



"Educating hearts and minds"

HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)
Tripura University Reg. Code: 17
Jubatara, P.O. Lembucherra, Tripura West Pin-799210
Phone: 0381-2915930, +91 9402315672
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Report on Two-Days Self-Defense Workshop

Date: - 9th- 10th April, 2024

The Internal Complaints Committee (ICC) of Holy Cross College, Agartala, successfully organized a Two-Days Self-Defense Workshop in collaboration with Sanjib Karate Schools, Barjala. Held on April 9th and 10th, 2024, at the Holy Cross College premises, the workshop aimed to promote personal safety and empowerment among participants.

The inauguration ceremony on April 9th featured distinguished guests, including Mr. Pradip Chanda from the Zonal Advisory Committee of Agartala Municipal Corporation, Mr. Sanjib Sutradhar, a 5th Dan Black Belt, Mrs. Debarati Sarkar, an International Karate Gold Medalist, Dr. Fr. Benny K. John, CSC, Principal of Holy Cross College, Dr. Moumita Dey, Presiding Officer of ICC, and Mrs. Sangita Chakraborty, the workshop organizer.

Approximately 40 students and teachers participated in the workshop. Over the two days, participants engaged in comprehensive self-defense training, learning techniques designed to enhance personal safety and well-being. The workshop emphasized practical skills and strategies, equipping attendees with the confidence and abilities needed to protect themselves.

The initiative was driven by the growing importance of personal safety and empowerment, and it received positive feedback from all participants. This event highlighted the college's commitment to fostering a safe and supportive environment for its community.

Pray.
29/4/2024

ACADEMIC COORDINATOR
HOLY CROSS COLLEGE
AGARTALA





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**TWO DAYS
SELF-DEFENSE
WORKSHOP**

Date: 09th-10th April, 2024
Venue: Auditorium, HCC

Organized by
The Internal Complaints Committee (ICC) of
Holy Cross College, Agartala
In collaboration with
Sanjib Karate School, Barjala

Mr. (SCNSK) Sanjib Sutradhar
Karate 5th Dan Black Belt

Ms. Debarani Sarkar
Karate 3rd Dan Black Belt
Karate International Gold Medalist

Capacity: 40
(First come First serve)

For more details contact:
Sanjib Chatterjee (Faculty): 9724465346

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Long 91.321443°
09/04/24 11:10 AM GMT +05:30

GPS Map Camera

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Long 91.321402°
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Pray 29/4/24

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AGARTALA



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