



# HAZI A.K.KHAN COLLEGE

**ESTD : 2008**

**P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166**

**Website: [www.haziakkhancollege.ac.in](http://www.haziakkhancollege.ac.in) E-mail Id : [haziakkhancollege@yahoo.com](mailto:haziakkhancollege@yahoo.com)**

**E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)**

**Mob:**

**A Brief report of Workshop**

**On**

**‘SELF DEFENSE**

**for Girl Students**

**Learn How to Defend Yourself’**

**By Internal Complaints Committee,**

**In Collaboration with IQAC, Hazi A. K. Khan College**

**Date: 01.03.2023**

**Time: 01:30 pm**

**Venue: Rezaul Karim Kaksha (Seminar Hall)**

**Total attendees: 78**

**Objectives:** The major objectives of the workshop are-

- To make girl students conscious and efficient to defend themselves.
- To empower girl students with essential skills and confidence to protect themselves in various situations.

**Report:** A workshop on ‘Self Defense for Girl Students, Learn How to Defend Yourself’ was organised by Internal Complaints Committee in collaboration with IQAC, Hazi A. K. Khan College on 1<sup>st</sup> March, 2023.

The workshop was 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. Beyond physical skills, psychological and emotional aspects of self-defense were also discussed during the workshop. It helped participants to build resilience and assertiveness. Moreover, it provided a platform for open dialogue, encouraging students to share their experiences and concerns in a supportive environment.

Welcome address was delivered Dr. Goutam Kumar Ghosh, Principal, Hazi A. K. Khan College. Keynote address was given by Dr. Bidisha Munshi, Assistant Professor, Department of English, Hazi A. K. Khan College.

Md. Rajib Hossain Ansary, Internationally Acclaimed Karate Trainer, was invited to train girl students of this college. He enriched the audience, present on that workshop. He spoke about several procedures of self-defense for the young girl students in different situation in life. He also depicted the significance of self-confidence to grow in life. It is also crucial to be psychologically fit to combat with different awkward situation life. It was a successful programme.



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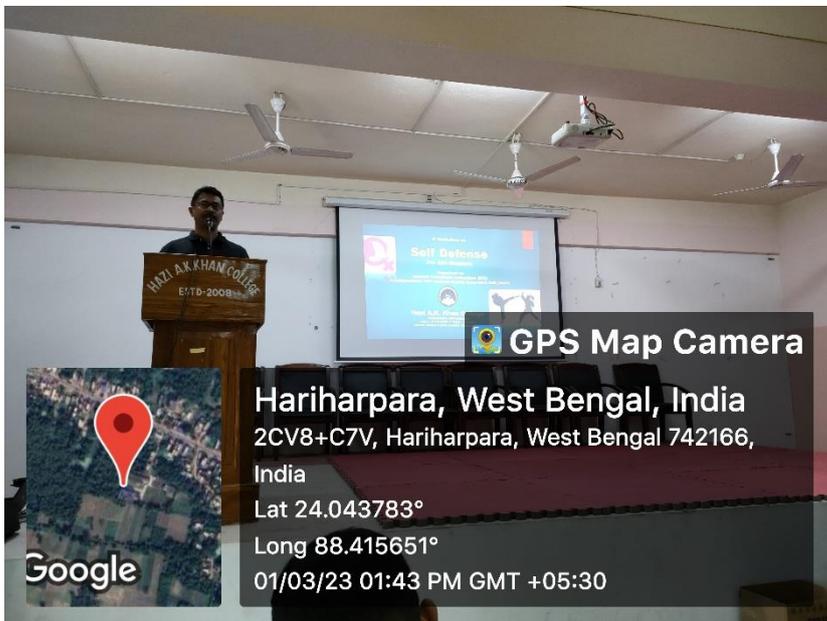
**Mob:**

After the completion of the workshop, Dr. Munmun Dutta, Assistant Professor, Department of Philosophy, Hazi A. K. Khan College, delivered her graceful speech for the audience.

## Outcomes:

- Girl students benefitted by the workshop.
- They get some crucial tips and techniques to defend themselves.

