

A report on 3- Days State Level Workshop on Self Defence

A 3 – Days State Level Workshop on Self Defence was jointly organised by NSS, NCC Units, Sports Club and ICC of Holy Cross College, Agartala in collaboration with Tripura Zendokai Karate Association from 11th May to 13th May, 2022. We have started the workshop on 11th May with a formal programme followed by the practical sessions. The Chief guest of the formal programme was Dr. Chitrajit Bhowmik, Associate Professor and State NSS Officer, Dept. of Youth Affairs and Sports, Govt. of Tripura. The Joint organising secretary of this workshop, Mr. Sanjoy Singha, General Secretary of Tripura Zendokai Kartae Association was also in the programme along with Principal of Holy Cross College, Dr. Fr. Benny K. John, CSC and the Organizing Secretary of the workshop, Mrs. Sangita Chakraborty, Asst. Prof. of HCC.

The primary objective of the Women's Self-Defence Workshop is to educate and inform our female participants about how to avoid becoming a victim of crime and to provide hands-on self-defense training.

The trainer Mr. Samerendra Singh (Black Belt holder) has taught many self-defense tricks and techniques to develop self-confidence. The participants were told of the numerous things that might be utilized as safety tools, including handbags, key chains, and duppatta. In order for the participants to instruct their pupils, friends, and family members, the significance of safety and self-defense was also thoroughly highlighted. There were 30 participants in all. Some of them have represented the districts of Tripura like Dhalai Dist., North Tripura Dist., Sepahjala Dist. Training had a positive response.



**3- Days State Level Workshop On
Self Defence**

11 - 13 May, 2022
Registration Form

Participant's Name:
Mother's Name:
Father's Name:
Institution:
Designation:
Home Address:
State:
Mobile Number:
Email:.....
I promise to obey the rules of the workshop and
the college
Participant Signature with Date
DECLARATION
Ison/daughter/
wife ofdeclare that
I am very much fit to undertake the practical
classes of this workshop from 11-13 May, 2022.
I am not suffering from anycritical or contaminant
disease
Participant Signature with Date

ORGANISING COMMITTEE

Chief Patron
Dr.chitrajit Bhowmik
Associate Professor
State NSS Officer,
Directorate of YAS
patron
Dr. Fr.Benny K. John CSC
Principal
Holy Cross College
Organising Secretary
Mrs. Sangita Chakraborty
Assistant Professor
NSS Programme Officer,
Holy Cross College

Joint Organising Secretary

Mr.Sanjay Singha,
General Secretary,
Thai Boxing Indian Federation and
Thai Boxing association of Tripura.
Dr. Sharmistha Chakraborty
Assistant Professor
Holy Cross College

**3- DAYS STATE
LEVEL WORKSHOP ON
SELF DEFENCE**

11 - 13 MAY, 2022



Jointly organized by



NSS, NCC Units,
Sports Club and ICC of

HOLY CROSS COLLEGE

Agartala

Accredited by NAAC with 'A' Grade

in collaboration with

**Tripura Zendokai Karate
Association**

ABOUT THE DEPARTMENT

NSS UNIT:

The National Service Scheme (NSS) Carries the Objective to develop the Personality of the volunteers through community service presently, Holy Cross College has one NSS Unit and a program officer (PO). We have one adopted village Namely sipai para village. The college unit conducts a number of regular activities and special activities which include cleaning drives, AIDS, Save Water, Drug related awareness drive, Blood Donation, cloth Donation, Observing important days like Yoga Day, World Environmental Day etc. We have achieved two (2) awards, Best Programme Officer Award in 2018-2019 and State NSS Volunteer Award in last Year

NCC UNIT:

The National Cadet Corps (NCC) aims to create organized, trained and motivate youths by developing quality of leadership, team spirit, secular outlook and ideals of selfless service.

