

Certificate Course on Self Development & Self Defence

(Admission starts from March- 2023)

Offered by **SAHELI**, Women's Cell, Garhbeta College



Thirty Hours



Blended Mode



English, Hindi,
Bengali Medium



Hands on
Training



April, 2023



Certificate
issued by
Garhbeta
College



Eligibility: Anyone interested can join the course. No prerequisites necessary

About Course:

The certificate course for "Self Development & Self Defence" is to commence its 1st course from April, 2023. Taught by academicians, practitioners, trainers, this course focuses on self development under two broad themes.

Course Coordinators:

- Prof. Mousumi Pal
- Dr. Shampa Deb Chanda

Course Outline:

➤ Unit 1: Self Development

Introduction
Aims & Objectives
Importance
Different ways

➤ Unit 2: Self Defence:

Different steps
(unarmed)
Case Study
Social Challenges
& Taboo

Resource Persons:

Internal Faculty Members:

- Dr. Pritwish Kumar Hait
- Dr. Rita Sil
- Prof. Soma Samanta
- Dr. Sajed Biswas
- Dr. Sanchayita Manna
- Mrs. Champa Nandi
- Mrs. Tanushree Roy
- Lieutenant Sukla Dubey
(Associate NCC Officer)

External Member:

Mr. Deep Agasti

(Self defence and unarmed combat
Trainer, Karate National Coach,
Karate National Judge)

SUO Sankar Das

(NCC 'B' and 'C' certificate
holder, Ex NCC Cadet of Garhbeta
College NCC, Coy-5)

Registration Fee: Rs. 50

Please scan the QR Code for registration



For further details please contact: Email: saheligarhbeta@gmail.com

Call: 8001467919/ 9433448708