

# **ASUTOSH COLLEGE**



## **ACTIVITY REPORT**

**On Empowering Women Through Karate**

**Organised by**

**WOMEN EMPOWERMENT CELL (GENDER EQUITY)**

**In association with Karate Unit and IQAC, Asutosh College**

**ACADEMIC SESSION: 2024 - 2025**

## **ABOUT THE COMMITTEE/ UNIT/ CELL:**

Throughout history, women and queer individuals have faced systemic disadvantages due to their biological sex, a reality that must be addressed in any civilized society. The empowerment of women and the awareness of gender issues are essential for sustainable development. Asutosh College advocates for gender equity, empowering women, nurturing female leadership, and promoting holistic personal development. The institution organizes seminars, workshops, and awareness programs to sensitize students and staff about gender discrimination. Even during the current pandemic, webinars have been held with active participation. The aim is to instill the spirit of 'Naari-Shakti' through education, targeted awareness initiatives, gender sensitization workshops, relevant video sessions, and lectures by esteemed individuals. The Women Empowerment Cell addresses various aspects, from menstrual hygiene to leadership training, striving for all-round empowerment.

Since the landmark 1997 Supreme Court judgment in Vishaka & others vs. the State of Rajasthan & others, which mandated strict measures against sexual violence in workplaces and educational institutions, Asutosh College is dedicated to upholding constitutional mandates to protect against any form of sexual harassment.

The Women Empowerment Cell at Asutosh College has the following missions and objectives:

1. Sensitize students, faculty, and staff on gender issues.
2. Provide knowledge and inspiration to female students.
3. Ensure the college campus is a safe space for LGBTQIA individuals.
4. Take prompt action against sexual violence and harassment.
5. Provide a safe platform for grievance redressal on gender, sexuality, and identity issues.
6. Establish the educational institution as a sustainable model for achieving gender equity.

## **CONVENERS/ COORDINATORS:**

- Dr. Sayani Mukhopadhyay, Associate Professor in Geography
- Dr. Rina Kar (Datta), Associate Professor in Philosophy
- Dr. Bidisha Maitra Sen, Assistant Professor in Industrial Fish and Fisheries

## **SPECIAL INVITEE**

Dr. Supriyo Das

## **MEMBERS:**

1. Dr. Chandramalli Sengupta, Associate Professor in Bengali
2. Dr. Sraboni Roy, Associate Professor in English

3. Dr. Keya Ghosh, Associate Professor in Chemistry
4. Dr. Sriparna Datta Ray, Associate Professor in Zoology
5. Dr. Subhasri Ghosh, Assistant Professor in History
6. Dr. Rimjhim Ray, Assistant Professor in Psychology
7. Dr. Shramana Roy Barman, Assistant Professor in Environmental Science
8. Dr. Satarupa Pal, Assistant Professor in Political Science
9. Dr. Taniya Roy, Assistant Professor in History
10. Smt Sritama Chaudhuri, Assistant Professor in Sociology
11. Jubin Yasmin, Assistant Professor in Sanskrit
12. Dr. Moon Jana, Assistant Professor in Journalism & Mass Communication
13. Dr. Debastuti Dasgupta, Assistant Professor in Journalism & Mass Communication
14. Smt. Moumita Singha, Assistant Professor in Communicative English
15. Smt. Nima Doma Lama, Assistant Professor in English
16. Smt. Sneha Dutta, SACT in Bachelor of Business Administration
17. Smt. Debasmrity Mukherjee, SACT in Geography
18. Smt. Sangita Ghosh, SACT in Bengali
19. Smt. Samanwita Das, SACT in Bengali
20. Smt. Soumita Roy, SACT in History
21. Smt. Madhurima Chatterjee, SACT in Electronics
22. Dr. Surama Bera, Assistant Professor in Communicative English
23. Dr. Somnath Das, Assistant Professor in Sanskrit

## **ACTIVITIES**

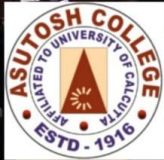
### **TITLE OF EVENT/ PROGRAMME :**

Empowering Women Through Karate

- **THEME OF THE EVENT/ PROGRAMME:** Promoting self-defense and confidence-building among women through martial arts.
- **DATE:** Friday, 29th November 2024
- **VENUE:** Common Room, Main Building, Asutosh College

- **COLLABORATOR/S:** Organized by the Women's Karate Unit in association with the Women Empowerment (Gender Equity) Cell and IQAC, Asutosh College
  - **OBJECTIVE/ PURPOSE:** The event aims to empower female students by equipping them with self-defense techniques and enhancing their physical and mental well-being through karate training.
  - **SPEAKER/S / RESOURCE PERSON/S:** Mrs. Nivedita Ghosh, Karate Trainer, Asutosh College
7. **TARGET AUDIENCE/ PARTICIPANTS:** Female students of Asutosh College
8. **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:** The workshop "Empowering Women Through Karate" was organized to provide female students with essential self-defense skills while fostering a sense of confidence and self-reliance. Conducted by Mrs. Nivedita Ghosh, an experienced karate trainer, the workshop was divided into two interactive sessions. The first slot, held from 12:00 noon to 1:00 PM, and the second slot, from 2:00 PM to 3:00 PM, witnessed enthusiastic participation from students. The facilitator demonstrated practical karate techniques and emphasized their application in real-life situations, making the sessions engaging and impactful.
9. **EXPECTED OUTCOME:** The workshop is expected to increase awareness of self-defense techniques among participants, boost their confidence, and inspire them to continue practicing karate for personal safety and well-being.
10. **GEO-TAGGED PHOTOGRAPHS:**





