



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE  
NAAC accredited with 'B' Grade

**TEN-DAY TRAINING PROGRAMME ON SELF-DEFENCE  
FOR GIRL STUDENTS**





## The Rationality of the Programme

Indian Penal Code has listed so many crimes against women that includes rape, sexual assault, insult to modesty, kidnapping, abduction, cruelty by an intimate partner or relatives, trafficking etc. Quoting data from the University Grants Commission (UGC), Union Minister of State for human resource development Satya Pal Singh, in a written reply, said 149 cases of sexual harassment were reported from universities and 39 cases from colleges and other institutions in 2017. In 2016, 94 such cases were reported from universities and 18 from colleges and institutions. (<https://www.hindustantimes.com/education/50-increase-in-sexual-harassment-cases-on-campus-in-2017-ugc-data/story-VTuTtYPBebfIT9RXIGAwTK.html>). By keeping in view the importance of self-defence training the Women's Study Centre, Gargaon College in collaboration with IQAC, Gargaon College and All India Karate-Do Federation, Sivasagar organised A Ten-Day Training Programme on Self-Defence for Girl Students from 14th to 24th December, 2021. It is expected that Life skill programmes like Self-Defence Training will definitely help the girl students to be more aware of their surroundings and be prepared for the unexpected at any time.

## Resource Persons of the Programme

Mr Pranop Kumar Das  
International Martial Arts Expert  
Sivasagar, Assam

Dr. Chandraditya Gogoi  
Assistant Professor  
Department of Geology  
Gargaon College

## Flyer of the Programme

**Gargaon College**  
Simaluguri, Sivasagar, Assam

**A Ten-Day Training Programme on SELF-DEFENCE for Girl Students**  
(December 14 to December 24, 2021)

Organized by  
Women's Study Centre, Gargaon College

In Collaboration with  
IQAC, Gargaon College  
&  
All India Karate-Do Federation (AIKF), Sivasagar

**Resource Person**



Mr Pranop Kumar Das  
International Martial Arts Expert



Dr. Chandraditya Gogoi  
Assistant Professor (Geology)  
Department of Geology, Gargaon College

Registration of  
81802278000/whatsapp/8180227800  
8180227800 (Whatsapp)  
<https://chat.whatsapp.com/DEK6WbWm2E54332um0K>

**Organizing Committee**

**Advisor**  
Dr. Subyasachi Mahanta  
Principal  
Gargaon College

**Coordinator, IQAC**  
Dr. Surajit Saha  
Assistant Professor  
Department of Economics

**Programme Coordinator**  
Mrs. Nilakshi Chakrabarti  
Assistant Professor (HOD)  
Department of Assamese

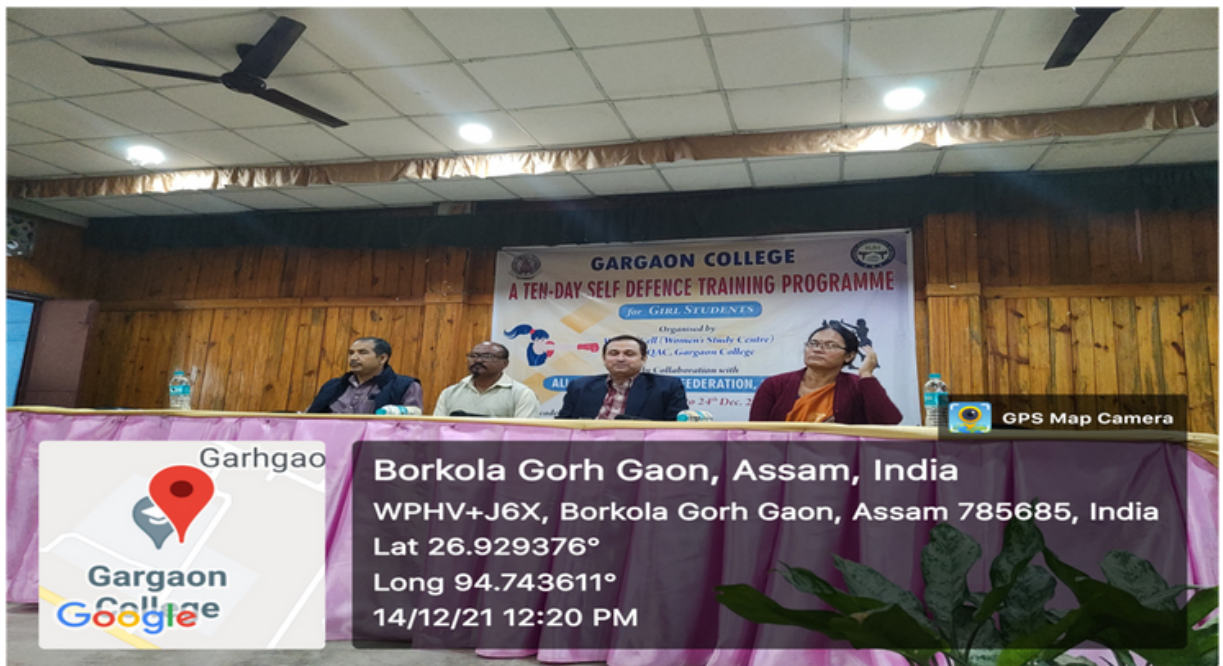
\*Registration is absolutely free  
\*Certificates will be provided on successful completion of the programme

