



NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR

Acts of Resistance: Self Defence Training Workshop

On 6th October 2018

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 student / individual interested in an interactive hands-on session of self-defence.

Resource Person: Sensei Samir Kumar Mondal, 4th Dan Black Belt (Ex-Army), Durgapur Karate Academy, President, Paschim Burdwan District Karate Association.

Duration: 10AM to 12 Noon

Registration Information:

Last Date of Registration: 1st October 2018

- Students need to fill up the registration form available in the website along with this brochure.
- Completely filled up registration forms can be submitted to any of the coordinators during official hours.
- Students can also send scanned copy of the filled up application forms via email to any of the coordinators.

Note: There is no registration fee for attending the workshop. Students are required to register by 1st October as the number of seats is limited.

Coordinators:

1. Dr. Deepanwita Das,
Assistant Professor, Dept. of Computer Science and Engineering
Contact: +919434788179
Email: deepanwita@cse.nitdgp.ac.in
2. Dr. Nibedita Mahata
Assistant Professor, Dept. of Biotechnology
Contact: +919434789020
Email: nibedita.mahata@bt.nitdgp.ac.in

Discipline

Confidence

Patience

Respect

Fitness

Strength

Self-Defence

Program Schedule

Acts of Resistance: Self Defence Training Workshop

On 6th October 2018

Event	Time
Reporting and Registration	9.00 AM to 9.45AM
Inauguration	9.45 AM to 10.00AM
Practical Demonstration and Interactive Session	10.00 AM to 11.45 AM
Valedictory and Feedback	11.45 AM to 12 NOON



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Registration Form

Full Name (BLOCK LETTERS): _____

Degree: B.Tech. M.Tech. Ph.D. Others _____ (Plz specify)

Roll Number: _____

Branch of Study: _____

Hall of Residence: _____

Email ID: _____

Contact No(s): _____

Signature of the Applicant with Date: _____



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