## Photographs





# HAZI A.K.KHAN COLLEGE

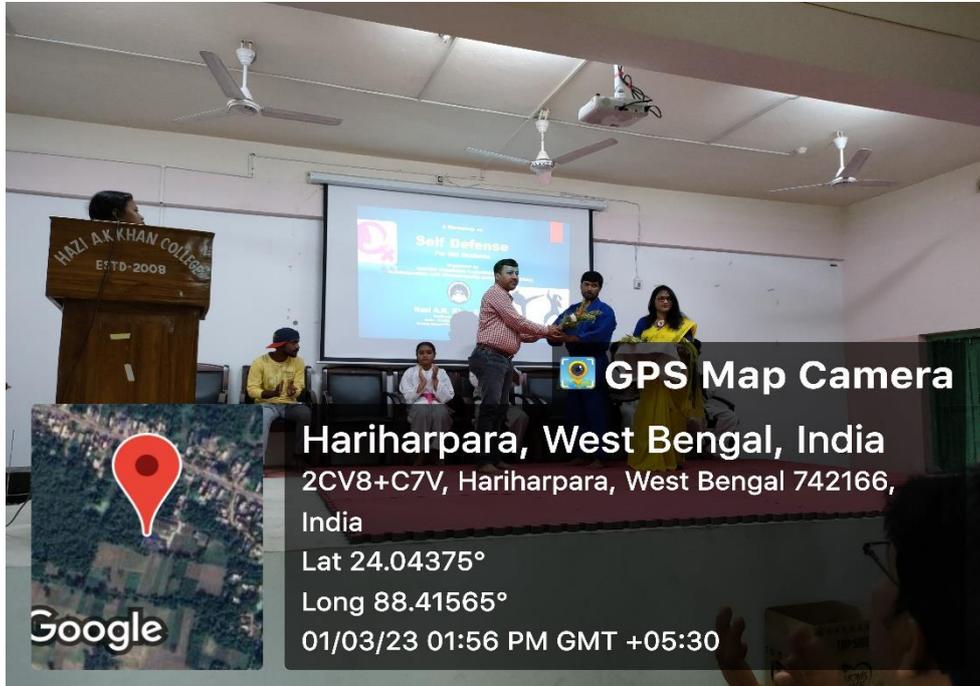
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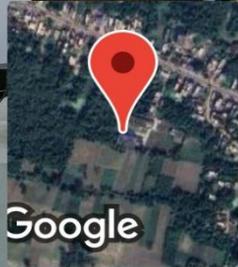
 GPS Map Camera

Hariharpara, West Bengal, India  
2CV8+C7V, Hariharpara, West Bengal 742166,  
India

Lat 24.04375°

Long 88.41565°

01/03/23 01:56 PM GMT +05:30



 GPS Map Camera

Hariharpara, West Bengal, India  
2CV8+C7V, Hariharpara, West Bengal 742166,  
India

Lat 24.0438°

Long 88.415643°

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Hazi A. K. Khan College  
Hariharpara, Murshidabad

WORKSHOP: ONE DAY WORKSHOP ON

'SELF-DEFENSE MECHANISM'  
(KARATE)

DATE → 01/03/2023

TIME - 1.30 P.M

As a part of the month-long celebration of Women's Day, a workshop on Self-Defense for the Girls students has been organised by the ~~Internal~~ Internal Complaints Committee (ICC) in collaboration with the IQAC of this institution. Md. Rajib Hossain Ansary and his students demonstrated their skills of Karate. Md. Rajib Hossain Ansary is an internationally acclaimed Karate trainer and is going to introduce an Add-on course on Self-Defense Mechanism (Karate) for Girls Students. The workshop has been attended by a considerable number of students. Some of them have registered for the upcoming Add-on course.

Participants: (Members Present)

1. Pulokey Mandal. 01.03.23
2. Nishu Munji<sup>13</sup>
3. Emanuel Hansda. 01.03.23
4. Md Faruk Gu. 01/03/23
5. Aniket Sarkar. 01.03.2023
6. Md. Selim Hogue. 01.03.23
7. Zebedachi Chakrabarty 01.03.2023
8. Asmin Saikh 01.03.2023
9. Mahameja Ghosh 01.03.2023
10. Md. Ismail Hogue. 01.03.2023
11. Sanjit Kumar Roy. 01.03.2023.
12. Mithun Saikh 01/03/2023
13. Abdul Rehan 01-03-23
14. Kiran Sarkar 01.03.23
15. Bahadur Prasad 01-03-23
16. Jamila Khatun 1/3/23
17. Pradyan Kumar Ghosh 1/2/23
18. Safiq Hossain Shaikh - 01-03-23
19. Md Nababjani 1/3/23
20. Binai Ghosh 01/03/23
21. Bidisha Munshi 1/03/23
22. Md Kezau Karimkhan 1/3/23
23. Injabamul Haque 1/03/23
24. Pradyan K. Roy 01/23