Asutosh College  
Karate Workshop  
29.11.2024 12:30  
22.52524, 88.34611  
92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara,  
Bhowanipore, Kolkata 700025

**ASUTOSH COLLEGE**  
92, S.P. MUKHERJEE ROAD, KOLKATA - 26

**EMPOWERING WOMEN THROUGH KARATE**

Workshop Organised by  
Women's Karate Unit  
in collaboration with  
Women Empowerment (Gender Equity) Cell  
&  
IQAC, Asutosh College

Target Participants:  
Female Students of Asutosh College  
Workshop Facilitator:  
Mrs. Nivedita Ghosh  
Karate trainer, Asutosh College

Workshop Curriculum:  
Slot 1: 12 Noon to 1 P.M.  
Slot 2: 2 P.M. to 3 P.M.

Date: Friday, 29th November 2024  
Venue: Common Room, Main Building, Asutosh College

GPS Map Camera

Kolkata, West Bengal, India  
92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara,  
Bhowanipore, Kolkata, West Bengal 700025, India  
Lat 22.525232° Long 88.345896°  
29/11/24 11:55 AM GMT +05:30

Google

## Attendance Sheets :

Attendance of Slot - I				Slot - II			
Name	Phone no (wp no)	Dept	Sem	Name	wp no	Dept	Sem
1) Sakshi Choudhury	7980271921	Biochemistry	Sem-5	1) Susheela Majumder	8979791007	Geography	3
2) Prokati Mondal	7439357612	B.A. Hon	5	2) <del>Sakshita Paul</del>	<del>951944908</del>	<del>Geography</del>	<del>3</del>
3) Payel Mondal	7980157817	Sanskrit	Sem-3	3) Joyeeta Mukherjee	9073406450	Geography	3
4) Sangani Ghosh	9330732615	Mass Com & Journalism Honours	Sem I	4) Anshita Mondal	9074635735	Geography	3
5) Jyotirmoyi Bora	8420244639	Mass Com	Sem-I	5) Chandrani Banerjee	6290386316	Geography	3
6) Jyotirmoyi Bora	6291427464	Mass Com	Sem-1	6) Anshika Ghosh	7489665177	Economics	3
7) Hritika Ghosh	769022485	Mass Com & Journalism	Sem 1	7) Hritika Ghosh	7603022485	Jewellery	1
8) Dalan Haska	9836210507	Mathematics	Sem-5	9) Debajyoti Das	6291926910	Environmental Sc	3
9) Ritupriya Halder	7363910343	Maths	Sem-3	10) Sampritiya Nandy	9903924936	Environmental Sc	3
10) Samadrita Hore	9239015282	Maths	Sem-3	11) Manuwan Das	8777630288	Environmental Sc	1
11) Anshika Borthan	7047312412	Maths	Sem-3	12) Sumita Borthan	7439126276	B.Sc. General	1
12) Dija Agarwal	7001696661	Maths	Sem-3	13) Sankana Halder	9907392870	B.Sc General	1
13) Tanushree Dutta	9274079230	Maths	Sem-3	14) Laloni Kumari	629096297	BBA	3
14) Anushka Dutta	9079123757207	Statistics	Sem-3	15) Payel Saha	8017463467	BBA	3
15) Madheemita Kar	8910301758	English	Sem-3	16) Anushka Roy	9129014315	BBA	3
16) Ishika Das	9742244719	English	Sem-3	17) Anamika Barua	7044071129	B.Sc. Maths	3
17) Sangata Roy	9883048920	Statistics	Sem-3	18) Anshika Das	8777837300	BBA	1
18) Anshika Paul	9432557978	Statistics	Sem-3	19) Rupsha Roy	9749704052	B.Sc General	1
19) Netranjana Ghosh	6289993272	Statistics	Sem-3	20) Sacha Saha	8617201693	Stat. Hon	5
				21) Adhara Mondal	9679900237	Statistics Hon	5
				22) Madhusree Ghosh	7691782004	Statistics Hon	5
				23) <del>Rishika Sen</del>	<del>7980847868</del>	<del>D.A General</del>	<del>1</del>
				24) Shatabdi Majumder	8981206626	BBA	1
				25) Anshika Mahboob	6289764130	BSC	1
				26) Anika Chatterjee	9064527050	BSC	1
				27) Anura Das	7699485741	BSC	1
				28) Rishika Das	8240604686	BSE	1
				29) Tananna Biswas	9679754661	CMEV	3

Slot - III			
Name	Phone no	Dept	Sem
29. Niketa Roy	6295553620	CMEV	3
30. Rupsha Adhikary	9007706668	CMEV	3
31. Priitha Roy	6290786508	CMEV	Sem-3
32. Anrija Bhadury	9123707300	Statistics	Sem 5
33. Sanchi Sen	7044614686	Statistics	Sem 5