

# SELF-DEFENCE TRAINING PROGRAMME

Organised By IQAC, Dr, B.K.B. College, Puranigudam

In Collaboration with Student's Union, Dr. B.K.B. College, Puranigudam

Date: 24<sup>th</sup> January, 2022 to 29<sup>th</sup> January, 2022

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## Report of the Programme:

**K**eeping in view, the rising number of crimes against girls in the country, it is important to provide self-defense training to them in the educational institutes to ensure their safety and security. Self-defense training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defense training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.

The IQAC Cell of Dr. Birinchi Kumar Barooah College, Puranigudam organized a “SELF-DEFENCE TRAINING PROGRAMME” in the collaboration with Student's Union of the Institution and technical support from Nagaon District Karate Association (NDKA) from the date of 24/01/2022 to 29/01/2022 to creating awareness among girl students about self-defense techniques. “Dr. Nripen Ch. Das” Principal of the college had inaugurated the programme and delivered a speech on Girls Security and Self-defense training to protect themselves. He urged that girl students to be on the alert always and take care of their physical fitness by consuming nutritious food and cultivating healthy habits and regular physical exercise regimen.

## Photos of the Event:







9Q8Q+V2J, Puranigudam, Assam 782141, India  
Puranigudam  
Assam  
India  
20°C  
68°F  
2022-02-02(Wed.) 12:07(pm)



9Q8Q+V2J, Puranigudam, Assam 782141, India  
Puranigudam  
Assam  
India  
20°C  
68°F  
2022-02-02(Wed.) 12:07(pm)



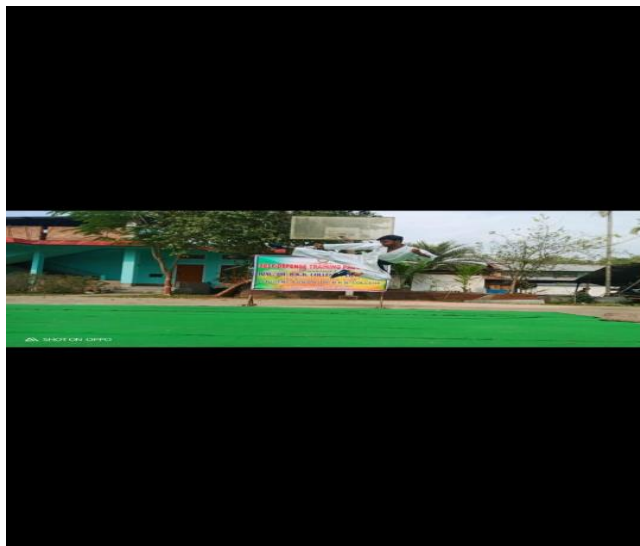
9Q8Q+V2J, Puranigudam, Assam 782141, India  
Puranigudam  
Assam  
India  
20°C  
68°F  
2022-01-27(Thu.) 11:30(am)





9Q8Q+V2J, Puranigudam, Assam 782141, India  
Puranigudam  
Assam  
India  
2022-01-27(Thu.) 11:34(am)

20°C  
68°F



9Q8Q+V2J, Puranigudam, Assam 782141, India  
Puranigudam  
Assam  
India  
2022-02-02(Wed.) 12:07(pm)

20°C  
68°F









9Q8Q+V2J, Puranigudam, Assam 782141, India

Puranigudam

Assam

India

2022-01-25(Tue.) 10:55(am)



20°C

68°F



9Q8Q+V2J, Puranigudam, Assam 782141, India

Puranigudam

Assam

India

2022-01-27(Thu.) 10:50(am)



20°C

68°F

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Date: 24<sup>th</sup> January, 2022 to 29<sup>th</sup> January, 2022

Attendance Sheet: (24<sup>th</sup> January, 2022)

Sl. No	Name of the Student	Class	Roll No	Signature
1	Mausumi Khakhlari	B.A 1 <sup>st</sup> Sem	55	Mausumi Khakhlari
2	Hima Das	H.S 1st year	37	Hima Das
3	Puja Borah	H.S 1st year	53	Puja Borah
4	Gitamoni Baruah	H.S 1st Year	76	Gitamoni Baruah.
5	Priya Sutradhar	H.S 1st year	107	Priya Sutradhar
6	Farhana Yashmin Bagum	H.S 1st year	66	Farhana Yashmin Bagum
7	Junmoni Borg	B.A 5 Sem	263	Junmoni Borg
8	Suty Bora	B.A 3rd Sem	156	Suty Bora
9	Gauri Bora	H.S 2nd Year	60	Gauri Bora
10	Manalisha Borah	H.S 2nd year	23	Manalisha Borah
11	Tauhid Rahman	H.S 1st year	28	Tauhid Rahman

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Sl. No	Name of the Student	Class	Roll No	Signature
12	Sibani Tamuli	B.A 1 <sup>st</sup> sem	172	Sibani Tamuli
13	Tanushree chhangchuan	B.A 1 <sup>st</sup> sem	117	Tanushree chhangchuan
14	Deba Shree Hazarika	B.A 1 <sup>st</sup> sem	06	Debashree Hazarika
15	Priyanka Saikia	B.A 1 <sup>st</sup> sem	478	Priyanka Saikia
16	Nargis Sultana	H.S 1 <sup>st</sup> year	85	Nargis Sultana
17	Susmita Pradhan	IT 1 <sup>st</sup> sem	<del>11</del>	Susmita Pradhan
18	Anjila G. Momin	B.Voc 3 <sup>rd</sup> sem	10	Anjila G. Momin
19	Nandita -K- Sangma	B.voc. IT 3 <sup>rd</sup>	<del>18</del> 18	Nandita K. Sangma
✓20	Sajida Begum	B.A 5 <sup>th</sup> Sem	331	Sajida
21	Musannifa Khatun	B.A 1 <sup>st</sup> sem	266	Musannifa
22	Nijumoni Parah.	B.A 1 <sup>st</sup> sem	29	Nijumoni



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Sl. No	Name of the Student	Class	Roll No	Signature
23	Munmi Boraiah	B.A 4 <sup>th</sup> sem	323	Munmi Boraiah
24	Hiya moni Das	B.A 4 <sup>th</sup> sem	252	Hiya moni Das
25	Aliya Begum	HS 1 <sup>st</sup> year	330	Aliya
26	Sabikun-Nehar	B.A 1 <sup>st</sup> sem	106	Sabikun Nehar
27	Arifa Das	HS 1 <sup>st</sup> year	125	Arifa Das
28	Najma Parbin	B.A 1 <sup>st</sup> sem	93	Najma Parbin
29	Afsana khatoon	B.A 1 <sup>st</sup> sem	97	Afsana Khatoon
30	Ummu Salma khatoon	B.A 1 <sup>st</sup> sem	105	Ummu Salma khatoon
31	Naznin Faruque	B.A 1 <sup>st</sup> sem	322	Naznin Faruque
32 ✓	Anamika Chatterjee	HS 1 <sup>st</sup> year	07	Anamika Chatterjee
33	Haripriya Das	BA 2 <sup>nd</sup> sem	049	Haripriya Das

*Abinash Bharali*

(Dr. Abinash Bharali)

Coordinator, IQAC

Dr. B.K.B. College, Puranigudam