Presently HCC is having two separate units for both Boys and Girls. Till date many cadets have participated in various training camps like EK Bharat Shrestha Bharat (EBSB), pre-RD camps, SSB Training camp, Rock climbing and Trekking camp, Basic leadership camp etc.

Sports Club:

A Sports club of HCC formed for the purpose of conducting and playing sports. Fitness is a basic pre-requisite to play any sports. So, to develop fitness by doing self-defence workshop sports club of HCC is going to conduct this workshop on in collaboration with others.

ALL TRIPURA KICK BOXING ASSOCIATION. ESTD.:2003

The association (ATKBA) is affiliated by Kick Boxing Federation of India. Kick Boxing is a Game. It is also use to develop physical fitness and self-defence purpose

Internal complain committee (ICC)

Internal complain committee of Holy Cross College mainly focus on the principles of Justice, humanity and dignity should be dispensed irrespective of Caste, Creed, Social Status and Gender of a person. Holy Cross College Internal committee address different complaints regarding sexual harassment, ragging and so on.

ABOUT THE WORKSHOP

Self-defence is the use of force to protect yourself against someone who is attacking you. Many martial arts disciplines teach self-defence or incorporate self-defence skills. Some forms focus solely on self-defence, but other combat sports can also be used for self-defence. In self-defence training, students are taught self-defence methods and suggested behavior in the face of assault. Self-defence training can help you protect not just yourself but also others. Training also assists you in being physically and emotionally fit. Having the ability to protect yourself raises your self-confidence and self-esteem. This three-day workshop improves your cardiovascular health by causing your heart to work more. You can learn how to make the practice of the related skills by your own or teach it to other as well.

INSTRUCTION ABOUT THE WORKSHOP

- Number of seats for participation in the workshop is limited to 30 only.
- Certificate will be provided to the participants after the completion of workshop with full attendance.
- The workshop will be conducted in offline mode at Holy Cross College, Jubalpara, Lembucherra, West Tripura.
- Participants are requested to fill up the and submit the hard copy of the registration form on or before 10th May 2022.
- Those who are in need of boarding facility will have mention the same while submitting the form.
- For any other query please contact: 9774446345 (Mrs. Sangita Chakraborty, organising Secretary.)

WHO CAN JOIN THIS WORKSHOP

- * NSS volunteers.
- * NCC Cadets.
- * Students who are having physical education subject.
- * Any state/National/ Int./National level player.
- * High School and College Students

NOTE: Only female can give their entries

PRE-REQUISITES

In order to apply for participating in the workshop, applicants must have background, knowledge and practice physical movement. Any sports (preference will be given to any combat sports player)

REGISTRATION FEE

- Free of cost


Program Officer
Holy Cross College
Jubalpara, West Tripura



HOLY CROSS COLLEGE

(An ISO 9001:2015 certified institution)

Tripura Central University Reg. Code: 17

Jubatara, P.O. Lembucherra, Mohanpur Road, Tripura (W) Pin - 799210

Phone: (0381) 286 5222 / 09402315672, Fax: (0381) 2342572

E-mail: principalhccagt@gmail.com

Web: www.holycrosscollege.in

"Educating hearts and minds"

NAAC ACCREDITED WITH 'A' GRADE (2017)

Date : 11.05.2022

Inaugural Session for Self-defense Program

11th - 13th of May, 2022

1. Welcoming the Guests - MC
2. Lighting of the Lamp
3. Prayer Song, Pinshai & Group
4. Welcome Address: Dr.Fr.Benny K John CSC Principal Holy Cross College
5. Message from Mr. Sanjoy Singha, General Secretary, Tripura Zendokai Karate Associated
6. Message from Chief Guest Dr. Chitrajit Bhowmik Associate Professor & State NSS Office
7. Demo on Self Defense
8. Vote of Thanks- Ms. Sangita Chakraborty, Assistant Professor and NSS Program Officer.