\*Details regarding the class timings shall be communicated through the WhatsApp group

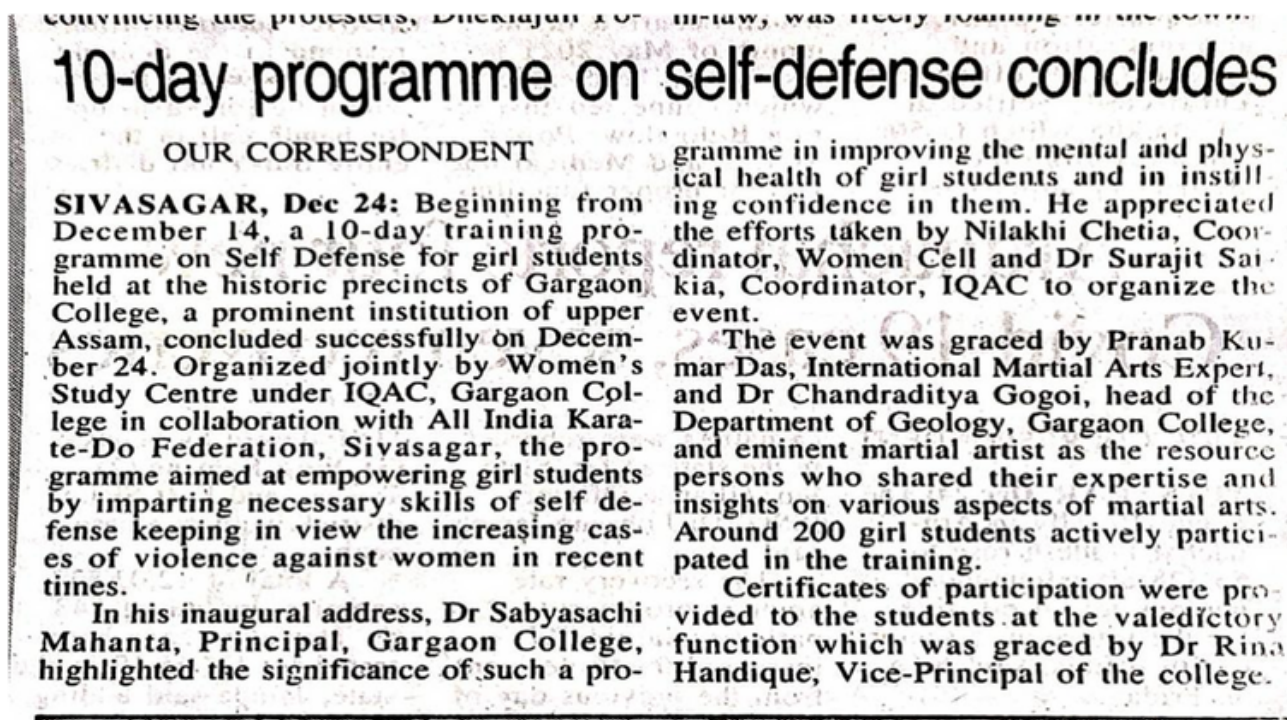
Contact us at - 8011506975



Photographs of the Programme



## News Clip of the Programme



## Gargaon College Official Video Link of the Programme

YouTube Link:

