

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.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Parulia, Purba Bardhaman

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Enrolment List

SI No	Name of Students	Registration No	Signature
1.	KRISHNA MONDAL	202201019439	Krishna Mondal
2.	SHREYASHREE DAS	202201019609	shreyashree Das
3.	CHANDRIMA SAHA	202101022597	Chandrima Saha
4.	PRITI DEBNATH	202201019504	Priti Debnath
5.	SHRABANI MONDAL	202101023008	Shrabani Mondal
6.	SULATA MONDAL	202201019642	Sulata Mondal.
7.	LAXMI SOREN	202101022709	Laxmi Soren
8.	SUMANA PAL	202201019643	Sumana Pal
9.	SHRABANI GHOSH	202201019304	Shrabani Ghosh.
10.	SOUDA PARVIN	202201019307	Souda Parvin
11.	PAROMITA HALDER	202201019286	Paromita Halder
12.	RANI HALDER	202201019292	Rani Halder
13.	MOUSUMI GHOSH	202201019284	mousumi Ghosh
14.	Riya Ghosh	202201019294	Riya Ghosh
15.	Nandita Hazra	202201019285	Nandita Hazra
16.	SAHANAJ KHATUN	202201019296	Sahanaj khatun.
17.	KABERI DAS	202101022685	Kaberi Das
18.	HADIJA KHATUN	202101022639	Hadija khatun
19.	Poulami Pal	202201019287	Poulami Pal
20.	Disha Sarkar	202101022428	Anima Disha Sarkar
21.	Anima Roy	202201019346	Anima Roy
22.	Soumika Dutta	202201019308	Soumika Dutta
23.	Kaberi Basu	202201019275	Kaberi Basu

L. Ghosh
Convener
Women's Cell
Purbasthali College

Basu
Principal
Purbasthali College
Vill. & P.O.-Parulia, Dt.-Burdwan

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O.: -Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Enrolment List

SI No	Name of Students	Registration No	Signature
24	KHADIZA KHATUN	202201019277	Khadija Khatun
25	Labani Mondal	202201019442	Labani Mondal
26	Debasmita Das	202201019268	Debasmita Das
27.	Tafseera Khatun	202201019316	Tafseera Khatun.
28.	Jyotirmayee Mondal	202201019274	Jyotirmayee Mondal.
29.	Priyanka Das	202201019289	Priyanka Das
30.	Anupama Das	202201019350	Anupama Das
31.	Rimi Mondani	202201019550	Rimi Mondani
32)	Shilpi Das	202101023003	Shilpi Das
33)	Khadija Khatun	202101	
33)	Rimpa Roy	202101023321 202101022905	Rimpa Roy
34)	Samapika Nath	202201019298	Samapika Nath

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
VIII. & P.O.-Parulia, Dt.-Burdwan

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 23.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	sahanaj khatoon.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija khatoon
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 23.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 24.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 24.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JICA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 28.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener

Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 28.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JKA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 30.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 30.01.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 31.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 31.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 01.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulumi Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 01.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Gheshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 02.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 02.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Saemika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Somapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 03.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aaksh Halder
Signature of the trainer
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 03.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 06.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulumi Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 06.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 07.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 07.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-

L. Ghoshal
Convener
Women's Cell
College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 08.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JKA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 08.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 13.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyastoree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthcolleg@gmail.com, Visit us: www.purbasthcolleg.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 13.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 14.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadiza Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 14.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the Trainer
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 20.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyastree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadiza Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 20.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 22.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 22-02-2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMA YEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College



PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist:- Burdwan, Pin No-713513

Contact No. 8617647363 / 03454-264666

Email :- purbasthalicollege@gmail.com, Visit us : www.purbasthalicollege.com

Report of the Training Programme

1. Name of the Program: Training Programme
2. Topic: "Empower her: A Comprehensive Self-defense Training Programme for Women"
3. Organizer: Women's Cell, Purbasthali College
4. Duration: 30 hours from January 23, 2023 -February 22, 2023
5. Number of participants: 34
6. Venue: Swami Vivekananda Seminar Hall
7. Name of resource person: Sensai Aakash Hazra, Chief Instructor, JKA India, West Bengal
8. Summary of the Event:

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" was designed to equip women with essential skills and knowledge to enhance their safety, confidence, and empowerment in various situations. Through a combination of practical self-defense techniques, awareness strategies, and empowerment exercises, the programme aimed to empower participants to assert their rights and protect themselves from potential threats.

9. Key Components:

Self-defense Techniques: The programme provided hands-on training in basic self-defense techniques tailored to real-life scenarios, including verbal assertiveness, physical strikes, blocks, and evasion maneuvers. Experienced instructors led demonstrations and supervised participants as they practiced these techniques in a safe and supportive environment.

Situational Awareness: Participants learned how to assess and respond to potentially dangerous situations through heightened situational awareness. Training sessions emphasized the importance of recognizing warning signs, trusting intuition, and de-escalating confrontations whenever possible.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Parulia, Purba Bardhaman

Empowerment Mindset: Workshops and discussions focused on fostering an empowerment mindset among participants, encouraging self-confidence, assertiveness, and resilience. Participants engaged in activities aimed at challenging limiting beliefs, building self-esteem, and setting boundaries in personal and professional relationships.

Risk Reduction Strategies: The programme addressed practical strategies for reducing the risk of violence and harassment in various settings, such as public spaces, workplaces, and social gatherings. Participants learned about safety precautions, assertive communication techniques, and the importance of creating support networks.

