

TITLE OF EVENT/ PROGRAMME: Weekly Karate classes for female students

DATE: Every Friday 3pm to 4 pm

VENUE: Students' Common Room, Asutosh College

PARTICIPANTS: Female Students of any semester

OBJECTIVE:

The karate training program was initiated to empower female students by equipping them with self-defense skills, enhancing their physical fitness, and boosting their confidence and discipline. These sessions were aimed at fostering a sense of safety and resilience among participants in their daily lives.

TARGET AUDIENCES/PARTICIANTS: All female students of Asutosh college

ATTENDANCE SHEET:

ASUTOSH		STUDENTS ATTENDANCE REGISTER		SUBJECT: KARATE	
Roll No.	Name of Student	To	From		
1	Ankita Adhikari				
2	Shradhanjali Baidya	X			
3	Khandika Mondal	X			
4	Deepa Singh	X			
5	Ankita Das	X			
6	Rupsha Mondal				
7	Tanya Manha				
8	Aashi Soodan				
9	Madhumita Pal			P	
10	Rai Chandu			P	P
11	Sharmista Das			P	
12	Shreeya Das			P	
13	Anshika			P	
14	Smriti Mondal			P	
Initial of Teacher		Nivedita Ghosh			

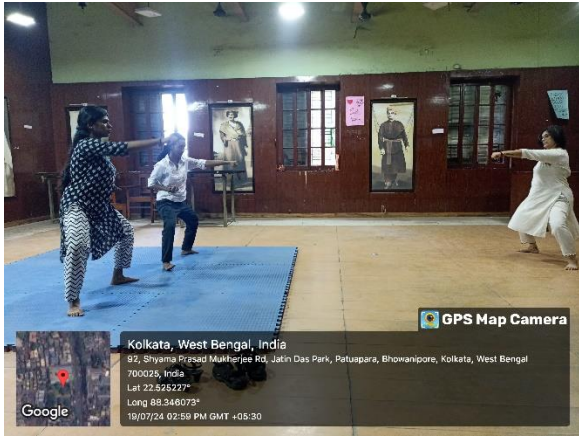
BRIEF REPORT ABOUT THE EVENT/ PROGRAM:

The karate sessions were conducted every Friday from 2:00 PM to 3:00 PM under the guidance of a certified karate instructor, Smt. Nivedita Ghosh, who holds a Black Belt. Each session was structured to accommodate beginners while gradually introducing advanced techniques as students progressed.

EXPECTED OUTCOME:

The weekly karate sessions have proven to be an invaluable program for female students, fostering physical fitness, self-discipline, and self-defense skills. The initiative has not only empowered participants but also instilled a sense of camaraderie and resilience.

GEO-TAGGED PHOTOGRAPHS:



Kolkata, West Bengal, India
92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal
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Long 88.348073°E
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GPS Map Camera