

# Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

তারিখঃ 14/03/2022

## বিজ্ঞপ্তি

এতদ্বারা যতিন্দ্র রাজেন্দ্র মহাবিদ্যালয় এর সমস্ত ছাত্রছাত্রী এবং শিক্ষক ও শিক্ষাকর্মীদের জানানো যাচ্ছে যে, কলেজের N. S. S. সংগঠনের পক্ষ থেকে আগামী ২৩/০৩/২০২২ তারিখে কলেজের ৭ নম্বর শ্রেণীকক্ষে আত্মরক্ষা বিষয়ক (ক্যারাটে) একটি একদিবসীয় শিবিরের আয়োজন করা হয়েছে। উক্ত শিবিরের প্রধান অতিথি হিসাবে উপস্থিত থাকবেন স্বনামধন্য ক্যারাটেবিদ (ব্ল্যাক বেল্ট প্রাপ্ত) মাননীয় রাজীব হোসেন আনসারি মহাশয়। উক্ত শিবিরে সকলের উপস্থিতি একান্ত কাম্য।

*Mridan*

Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad

*Geelati Bera*

Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad

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Date: 14/03/2022

(English Translation)

## NOTICE

All the students teaching and non teaching staff are hereby informed that the NSS unit of the college is going to organise a one day Karate camp on 23.03.2022 at Room no 7. The renowned Karate specialist black belt Mr. Rajiv Hossain Ansari will grace the day. All are requested to attend the program.

*M. Khan*

**Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad**

*Geelati Bera*

**Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad**

**JATINDRA-RAJENDRA MAHAVIDYALAYA**  
**AMTALA, MURSHIDABAD, W.B.**

**SELF DEFENSE (KARATE)**

**Organized by:**

**NSS**

**Resource Person**

**MR. RAJIV ANSARI**

**Black Belt in Karate**

**PATRON:**

**Smt. Geetali Bera**  
**Teacher-in-Charge**  
**Jatindra-Rajendra Mahavidyalaya**

**CONVENOR:**

**Shri. Manirul Islam**  
**NSS Coordinator**  
**Jatindra-Rajendra Mahavidyalaya**

**DATE: 23.03.2022**

**VENUE: ROOM NO. 07**

## **ABOUT US:**

Jatindra-Rajendra Mahavidyalaya, alternatively known as Amtala College, is a government-aided college in the district of Murshidabad. It was established in 1986 by the philanthropic endeavor of Sri. Jayanta Biswas, an influential political leader and the former Assistant Teacher of Amtala High School. With the land provided by Amtala High School, J.R.M. became the only college to be founded in Amtala within a radial distance of 25 kms. The process of establishing this educational institution was furthered by Sri. Guru Prasad Biswas and Sri. Birendranath Biswas. The college was first established with the pioneering vision of imparting higher education to the economically challenged and socially backward people of a not quite well-developed region of West Bengal. While imparting knowledge to the less-privileged section of the society was our fundamental aim, it simultaneously served a corollary objective. It is a well-known fact that this region is predominantly inhabited by the Muslim minority community and women from this domain did not have much access to higher education which constitutes a major role in facilitating their empowerment. Our college has precisely served that purpose by being an instrument of women empowerment ever since its inception.

## **ABOUT THE SEMINAR:**

Mastering self-defense maneuvers is a prerequisite to protect oneself from sudden violent attacks and vulnerable situations. Karate is one of the most practiced Japanese martial arts which empowers an individual to defend himself/herself in any disruptive environment by learning, for instance, how to block, strike, and escape from various coercive holds or grabs. Besides

developing the self-defensive faculty, an effective karate training instills a sense of awareness, confidence, and the ability to respond effectively in various circumstances. Hence the NSS Unit has organized an Awareness Programme on “Self Defense (Karate)” under the patronage of Smt. Geetali Bera, the Honorable Teacher-in-Charge of J.R.M., on 23.03.2022. It will be held in Room No. 07 of the Main Building of the College to introduce the interested students of J.R.M. to a range of physical techniques designed to neutralize potential threats.

**OBJECTIVES:**

- Raising awareness about the cancerous elements of society and the need of self-defense
- Encouraging knowledge and training of martial arts
- Instilling courage and determination to face all adversities of life

## REPORT

The NSS Unit of Jatindra-Rajendra Mahavidyalaya organized an Awareness Programme on “Self Defense (Karate)” on 23.03.2022 in Room No. 07 of the Main Building of the College. It was held under the tutelage of Smt. Geetali Bera, the Honorable Teacher-in-Charge of J.R.M. Mr. Rajiv Ansari, who possesses Black Belt in Karate, was the revered resource person of this occasion. He encouraged the participants to get themselves enrolled in Karate training institutions to physically empower themselves against untoward situations. As women are more vulnerable to cases of sexual harassment, Mr. Ansari urged the female students in particular to become more conscious of the present social scenario and learn certain self-defense techniques which can also be life-saving in certain circumstances. He further demonstrated some basic Karate moves or techniques for defense and survival.