10. Outcomes and Impact:

- **Enhanced Self-confidence:** Participants reported feeling more confident and empowered to navigate challenging situations and assert their boundaries effectively.
- **Improved Safety Awareness:** Attendees gained a better understanding of potential threats and learned practical strategies for minimizing risks and protecting themselves from harm.
- **Sense of Community:** The training programme fostered a sense of solidarity and support among participants, who shared experiences, resources, and strategies for promoting safety and empowerment within their communities.
- **Long-term Empowerment:** Participants expressed a commitment to continuing their self-defense training and advocating for gender equality and women's rights in their personal and professional lives.

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" proved to be a valuable opportunity for women to acquire essential skills, build confidence, and connect with like-minded individuals.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Panulia, Purba Bardhaman



L. Ghoshal
Convener
Women's Cell
Purbasthali College

Principar
Principar
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



L. Gohashal
Convener
Women's Cell
Purbasthali College

P. Saha
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



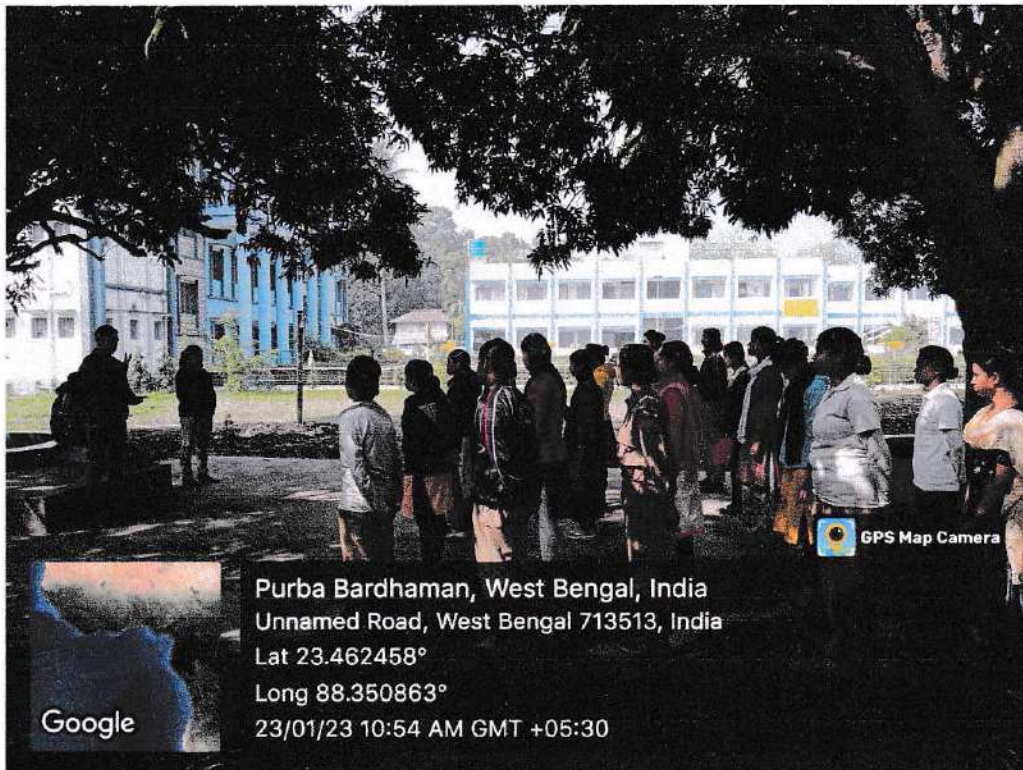
L. Ghoshal
Convener
Women's Cell
Purbasthali College

P. Saha
Principal
Purbasthali College
M.I. & P.O.-Parulia, Dt.-Burdwan



L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Sere
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



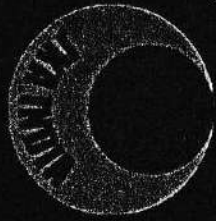
L. Ghoshal
Convener
Women's Cell
Purbasthali College

P. Saha
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Saha
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



PURBASTHALI COLLEGE

(Affiliated to The University of Burdwan)

WOMEN'S CELL

in collaboration with

JKA INDIA, WEST BENGAL



Certificate of Participation

This is to certify that Ms. Krishna Mandal, Roll No. 129, student of Semester I, Purbasthali College, Parulia, West Bengal participated in the Programme on “Empower Her: a Comprehensive Self-defense Training Programme for Women” organized by the Women’s Cell, Purbasthali College, in collaboration with JKA India, West Bengal from January 23, 2023 to February 22, 2023.

L. Ghoshal

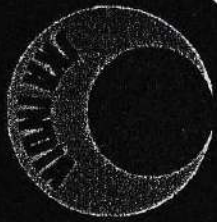
Dr. Lipika Ghoshal
Convener, Women’s Cell
Purbasthali College

Aakash Hazra

Sensai Aakash Hazra
Chief Instructor
JKA India, West Bengal

Biswajit

Dr. Bibhas Chandra Saha
Principal
Purbasthali College



PURBASTHALI COLLEGE

(Affiliated to The University of Burdwan)

WOMEN'S CELL

in collaboration with

JKA INDIA, WEST BENGAL



Certificate of Participation

This is to certify that Ms. Shreyashree Das, Roll No. 141, student of Semester I, Purbasthali College, Parulia, West Bengal participated in the Programme on “Empower Her: a Comprehensive Self-defense Training Programme for Women” organized by the Women’s Cell, Purbasthali College, in collaboration with JKA India, West Bengal from January 23, 2023 to February 22, 2023.

L. Ghoshal

Dr. Lipika Ghoshal

Convener, Women’s Cell

Purbasthali College

Aakash Hazra

Sensai Aakash Hazra

Chief Instructor

JKA India, West Bengal

Besha

Dr. Bibhas Chandra Saha

Principal

Purbasthali College