



NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR

Acts of Resistance: Self Defence Training Workshop

On 7-8 January 2023

Jointly Organized by GATI and IC

ONLY FOR B.TECH. GIRLS STUDENTS

Venue: Student Activity Centre

Objective:

The participants will gain knowledge on

- Various types of unsafe situations and attacks
- Skills for generating defensive power, rather than relying only on muscular strength
- Free hand defence techniques
- Development of well-balanced mind and body
- Acquiring discipline, fitness, patience and fight against mental stress

Participants: Any B.Tech. Girl student interested in an interactive hands-on session on self-defence.

Resource Person: Sensei Gopal Kumar Nath, 4th Dan Black Belt, Indian Academy of Shotokan Karate.

Duration: 10AM to 12 Noon and 3PM - 5PM

Registration Information:

Last Date of Registration: 5th January 2023 Registration Link: <https://forms.gle/QjdbdbCJ3Af8yCcg6>

- Students need to fill up the registration form available in the google form mentioned above.
- This workshop is only for the girl students. Prior registration is mandatory to attend the workshop.
- Certificate will be provided on successful completion of the workshop.

Note: There is no registration fee for attending the workshop. Students are required to register by 5th January 2023, as the number of seats is limited.

Coordinators:

1. Dr. Deepanwita Das,
Assistant Professor, Dept. of Computer Science and Engineering
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Email: deepanwita@cse.nitdgp.ac.in
2. Wardens of Hall 10 and Hall 13

Discipline **Confidence** **Patience** **Respect** **Fitness** **Strength** **Self-Defence**