

At Purbasthali College, we believe in empowering our students with the skills and confidence they need to navigate the world safely. That is why we are excited to introduce this programme, a specialized self-defense training program designed exclusively for women.

This programme is not just about physical techniques; it is about building strength, resilience, and awareness. Our program combines practical self-defense tactics, equipping participants with the tools they need to protect themselves in any situation.

What You Will Learn

- **Self-Defense Techniques:** Master practical, effective self-defense moves tailored to real-life scenarios.
- **Situational Awareness:** Develop the ability to assess and respond to potential threats.
- **Verbal De-escalation:** Learn communication strategies to defuse tense situations before they escalate.
- **Confidence Building:** Boost your self-confidence and assertiveness both on and off the mat.

Duration

The course is designed for 30 hours starting from January 23, 2023 and it will be completed on February 22, 2023.

Eligibility

Female students of Purbasthali College are eligible to apply.

Intake Capacity

40

Admission Process

Female students are encouraged to contact the Convener of the programme and enroll their names. Seats will be filled on a first-come, first-served basis.

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