



Rani Indira Debi Government Girls' College

offers

Certificate Course on

“Safeguard Technique for Women”

in collaboration with IQAC, RIDGGC

from 2ND DECEMBER- 31ST DECEMBER, 2024



Instructor:

Shihan Gouranga Pal,
5th Dan Black Belt,
National Referee & Judge,
Secretary, Jhargram District Sports Karate Association

Course Coordinator
Prof. Sanatan Murmu
Contact: 9547630074

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ELIGIBILITY:
CURRENT STUDENTS
OF RIDGGC
Venue: College
Campus (RIDGGC)



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Course preamble

Martial arts can be a valuable tool for self-defense as they provide training in techniques for both offensive and defensive maneuvers. The use of martial arts in self-defense aims to develop skills such as striking, grappling, and leverage to effectively protect oneself from physical harm. Additionally, martial art training often emphasizes discipline, focus, and situational awareness, which can be crucial in dangerous situations. However, it's important to remember that the effectiveness of martial arts in self-defense depends on various factors, including the individual's skill level, physical condition, and the specific circumstances of the encounter.

Self-defense training can be a powerful tool for women's empowerment in several ways:

1. **Physical empowerment:** Learning self-defense techniques gives women the physical skills and confidence to defend themselves if they are ever in a threatening situation. This can help women feel more empowered and in control of their own safety.
2. **Emotional empowerment:** Self-defense training can also boost self-esteem and confidence. Knowing that they have the ability to protect themselves can help women feel stronger and more assertive in all areas of their lives.
3. **Assertiveness and boundary-setting:** Self-defense training often includes assertiveness training, teaching women how to set and enforce boundaries. This can be valuable in both personal and professional settings, helping women stand up for themselves and assert their rights.
4. **Community building:** Many self-defense classes create a supportive community where women can connect with others who share their experiences and concerns. This sense of solidarity can be empowering and help women feel less alone in their struggles.
5. **Changing societal norms:** By promoting the idea that women have the right to defend themselves against violence, self-defense training can help challenge traditional gender roles and societal attitudes that perpetuate violence against women.

Overall, self-defense training can play a vital role in empowering women to take control of their own safety and well-being, both on an individual level and as part of broader efforts to promote gender equality and combat violence against women.

AIMS and SCOPE:

There are several career opportunities available in the field of self-defense:

1. **Self-Defense Instructor:** Becoming a self-defense instructor allows you to teach others how to protect themselves. This could involve working at martial arts schools, fitness centers, community centers, or offering private lessons.
2. **Personal Trainer:** Many personal trainers incorporate self-defense techniques into their training programs, especially for clients interested in improving their overall fitness and self-protection skills.
3. **Security Professional:** Knowledge of self-defense can be valuable in security-related careers, such as working as a security guard, bodyguard, or in law enforcement.
4. **Military or Law Enforcement:** Self-defense skills are essential in military and law enforcement professions. Training in martial arts or other self-defense techniques can be beneficial for individuals pursuing careers in these fields.
5. **Women's Self-Defense Advocate:** Some individuals choose to work specifically in the area of women's self-defense advocacy, providing education, resources, and support to empower women to protect themselves from violence.
6. **Corporate Trainer:** Companies may hire self-defense instructors to provide workshops or seminars for employees on workplace safety and self-defense techniques.
7. **Entrepreneurship:** There are opportunities to start your own self-defense training business, offering classes, workshops, and seminars to various groups such as schools, businesses, or community organizations.

Overall, there are diverse career paths available for individuals with expertise in self-defense, ranging from teaching and training to advocacy and security-related roles.

Course fee: The course is **free of cost** for the selected participants. Selection will be done on first cum first basis.

DURATION:

This course will be rounded off within 1 month, from 2nd December, 2024 to 31st December, 2024.

ELIGIBILITY:

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Rani Indira Debi Government Girls' College in any stream are eligible to apply for the course.

NO. OF SEATS:

The course will have an intake capacity of 30 candidates.

ADVISORY COMMITTEE:

- Chairperson – Prof. Susil Kumar Barman, OIC, Rani Indira Debi Government Girls' College
- Prof. Rahul Saikh, Assistant Professor & convenor, Sports sub-committee, Dept. of History, Rani Indira Debi Government Girls' College
- Prof. DEbarati Chakraborty, Assistant Professor, Dept. of Sociology, Rani Indira Debi Government Girls' College
- Prof. Sonia Mandal, Assistant Professor, Dept. of History, Rani Indira Debi Government Girls' College

COURSE COORDINATOR:

1. Prof. Sanatan Murmu, Assistant Professor and HOD, Department of Zoology, Rani Indira Debi Government Girls' College

RESOURCE PERSONS:

The certificate course will be executed by selected faculty members from different departments of our college and some external resource person. A tentative list of resource person includes –

- Shihan Gouranga Pal, 5th Dan Black Belt, National Referee & Judge, and Secretary. Contact Number: 9732797348. Email ID: seishinkai.gouranga@gmail.com