

Course Objectives

- **Empowerment:** Gaining self-defense skills can empower girl students to feel more in control and capable of protecting themselves.
- **Physical Fitness:** Karate is a form of exercise that can help improve overall physical fitness, including strength, flexibility, and endurance.
- **Self-Defense Skills:** Karate teaches practical self-defense techniques that can be used to protect oneself in potentially dangerous situations.
- **Confidence:** Learning and mastering self-defense skills can help boost confidence and self-esteem.
- **Discipline and Focus:** Karate requires discipline and focus to master the techniques and forms, which can translate to improved discipline and focus in other areas of life.
- **Respect and Courtesy:** Karate emphasizes the importance of respect and courtesy, which can contribute to positive relationships with others.
- **Stress Reduction:** Exercise, including karate, can help reduce stress and improve mental health.

THIS COURSE IS
OPEN TO ALL
GIRL STUDENTS
OF HAZI A. K.
KHAN COLLEGE

Course Instructor



MD. RAJIB HOSSAIN ANSARY

Internationally Acclaimed Karate Trainer

India Book of Records Holder

Convener

BIDISHA MUNSHI

Assistant Professor
Department of English
Hazi A. K. Khan College



HAZI A. K. KHAN COLLEGE

Hariharpara, Murshidabad

Internal Complaints Committee

In Collaboration with

IQAC

offers

A Certificate Course

on

SELF DEFENSE

for Girl Students

Learn How to Defend Yourself

Course Duration: 30 Hours

Course Fee: Nil

**CLASSES WILL BE
COMMENCING
FROM
DECEMBER 2022**