

Date:
26/3/22

NOTICE.

It is to inform all the faculty members and students of Pandu College that Girls' Common Room in collaboration with IBAC, Pandu College is going to organize a week long workshop on "Women's Self Defence".

The workshop is meant for girl students from TDC 3rd Sem and PG course.

Date - 4 to 10th April 2022.

Time = 9-11 a.m.

Venue = college premises.

Regards,

Gitali Barmah,

incharge, Girls' Common Room.

Signature
26/3/22

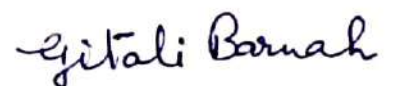
Dipjyoti Barmah
co-ordinator, IBAC.

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GUWAHATI-12, ASSAM

A brief report of week-long workshop on Women's Self Defence

A week-long workshop on Women's Self Defence is organized by Girl's Common Room, Pandu College in collaboration with IQAC, Pandu College from 4th April to 10th April 2022 at college premises. The resource person of the workshop was Rupak Rajbangshi, Black Belt 4th dan. Five more trainers were also present in the workshop. They are Pabitra Rajbangshi, Naihreet Paul, Nihita Paul, Mashruma Begum and Arunabh Borah. Twenty nine girl's students of different departments were participated in this workshop. The workshop was very beneficial.

Coordinator, IQAC
/ 
20/5/22


Dr. Gitali Baruah,

Prof. Incharge of Girl's
Common Room, Pandu College


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A week-long workshop from 4th April to 10th April 2022 is organized by Girls' Common Room, Pandu College in collaboration with IGAC, Pandu College.

Topic - Women's Self Defense.

Time - from 9 a.m. to 11 a.m.

Resource person - Rupak Rajbangshi

Signature:

[Signature]

Trainer - Pabitra Rajbangshi

[Signature]

Naihsret Paul

Naihsret Paul

Nihita Paul

Nihita Paul

Mashruma Begum

Mashruma Begum

Arunabh Borah

Arunabh Borah

Name of prof. incharge

Girls Common Room - Dr. Gitali Baruah.

[Signature]

Name of co-ordinator IGAC - Dipjyoti Barman

[Signature]

Name of Assistant co-ordinator - Dr. Dipanjali Haloi
IGAC.

[Signature]

Feedback

I had a great pleasure
experience to learn
something new out of
my comfort zone. Thank you

I had a great experience
during the whole workshop
Thank you.

I had a very good experience
I enjoyed it a lot.
Thank you.

It was a great pleasure
for me to join such a
good workshop.

email ID	Department	Class
Sangeetadas300@gmail.com	History	M.A (4 th Sem)

himashrumsundar30@gmail.com	History	MA (4 th sem)
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deknrimamoni12@gmail.com	Pol. S.	MA (4 th sem)
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shibanisaikia9790@gmail.com	Geography	MA (4 th Sem)
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Pagubamashree7@gmail.com	Education	MA 4 th sem
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Thanks for your valuable training
Sir, It was very good experience for
me. It feel very good. Thank you
So much Sir.

Sangita Debnath1702@gmail.com	Economics	M.A. 4 th SEM
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It's very very good experie-
ncest. It's ifeel very confident
to me.

Chanubritbha@gmail.com	Economics	M.A. 4 th sem
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class

