



Awareness Generation Programme

On

Self Defence and Safety of the Women (Empower, Equip and Emerge)

Organised by

Internal Complaints Committee (ICC)

Nakshalbari College

Date: 10.03.2025





NAKSHALBARI
C O L L E G E

Internal Complaints Committee (ICC)

Nakshalbari College

P.O: Naxalbari, Dt. Darjeeling

West Bengal. PIN-734429

Email: nakshalbaricollege@gmail.com

Website: www.nakshalbaricollege.com

Nakshalbari College

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Date: 10.03.2025

Time: 1:00 PM

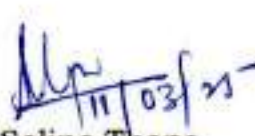
Venue: Hall - C

Chairperson: Dr. Salina Thapa, Teacher - in - Charge, Nakshalbari College.

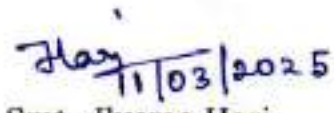
Total Participants: 186

Report

An Awareness Generation Programme on Self Defence and Safety of Women (Empower, Equip and Emerge) was organized on 10.03.2025 at Nakshalbari College at Hall-C by the Internal Complaints Committee in collaboration with Cultural Committee and Gender Sansitization Committee of Nakshalbari College on the occasion of International women's Day. The Programme was started with the inaugural speech of the Teacher-In-Charge. The basic aim of the Programme is to generate awareness among the staff and students about the Safety and security of the Women outside of home. In this programme the Presiding Officer of ICC, Smt. Jhuma Hari has delivered a lecture with power point presentation on self- consciousness and Self-awareness of women outside of their home. Besides that, some important steps or methods on self defence have been shown by some trained students of self-defence and black belt in Carate and Marshal Arts. The programme ended with a vote of thanks given by the IQAC Coordinator, Washim Akram.


Dr. Salina Thapa
Teacher-in-Charge
Nakshalbari College

Teacher-In-Charge
Nakshalbari College
P.O.: Naxalbari, Dist: Darjeeling


Smt. Jhuma Hari
(Presiding Officer)
Internal Complaints Committee
Nakshalbari College
Presiding Officer
Internal Complaints Committee
Nakshalbari College



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COLLEGE

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Photographs of the Programme:



Slp
11/03/25

Dr. Salina Thapa
Teacher-in-Charge
Nakshalbari College
Teacher-In-Charge
Nakshalbari College
P.O.: Nakalbari, Dist: Darjeeling

Jha
11/03/2025

Smt. Jhuma Hari
(Presiding Officer)
Internal Complaints Committee
Nakshalbari College
Presiding Officer
Internal Complaints Committee
Nakshalbari College



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165
21
1861-

Sl. No.	Full Signature of the Participants	Semester
1.	Sima Thapa	2nd Sem
2.	Sapna Lehar	2nd Sem
3.	Prity Mandal	2nd sem
4.	Supriya Mandal	2nd Sem
5.	Mamita Das	2nd Sem
6.	Liliha Sharma	2nd Sem
7.	Puja Roy	2nd Sem
8.	Boby Sankar	2nd Sem
9.	Haimanti Singha	2nd Sem
10.	Supriya Das	2nd Sem
11.	Sampa Barman	4th Sem
12.	Binati Singha	4th Sem
13.	Priyanka Barman	2nd Sem
14.	Pallabi Mandal	2nd Sem
15.	Nivedita Singha	2nd Sem
16.	Angali Roy	2nd Sem
17.	Jashomati Singha	2nd Sem
18.	Radhika Oraon	2nd Sem.
19.	Aarati Munda	2nd Sem.

