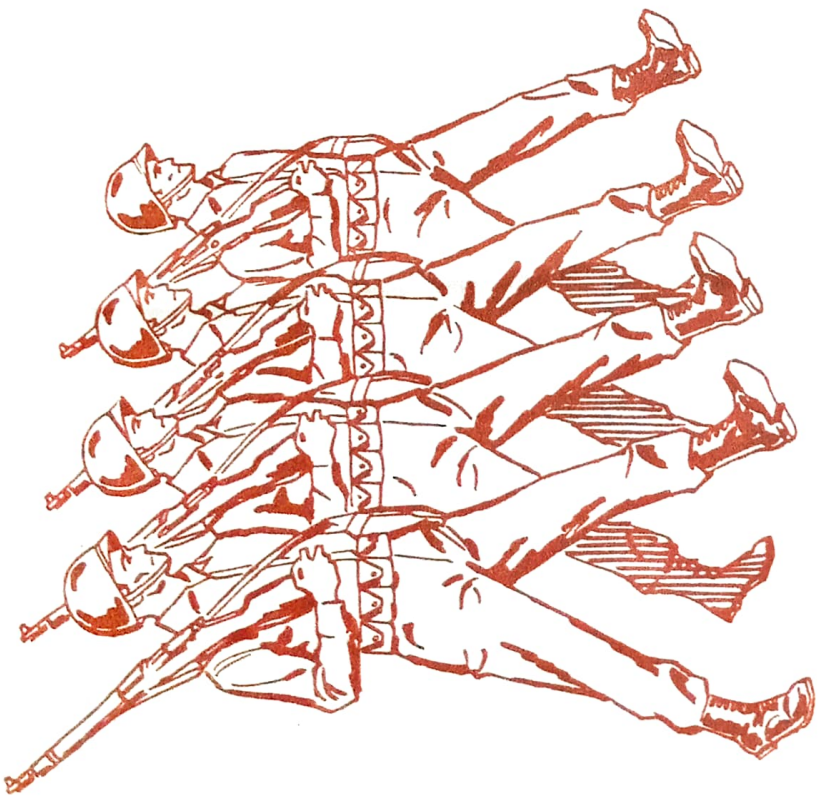


# SADHAN CHANDRA MAHAVIDYALAYA

Harindanga, Falta, South 24 Parganas



In collaboration with

**N N DEFENCE ACADEMY**

Purba Gobindpur, Boria, Diamond Harbour, South 24 Parganas

&

**VIDYANAGAR COLLEGE**

N D Road, Vidyarnagar, South 24 Parganas

Career in

# INDIAN DEFENCE

MAY

22

MON

10:30 AM  
103 no. Room

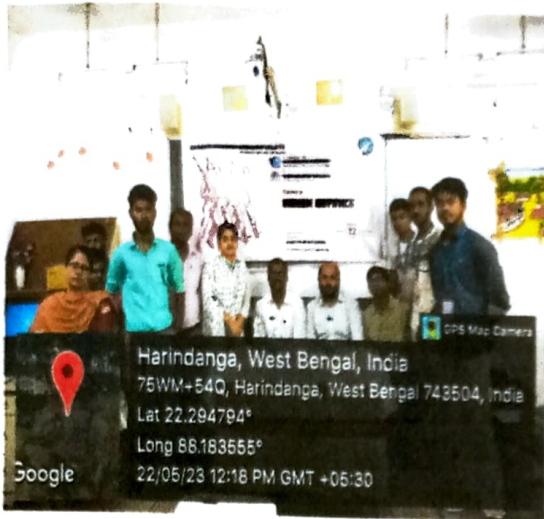
2023

THE SPEAKER

**AKHIL BANDHU SAHOO**

An Initiative of IQAC & Placement Cell

Some Pictures of the Programme



*Sadhan* 22/05/23  
 Signature of the Principal  
**Sadhan Chandra Mahavidyalaya**  
 Principal

Sadhan Chandra Mahavidyalaya  
 Harindanga, South 24 Parganas-743504

*Sayantani Adhikary*  
 Signature of IQAC Coordinator

Sadhan Chandra Mahavidyalaya

22.5.23

*Co-ordinator*  
 Internal Quality Assurance Cell  
 Sadhan Chandra Mahavidyalaya

*S.P. Agarwal* 22.5.23  
 Signature of the Principal  
**Dr. S.P. Agarwal**  
 Vidyanagar College

Vidyanagar College  
 South 24 Parganas

*Arumma Roy (Chowdhury)* 22.5.23  
 Signature of IQAC Coordinator

*Dr. Arumma Roy (Chowdhury)*  
 Vidyanagar College

VIDYANAGAR COLLEGE  
 South 24 Parganas



# **REPORT**

**on**

## **JOINT ACTIVITY ON SELF-DEFENSE**

**DATE: 22/05/2023**

**PROGRAM TITLE: Joint activity on Self- Defense**

**Organized By: IQAC Sadhan Chandra Mahavidyalaya & Vidyanagar College**

**Venue: Room no 103, Sadhan Chandra Mahavidyalaya**

**Program Objective:** A MoU has been signed between Sadhan Chandra Mahavidyalaya and Vidyanagar College with the objective of holding joint programs for the benefit of both the students and other stakeholders of the college. As a part of the agreement, a few programs are lined up, one of which was this self-defense activity for the students of both the students. The motive of organizing Self- Defense program was to provide individuals particularly girls with the knowledge and skills to defend themselves physically and emotionally in potentially dangerous situations. By learning self-defense techniques individuals develop a sense of empowerment and confidence enabling them to assert their rights and protect themselves from harm. Engaging in self-defense training helps individuals build confidence, assertiveness and resilience. It also helps the girl's students to combat victim-blaming attitudes and empower them to reclaim their safety and autonomy.

**Program Outcome:** An ex-army personnel was invited, to share their experience with the students, and inspire them to take up hand to hand combat. Through these program strategies such as situational awareness, effective communication and conflict resolution skills to de-escalate potentially violent encounters. This program helped in changing societal norms that limits women's freedom of movement and perpetuate gender-based violence. It offered a wide range of knowledge such as increased fitness, improved coordination and stress relief. By engaging in regular physical activity participants can enhance their overall well-being and develop a healthier lifestyle.