



GOVERNMENT OF WEST BENGAL
Office of the Principal
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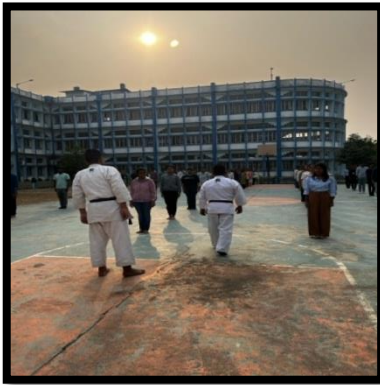
NAME: SELF DEFENSE TRAINING PROGRAMME IN COLLEGE

PLACE: APC Roy Govt. College, Himachal Vihar

DATE: 07/01/19 – 13/01/19

OBJECTIVE:

The objective is to educate the students and youths on self - defense techniques which can be useful to them in dangerous or tricky situations by show casing different moves on self - protection. The aim was to strengthen and empower girl students to identify types of violence and tricks to rescue from immediate threat or tricky situations.




Special training on self-defense in collaboration with “Shotokan Kai Karate-Do India” association, Siliguri, West Bengal

OUTCOME:

NSS wing of APC Roy Govt. college organized a special camp on self- defense in collaboration with “Shotokan Kai Karate-Do India” association, Siliguri, West Bengal. A reputed international karate champion and technical director of NSKA, Mr. Kalachand Biswas had trained the students and youths of Himachal Vihar on various techniques on self-defense which proved highly beneficial for the learners by boosting their confidence, developing a sense of discipline and boosting values of responsibility and corporation.




Officer-in-Charge
APC ROY GOVT. COLLEGE
Siliguri