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Mob:

## Students Present

Sl. No.	Name	Roll No.	Semester
01.	Sakel Beja	03	1st sem
02.	Tasvir Khatun	13	1st sem
03.	Soujani Sarmin	08	1st sem
04.	Tamim Sultana	05	1st sem
05.	Marufa Ansari	47	1st sem
06.	Sarjina Khatun	48	1st sem.
07.	Masura Khatun	49	1st sem
08.	Sabina Khatun	50	1st sem
09.	Nasrina Khatun	171	1st sem
10.	Rahin Shaikh	21	1st semester
11.	Tuloy Shaikh	12	1st sem
12.	Sadik SK	14	1st Sem
13.	Mila Sarker	572	3rd sem
14.	Nashirun Khanam	140	1st ..
15.	Rubna Khatun	142	1st
16.	Basidul Islam	792	3rd sem
17.	Sohin Kabir Biswas	24	6th sem
18.	Sajjadin Mondal	22	6th sem
19.	Dipika Das	01	6th sem
20.	Mahadiya Yeasmin	10	6th Sem
21.	Anjuman Biswas	36	1st sem
22.	Sohana Farheen	30	1st Sem
23.	Jwintu Mondal	33	1st Sem
24.	Keya Khatun	6	1st sem
25.	Sorhera Khatun	14	1st Sem
26.	Tajmira Khatun	15	1st sem
27.	Soniya Khatun	11	1st sem
28.	Masjina Khatun	18	1st sem
29.	Sabnam Saleha	12	3rd sem
30.	Alia Ansari	26	3rd sem
31.	Rubina Khatun	303	3rd sem
32.	Samima Yeasmin	18	3rd sem
33.	MST Mamtuda Khatun	06	1st Sem
34.	Nafisa Samim Khatun	11	1st Sem



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Mob:

<u>Sl. No</u>	<u>Name</u>	<u>Roll No</u>	<u>Semester</u>
35.	Shreya Mondal	13	1st Sem
36.	Nasrin Parveen Molla	01	1st Sem
37.	Ria Parvin	10	1st Sem
38.	Sahanaj Khatun	19	1st Sem
39.	Naïma Khan	04	1st Sem
40.	Mirajul Rahaman	14	1st Semester
41.	Naasif Hasan	15	1st Sem
42.	Mehboob Ali Mondal	09	1st Sem
43.	Rasib Mondal	12	1st Sem
44.	Nabidul Hasan Rana	08	1st Sem
45.	Rajib Islam	266	3rd Sem.
46.	Safir mandal	324	3rd Sem.
47.	Rahul Ansary	654	3rd Sem
48.	Bijju Ansary	310	1 Sem.
49.	Karim Sheikh	310	1 Sem.
41.	Javed Anwar Khan	202	1 Sem.
51.	Abe Teeb Sheikh	253	1st
52.	Sukesh SK	652	3 Sem
53.	Hasan Saif	658	3rd



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Mob:

Brochure for the workshop:

## 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)**



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Mob:

Memo No.:

Date: 25/02/2023

From: Principal

### Notice

This is to notify to all the staff and the students of our college that a workshop on 'Self Defense for Girl Students, Learn How to Defend Yourself' is going to be organised by Internal Complaints Committee, in collaboration with IQAC, Hazi A. K. Khan College on **01.03.2023** at **01:30 pm** in our college. All are cordially requested to attend the scheduled seminar positively.

Active cooperation from all is earnestly solicited.



Dr. Goutam Kumar Ghosh  
Principal  
Hazi A. K. Khan College  
Hariharpara, Murshidabad

Hazi A. K. Khan College  
Hariharpara, Murshidabad

Prepared by Alauddin Biswas