

About the College

Hazi A K Khan College is the lone representative institution of Higher Education at Hariharpara, a Block within Berhampore Sub-Division of Murshidabad District in West Bengal. This institution started its journey at Hariharpara High School getting affiliation from University of Kalyani with Honours and General Courses in some traditional disciplines in Arts. Very soon the institution was shifted to the present location set up partly by Government aids along with generous donations from local people and people's representative. The focus of this institution rests primarily on nurturing excellence in the local young, who would be mentored to achieve success in their later professional and entrepreneurial ventures and lead a decent life.

About the Workshop

This self-defense workshop tailored for college girls will empower them with essential skills and confidence to protect themselves in various situations. Designed specifically for the unique needs and concerns of young women on campus, this workshop will provide invaluable insights and practical skills to enhance personal safety and confidence.

Our expert speaker cum instructor will delve into the fundamental principles of self-defense, teaching participants how to assess and respond to potentially risky situations. Through interactive demonstrations and hands-on training, attendees will learn essential techniques to protect themselves effectively.

Beyond physical skills, the workshop will also address the psychological and emotional aspects of self-defense, helping participants build resilience and assertiveness. Moreover, it will provide a platform for open dialogue, encouraging students to share their experiences and concerns in a supportive environment.

By attending this workshop, girl students will not only gain crucial self-defense knowledge but also develop a sense of empowerment that will positively impact their overall well-being. Our aim is to foster a safer and more confident college experience, enabling young women to navigate their academic journey with strength and resilience.

Our resource person



MD. RAJIB HOSSAIN ANSARY

Internationally Acclaimed Karate Trainer
India Book of Records Holder

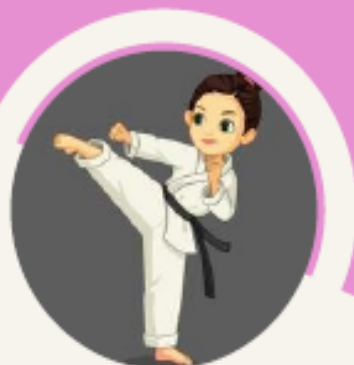
Patron

DR. GOUTAM KUMAR GHOSH

Principal
Hazi A. K. Khan College

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

Organises

A Workshop on

SELF DEFENSE

for Girl Students

Learn How to Defend Yourself



1 MARCH 2023



1.30 PM



**Rejaul Karim Kaksa
(Seminar Hall)**