



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

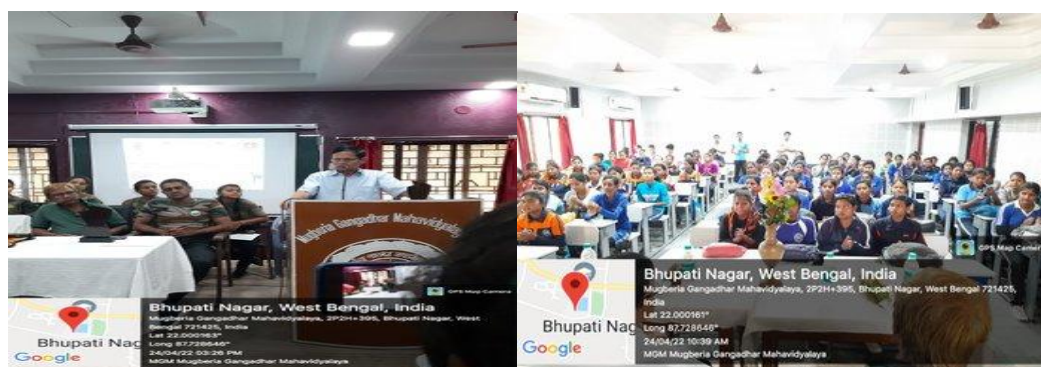
DBT Star College Scheme Award Recipient

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## REPORT FOR FREE ONE DAY WOMEN'S SELF DEFENCE TRAINING

A one-day women's self-defense training camp was organized at Mugberia Gangadhar Mahavidyalaya by the Martial Arts Organization of India on April 24, 2020. The camp aimed to provide self-defense training to approximately 80 female students and teachers, covering various defense techniques.

The training was conducted under the supervision of Sihan Arup Das, the founder and General Secretary of MAOI. The training camp commenced at 10 a.m. with an inaugural address by Dr. Swapan K Misra, our esteemed Principal, and Sihan Arup Das, the chief instructor of the camp, in the S N Bose seminar hall.



Then the participants were taken to Satabdi Sadan, where they engaged in practical sessions practicing several self-defense techniques demonstrated by Sihan Arup Das and his team.





Then participants were given lunch break from 1:30 to 2 p.m.



After the break, the participants were once again gathered in the S.N. Bose seminar hall, where a psychological awareness session was conducted by the trainers. This session aimed to boost the self-confidence of the participants and lasted for several hours.

At the conclusion of the training camp, feedback was collected from several participants as well as from our esteemed faculties, including Dr. Debashish Ray, Head of the Department of Physical Education, and Sri Subhash Chandra, Head of the Department of Philosophy.





Sihan Arup Das and his team members were honored with mementos and letters of appreciation for their invaluable contribution to the training camp. Additionally, participants were presented with certificates to acknowledge their active participation in the self-defense training camp.



Sihan Arup Das 25.04.2020

Principal  
Mugberia Gangadhar Mahavidyalaya