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11/03/2025

Presiding Officer
Internal Complaints Committee
Nakshalbari College



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Sl. No.	Full Signature of the Participants	Semester
20.	Samiksha Sharma	4 th
21.	Prasanti Khawas	4 th Semester
22.	Tanisha Shalbya	4 th Semester
23.	Nikita Shil	4 th Semester
24.	Bharati Barman	2 nd Semester
25.	Sanjina Bisualkarna	4 th Sem
26.	Rashmi Pradhan	4 th Semester
27.	Sneha Choudhary	4 th Semester
28.	Janaki Barman	4 th Semester
29.	Chandana Roy	2 nd Semester
30.	Pushpa Debi Pradhan	2 nd Semester
31.	Anjali Singh	2 nd Semester
32.	Namrata Chik Baraik	2 nd Semester
33.	Nisha Tikey	2 nd Semester
34.	Sital Rai	2 nd Semester
35.	Shreya Rai	2 nd Sem
36.	Anoushka Bhujel	2 nd Sem
37.	Lakshmi Singha	2 nd Sem
38.	Dipika Singha	2 nd Sem



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Sl. No.	Full Signature of the Participants	Semester
39.	Radhika Mondal	2nd sem
40.	Dhrubajyoti Singha	2nd sem
41.	Mangal Singh	2nd Sem.
42.	Amrit Das	2nd sem.
43.	Amith Nagaria	2nd sem
44.	Akinuli Das	2nd sem
45.	Shibu Shil	2nd sem
46.	Ananda Mallik	2nd sem
47.	Prasjit B. K.	2nd sem
48.	Jasoda Barman	6th sem
49.	Sabana Khatun	6th sem
50.	Spaksha Gouda	6th sem.
51.	Ibna Thapa	6th sem
52.	Sarda Bhui	6th sem
53.	Muskan Subba	6th sem
54.	Swarika Humagai	6th sem
55.	Manju Pradhan	6th sem
56.	Muskan Pradhan	6th sem
57.	Sushma Rai	6th sem

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Sl. No.	Full Signature of the Participants	Semester
58.	Nelima Maadi	2nd Sem
59.	Kotel Ghosh	2nd Sem
60.	Piya Ghosh	2nd Sem
61.	Rupasena Paul	2nd sem
62.	Ashika Baidya	2nd sem
63.	Bibek Barman.	2nd Sem.
64.	Abhijit Barman	2nd Sem
65.	Dipankar Das	2nd Sem
66.	Hanipada Roy	4th
67.	Ujjat Roy	4th
68.	Sansib Roy	4th Sem
69.	Pragun Singha	6th Sem
70.	Sushen Das	6th Sem
71.	Rakesh Barman	2nd Sem
72.	Md. Kazi Siddhikar Alam	2nd Sem.
73.	Rakhi Das	2nd sem
74.	Sushmita Das	2nd Sem
75.	MEHNAAZ KHATOON SARKAR	4th Sem.
76.	Kanchan Chhetri	4th Sem



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Sl. No.	Full Signature of the Participants	Semester
77.	Sathi Mondal	2nd Semester
78.	Mougami Borai	2nd
79.	Smriti Goswami	2nd
80.	Anpa Sarkar	2nd
81.	Koyel Sarkar	2nd
82.	Balchali Talukdar	2nd
83.	Sangita Barman	2nd
84.	Amika Singha	4th
85.	Anisha Saika	4th
86.	Mamaji Roy	4th
87.	Amrita Toppo	4th
88.	Benkim Singha	6th
89.	Letu Das	6th
90.	Dinkraha Singha	6th
91.	Suzana Singha	2nd
92.	Poel Singha	2nd
93.	Namita Barman	2nd
94.	Papiya Mandal	6th
95.	Beauty Das	2nd Sem

