

A Brief Report on
One Day Awareness Programme
Organized By Sexual Harassment Cell
In Collaboration With IQAC, Hiralal Bhakat College

Topic:

"Building Confidence and Resilience : A workshop on fitness and primary self defence"

Date: 9th January, 2024

Time: 11.30 AM

Venue: Room no-23, Hiralal Bhakat College.

Organizing Committee:

Convener :- Amrita Biswas , Assistant Professor (History)

Chairperson: Dr. Nurul Islam, Principal, Hiralal Bhakat College.

Special Guest-

1. Dr Suddhasattwa Banerjee, Coordinator , IQAC
2. Mr Tapan Mondal, SACT , Department of Physical Education, Hiralal Bhakat College

Introduction:-

The Sexual Harassment Cell of Hiralal Bhakat College organized an awareness workshop on "Building Confidence and Resilience : A workshop on fitness and primary self defence" in collaboration with IQAC, Hiralal Bhakat College on 9.1. 24 in Room Number 23 of Hiralal Bhakat College. The objective of the initiative was to provide knowledge about necessity of physical fitness and self defense to students

The program started by lighting of ceremonial lamp by Hon'ble Principal Dr.Nurul Islam. In his speech he stressed on the need for everyone to nurture their physical being in a healthy manner. He also said that everyone needs to learn ways of defending themselves and this was a welcome initiative by the cell.

Dr Suddhasattwa Banerjee, Coordinator, IQAC also lauded the Sexual Harassment Cell in his speech.

Mr. Tapan Mondal (SACT , Department of Physical Education then gave a short speech on physical fitness to students and also held a demonstration of basic self defense for the audience.

The programme ended with a vote of thanks by the convener.

It was attended by 15 teachers and 70 students (50 females and 20 males).

Amrita Biswas
Convener
Gender Cell
Hiralal Bhakat College
Nalhati, Birbhum



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Nalhati, Birbhum, Pin 731220



organises

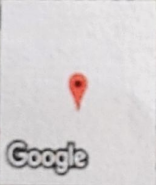
Sexual Harassment Cell

idence and Resilience: A workshop on Fitness and Primary Self Defence"

son - Dr. Nūrul Islam, Principal, Hiralal Bhakat College

onvenor - Dr. Amrita Biswas

GPS Map Camera



Lat 24.286237° Long 87.842532°

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