

HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)
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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.

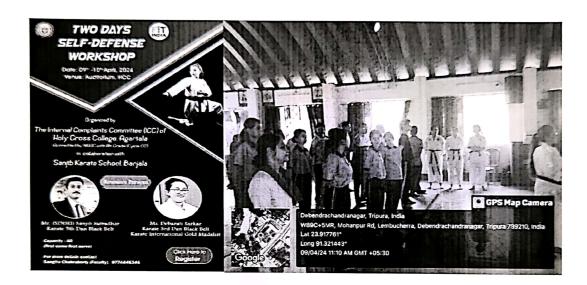
The initiative was driven by the growing importance of personal safety and empowerment, and it received positive feedback from all participants. This event highlighted the college's commitment to fostering a safe and supportive environment for its community.

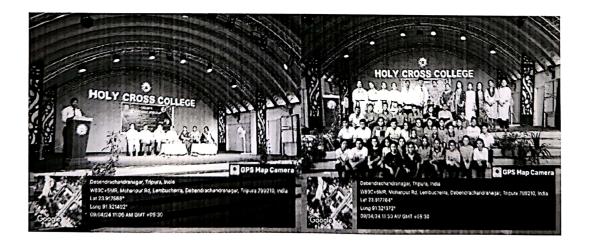
ACADEMIC COORDINATOR
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ACADEMIC COORDINATOR HOLY CROSS COLLEGE AGARTALA