### OUTCOME:

- Participants have expressed their desire to attend more of such awareness programmes in future.
- Female students in particular have been greatly motivated to learn self-defense strategies

  
**Programme Officer**  
**N.S.S. Unit-I**  
**J.R. Mahavidyalaya**  
**Amtala, Murshidabad**

  
**Teacher-in-Charge**  
**Jatindra-Rajendra Mahavidyalaya**  
**P.O. Amtala, Dist. Murshidabad**

SOME PHOTOGRAPHS OF THIS EVENT:



*M. Khan*  
**Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad**

*Geelali Bera*  
**Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad**



**Jatindra Rajendra Mahavidyalaya**  
**NSS General Programme on 23th March, 2022**

**Subject : Programme on self defence**

Sl No	Class Roll	Students of signature	sl	Class roll	Signature of students
1	B.A/21/7098	Charan Chak Khan	37	B.A/19/1416	Reneena Khatun
2	B.A/19/0883	Nabana Khatun	38	B.A/19/263	Rijia Sultana
3	B.A/21/0056	Mitali Khader	39	B.A/19/706	Susmita Khatun
4	B.A/19/1369	Ruja Das	40	B.A/20/0132	Mst Farha Sultana
5	B.A/21/1041	Monalisa Mondal	41	B.A/20/156	Aziza Khatun
6	B.A/21/0148	Sagomika Mondal	42	B.A/20/0095	Mamoni Khatun
7	B.A/21/0195	Nibedita Mondal	43	B.A/20/008	Samima Islam
8	B.A/21/0140	Smita Khatun	44	B.A/20/0065	Yasmina Khatun
9	B.A/21/0128	Sesali Khatun	45	B.A/20/008	Prithi Ghosh
10	B.A/21/0135	Bismatara Khatun	46	B.A/20/0093	Menuka Khatun
11	B.A/20/0600	Foohana Khatun	47	B.A/20/0085	Khushi Khatun
12	B.A/12/1709	Khadija Khatun	48	B.A/20/0995	Najmin Khatun
13	B.A/20/0012	Baby Najmin Khatun	49	B.A/21/0128	Bikayeli Khatun
14	B.A/20/0068	Ummi Salma Khatun	50	B.A/21/0125	Nurshida Khatun
15	B.A/20/0639	Sirin Banu.	51	B.A/21/120	Tania mustafi
16	B.A/20/0165	Jonika Khatun	52	B.A/19/015	Baishakhi Mondal
17	B.A/20/0160	Sahina Akter Reja.	53	B.A/19/1387	Ruma Ghosh
18	B.A/20/0048	Sirin Sultana	54	B.A/19/0095	Sumia Khatun
19	B.A/19/0464	Somona Sogodara	55	B.A/19/156	Kabla Khatun.
20	B.A/19/0419	Angina Khatun	56	B.A/19/020	Payel Mondal
21	B.A/19/0441	Serina Khatun	57	B.A/19/0116	Rima Haldar
22	B.A/21/020	Abish Kumar Ghosh.	58	B.A/19/006	Mohor Mondal
23	B.A/21/0408	Rakhi Mondal.	59	B.A/19/028	Sapali Halder
24	B.A/17/051	Saimul Alam Biswas	60	B.A/19/1381	Nayira Begum
25	B.A/21/1035	Mobaidul Sk	61	B.A/19/0117	Hosina Khatun
26	B.A.21.0025	Flapiza Khatun	62	B.A/20/0025	Khalida Khatun
27	B.A. 21/0006	Tamanna Akter Mondal	63	B.A/20/0040	Santana Khatun.
28	B.A. 21/116	Laboni Chowdhury	64	B.A/20/0377	Sirshika Biswas.
29	B.A. 21/117	Tanushri Mondal.	65	B.A/20/1505	Tohel Rana Mondal
30	B.A. 19/831	Nadira Khatun	66	B.A/20/0112	Anushree Chowdhury
31	B.A/19/0273	Arpita Mondal	67	B.A/20/021	Sathi Khatun
32	B.A/19/189	Rimpa Khatun	68	B.A/19/0165	Riqin Sultana
33	B.A/20/0029	Nanayani Das	69	B.A/19/1220	Maja Khatun
34	B.A/20/0178	Hali ma Khatun	70	B.A/19/0110	Debasmita Ghosh.
35	B.A/20/0242	Rami Mondal	71	B.A/19/0177	Akshay Mondal
36	B.A/20/0601	Mamoni Khatun	72	B.A. 21/322	Mahabul Zeel Kh

09/1



Mslm

Programme Officer  
 N.S.S. Unit-I  
 Jatindra Rajendra Mahavidyalaya  
 Murshidabad



**Jatindra Rajendra Mahavidyalaya**  
**NSS General Programme on 23th March, 2022**

**Subject : Programme on self defence**

Sl	Class Roll	Students of signature	Sl	Class roll	Signature of students
73	B.A/21/0093	Jasmira Khatun			
74	B.A/19/0089	Puja Saha			
75	B.A/19/0038	Susmita Saha			
76	B.A/19/0018	Soma Mondal			
77	B.A/19/0149	Tania Mondal			
78	B.A/21/0028	Amit Mondal			
79	B.A/19/0009	Tehidul Mondal			
80	B.A/20/535	Dalim Mondal			
81	B.A/20/106	Hasim Munshi			
82	B.A/19/0003	Hasim Mondal			
83	B.A/19/137	Amit Mondal			
84	B.A/19/127	Manab Ghosh			
85	B.A/19/0036	Sudip Bawari			
86	B.A/20/0077	Pratik Mondal			
87	B.A/21/0124	Hrush Ghosh			
88	B.A/21/0825	Paran Das			
89	B.A/19/0015	Sandip Dey			
90	B.A/20/1057	Sabana Afmo			
91	B.A/20/0200	Sangh Rappu Saikh			
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*Mskm*  
 Programme Officer  
 N.S.S. Unit-I  
 J.R. Mahavidyalaya  
 Amtala, Murshidabad