S.No.	Name with Mail I.D	Contact No.	Signed Day 1.	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
(1)	Sangeeta Das Email: Sangeeta.das300@gmail.com (History)	9101456377	04/04/22 Sangeeta Das	05/04/22 Sangeeta	06/04/22 Sangeeta	07/04/22 Sangeeta	08/04/22 Sangeeta Das	09/04/22 Sangeeta Das	10/04/22
(2)	Himashree Mazumdar himashreemazumdar3@gmail.com (History)	9954017029	04/04/22 H. Mazumdar	05/04/22 H. Mazumdar	06/04/22 H. Mazumdar	07/04/22 H. Mazumdar	08/04/22 H. Mazumdar	09/04/22 H. Mazumdar	
(3)	Rimamani Deka dekarimamoni2@gmail.com (Political)	9365187460	Rima.D.	Rima.D.	A	Rima.D.	Rima.D.	Rima.D.	
(4)	Shibani Saikia shibanisaikia4790@gmail.com (Geography)	8486583692	S.saikia	S.saikia	S.saikia	S.saikia	S.saikia	S.saikia	
(5)	Anamika Sarania anamikasania918@gmail.com	8638470958	A	A					
(6)	Chayanika Deka dekuchayanika8@gmail.com	7002793676	Chayanika Deka	A	A				
(7)	Priyanka Dangiary priyankadangiary@gmail.com	7896492302	A	A					
(8)	Tanwei Das pastanwei2000@gmail.com	84028099-02	Tanwei Das	Tanwei Das	A				
(9)	Juni Zuhana Begum junizuhana999@gmail.com (Dept of Econo- mics)	8486480135	J. Z. Begum	J. Z. Begum	J. Z. Begum	J. Z. Begum			
(10)	Sangita Debnath Sangitadebnath1702@gmail.com	8638726907	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	
(11)	Pratibha Chane chanepratibha@gmail.com	9101939484	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	
(12)	Anishmita Sarma Anishmita20@gmail.com	7086670965	A	A					

	email ID	Department	class
I am pleasure to join the workshop and learned skills and techniques to be safe from accidents.	meet.anwesha9@gmail.com	Chemistry	4 th sem
It was a good experience. Learned something out of my comfort zone. Overall it was a great experience.	anandhurytanu12342@gmail.com	Political science	BA 4 th sem
Thank you for putting in the extra effort during this busy time at work. It was a good experience. I learned a lot.	begumrasida2001@gmail.com	Economics	BA 4 th Sem
I've learned a lot. Full team was very humble. And it was a great experience. So, please call him again	mitukumar13569@gmail.com	Hindi	4 th Sem
	onkitabonpuzari@gmail.com	Chemistry	5 th Sem
	shikhamonisanonia@gmail.com	Economics	M.A. 4 th sem

Signature

classmate

Date _____
Page _____

Sl.No.	Name with Email id and Contact No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12								
13	Anwesha Chakraborty meet.anwesha@gmail.com (Chemistry)	6003238694 Anwesha Chakraborty	Anwesha Chakraborty	Anwesha Chakraborty	Anwesha Chakraborty	Anwesha Chakraborty	Anwesha Chakraborty	P
14	Sudipa Mandal mandal.sudipa9990@gmail.com (Geography)	8472030894 Sudipa Mandal	Sudipa Mandal	Sudipa Mandal	Sudipa Mandal	Sudipa Mandal	Sudipa Mandal	Sudipa Mandal
15	Tanusee Choudhury choudhurytanusee42@gmail.com (Political Science)	9127109394 Tanusee Choudhury	Tanusee Choudhury	Tanusee Choudhury	Tanusee Choudhury	Tanusee Choudhury	Tanusee Choudhury	Tanusee Choudhury
16	Rasida Begum begumrasida201@gmail.com	7099668393 Rasida Begum	Rasida Begum	A	Rasida Begum	Rasida Begum	Rasida Begum	Rasida Begum
17	Latika Bero berolatika99@gmail.com	6900546245 Latika Bero	A	A	P	P	P	P
18	Banashree Pegu	A	B. Pegu	A	B. Pegu	B. Pegu	P	
19	Nitika Kumari (Hindi) nitikakumari17569@gmail.com	8638248200 A	Nitika Kumari	Nitika Kumari	Nitika Kumari	Nitika Kumari	Nitika Kumari	Nitika Kumari
20	Bhominia Panarake bhominiaaby@gmail.com	9101336992 A	A	PP	PP	PP	PP	
21	Anuradha Singh anuradhasingh3245@gmail.com (Chemistry)	9101310994 Anuradha Singh	A	P	P	P	P	
22	Orkita Borpujari 9127129750	A	A	A	Orkita	Orkita	Orkita	
23	Shikhamoni Sarania 8135888094	SS	P	P	SS	SS	P	

bhupendra
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GUWAHATI-12, ASSAM