Date: 11th of May 2022

Time: 10:30 am

Venue: Boys Common Room

Requirements:

1. Mat
2. Refreshments
3. Certificates
4. Flex


Principal

Holy Cross College, Agartala
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

3- Days State Level Workshop on Self Defence

10th May to 13th May

Organised By: NSS, NCC, Sports Club, ICC of Holy Cross College in collaboration with Tripura Zendokai Karate Association.

Attendance Sheet

Sl. No.	Name	11 th May 2022	12 th May 2022	13 th May 2022
1.	Aradhita Deb	Aradhita Deb	Aradhita Deb	Aradhita Deb.
2.	Laxmi Deb	Laxmi Deb	Laxmi Deb	Laxmi Deb
3.	Subarna Das	Subarna Das	Subarna Das	Subarna Das
4.	Souramita Chowdhury	Souramita Chowdhury	Souramita Chowdhury	Souramita Chowdhury
5.	Supriya Das	Supriya Das.	Supriya Das.	Supriya Das.
6.	Puja Majhi (Dhalai Dist.)	Puja Majhi	Puja Majhi	Puja Majhi
7.	Nabanita Sinha	Nabanita Singha	Nabanita Singha	Nabanita Singha
8.	Nisha Murasingh	—	—	—
9.	Dipika Das (Sipajala Dist.)	Dipika Das.	Dipika Das.	Dipika Das.
10.	Pinki Sarkar (West Dist.)	Pinki Sarkar	Pinki Sarkar	Pinki Sarkar
11.	Hena Debnath	Hena Debnath	Hena Debnath	Hena Debnath
12.	Rupashri Debbarma	Rupashri Debbarma	Rupashri Debbarma.	Rupashri Debbarma.
13.	Isha Saha	Isha Saha.	Isha Saha.	Isha Saha
14.	Valentina Debbarma	Valentina Debbarma	Valentina Deb	Valentina Deb
15.	Debika Das	Debika Das	Debika Das	Debika Das.
16.	Manidipa Das	Manidipa Das	Manidipa Das	Manidipa Das.
17.	Ankita Chowdhury	Ankita Chowdhury.	Ankita Chowdhury	Ankita Chowdhury
18.	Sudipta Gope	Sudipta Gope	Sudipta Gope	Sudipta Gope

19.	Sangita Banik	Sangita Banik	Sangita Banik	Sangita Banik
20.	Chandrima Das	Chandrima Das	Chandrima Das	Chandrima Das
21.	Alina Debbarma	Alina Debbarma	-	-
22.	Payel Saha	Payel Saha	Payel Saha	Payel Saha
23.	Bindia Nag	Bindia Nag	Bindia Nag	Bindia Nag
24.	Rashmita Datta	Rashmita Datta	Rashmita Datta	Rashmita Datta
25.	Rupa Rani	Rupa Rani	Rupa Rani	Rupa Rani
26.	Suma Debbarma	Suma Debbarma	Suma Debbarma	Suma Debbarma
27.	Tanusree Gope	Tanusree Gope	Tanusree Gope	Tanusree Gope
28.	Ambika Sinha	Ambika Sinha	Ambika Sinha	Ambika Sinha
29.	Christina Jamatia	Christina Jamatia	Christina Jamatia	Christina Jamatia
30.	Moushumi Sarkar	Moushumi Sarkar	Moushumi Sarkar	Moushumi Sarkar

Dr. Sangita Chakraborty
 Organising Secretary
 Programme Officer
 Holy Cross College
 HCS Unit
 Siliguri, Darjeeling
 West Bengal



Certificate of Participation



Presented to

Bindia Nag

For having actively participating in the 3-Days State Level Workshop on Self Defence

Jointly Organized by

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Holy Cross College, Agartala

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Tripura Zendo Kai Karate Association.

11th - 13th May, 2022.

Mrs. Sangita Chakraborty
Organising Secretary,
Holy Cross College.

Mr. Sanjoy Singha
General Secretary,
Tripura Zendo Kai Karate Association.

Dr. Chitrjit Bhowmik
Chief Patron
State NSS Officer.

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College