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96.	Borisa Ahash	6th Semester
97.	Linki Sarkar	6th Sem
98.	Rani Dey	6th Sem
99.	Nitu Sarkar	6th Semester
100.	Sumana Mandal	2nd Semester
101.	Konika Sarkar	2nd Semester
102.	Mampi Paul	2nd Semester
103.	Rakhi Roy	2nd Semester
104.	Namika Barman	2nd Semester
105.	Suparna Roy	2nd Semester
106.	Nikima Lakra	2nd Semester
107.	Lakhi murmu	2nd Semester
108.	Anjali Barman	2nd Semester
109.	Anima Barman	2nd Semester
110.	Esneha Rai	2nd Semester
111.	Chandrika Roy	2nd Semester
112.	Khushi Kumari Roy	2nd Semester
113.	Sushma Singh	2nd Semester
114.	Anushka Tanay	2nd Semester



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Sl. No.	Full Signature of the Participants	Semester
115.	Rahima Gond	4th Semester
116.	Riya Singha	4th semester
117.	Doli Sarkar	4th semester
118.	Madhab Singh	4th Semester
119.	Mahima Saha Mahima Saha	4th Sem
120.	Kimona Basu Kimona Basu	4th Sem
121.	Dipa Limbu Dipa Limbu	4th
122.	Dipika Roy	Dipika Roy 4 Sem
123.	Rachit duck Barua	2nd semester.
124.	B. P. W. W. W.	2nd Semester
125.	Pradip Roy	2nd Semester
126.	Shiba Saiba	2nd Semester.
127.	Sabharjit Singha	2nd Semester.
128.	Krishna Singha	2nd Semester
129.	Shekhar Shiba	2nd semester
130.	Ritu Kumari Prasad	2nd Semester
131.	Papaya Mandal	6th Sem
132.	Antara Halder	6th Sem
133.	chandrika Roy	2nd sem



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Sl. No.	Full Signature of the Participants	Semester
134.	Smeya Mandal.	2nd.
135.	Barunali Singha	2nd.
136.	Langita Biswas	2nd.
137.	Dina Toppo	6th
138.	Nitu Mukherjee	6th
139.	Sumona Barman	6th
140.	Bhagya Roy	6th
141.	Namita Chhetri	4th
142.	Srijana Chhetri	4th
143.	Ankita Karmali	4th
144.	Ruspa Singha	2nd
145.	Tashomdi Singha	2nd sem
146.	Nivedita Singha	2nd Sem
147.	Angala Roy	2nd Sem
148.	Moumit Singha	2nd Sem
149.	Rea Biswas	2nd sem
150.	Mamoni Dasen	2nd Sem
151.	Rima Chhetri	4th Sem
152.	Prakasha Prakasha Gouda	6th



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153.	Sankat Roy	2nd
154.	Niki Ostaon	4th
155.	Khushi Roy	2nd
156.	Nilema Mondal	2nd
157.	Antara Barman	6sem
158.	Bharnati Roy	6sem
159.	Namita Saha	6th sem
160.	Nabami Barman	6th sem
161.	Barnali Singha	2nd sem
162.	Sneha Mandal	2nd sem
163.	Priya Mandal	2nd sem
164.	Sangita Biswas	2nd sem
165.	Supriya Mandal	2nd sem
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Sl. No.	Full Signature of the Participants	Designation
1	Dr. Sabira Shaper	Associate Professor (T.C)
2	Dr. Anisha Tamang	Asst. Professor
3	Norhin Akram	Asst. Professor
4	Rajit Roy	Associate Professor
5	Bhanu Barman	Clerk
6	Abdul Khayez Saikh	Asst. prof
7	Ananya Guha Roy	Associate Professor
8	Rohan Mandal	SACT
9	Amrit Chel	SACT
10	Shikha Saha	SACT
11	Dipu Paul	SACT
12	Utharman Singh	Peer
13	Jaya Das	SACT
14	Ananda Paul	SACT
15	Mamri Khata	SACT
16	Uttal Paul	SACT
17	Madraj Guha	Asst. Professor
18	Bhasu Bhowari	Electrician cum Constable

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Sl. No.	Full Signature of the Participants	Designation
19	Ithuma Hain	Librarian
20	Tapashi Singh	Asst. Professor
21	Pop. Paul	Library Clerk
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