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signature

Sl. No	Name with Roll No.	Contact No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
24	Tejaswini Chetri tejaswini.chetri@gmail.com Political Science Dept	6000375335	A	A	A	<u>Tejaswini Chetri</u>	<u>Tejaswini Chetri</u>	<u>Tejaswini Chetri</u>	
25	Shikharika Kalita shikharika.kalita@gmail.com	7635286773	A	A	A	<u>Shikharika Kalita</u>	<u>Shikharika Kalita</u>	<u>Shikharika Kalita</u>	
26	Priya Das	8876086944	A	A	A	<u>Priya Das</u>	<u>Priya Das</u>	<u>Priya Das</u>	
27	Sucharita Roy	8876578964	A	A	A	<u>Sucharita Roy</u>			
28	Jyotishma Deka	8822588877 6002588822	A	A	A	<u>Jyotishma Deka</u>			
29	Rashika Kalita	7002793301	P	P	A	<u>Rashika Kalita</u>	P	P	
30									
31									
32									
33									
34									

Principal
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PANDU COLLEGE, PANDU
GUWAHATI-12, ASSAM



WOMEN'S SELF DEFENSE WORKSHOP

From 4th to 10th April, 2022

Resource person :

Rupak Rajbangshi
Black Belt 4th Dan Karate

Organised By

Girl's Common Room
In c


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GPS Map Camera



Guwahati, Assam, India

Pandu, Maligaon, Guwahati, Assam 781012, India

Lat 26.165182°

Long 91.692307°

04/04/22 09:36 AM

bhupendra
PRINCIPAL
PANDU COLLEGE, PANDU
GUWAHATI-12, ASSAM



bipusripa
PRINCIPAL
PANDU COLLEGE, PANDU
GUWAHATI-12, ASSAM



Guwahati, Assam, India
Pandu, Maligaon, Guwahati, Assam 781012, India
Lat 26.165282°
Long 91.692278°
04/04/22 09:42 AM

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Maligaon, Guwahati, Assam 781012, India
Guwahati
Assam
India



23°C
73°F

2022-04-04(Mon) 10:33(am)

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PANDU COLLEGE, PANDU
GUWAHATI-12, ASSAM



Principal
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GUWAHATI-12, ASSAM



Priya Gupta Bhawan, 27, Pandu Port Rd, Pandu College Gate, Pandu, Guwahati, Assam 781012, India

Guwahati
Assam
India



24°C
75°F

2022-04-08(Fri) 10:34(am)

Priya Gupta
PRINCIPAL
PANDU COLLEGE, PANDU
GUWAHATI-12, ASSAM



Maligaon, Guwahati, A

b. prasad
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GUWAHATI-12, ASSAM



Pandu, Maligaon, Guwahati, Assam 781012, India

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India

2022-04-07(Thu) 10:37(am)



23°C

73°F

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GUWAHATI-12, ASSAM



Pandu, Maligaon, Guwahati, Assam 781012, India

Guwahati

Assam

India

2022-04-07(Thu) 10:39(am)

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GUWAHATI-12, ASSAM



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GUWAHATI-12, ASSAM

WEEK LONG

**WOMEN'S
SELF
DEFENSE
WORKSHOP**



From 4th to 10th April, 2022

Resource person :

**Rupak Rajbangshi
Black Belt 4th Dan Karate**

Organised By

Girl's Common Room, Pandu College

In Collaboration With

IQAC, Pandu College

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GUWAHATI-12, ASSAM



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PRINCIPAL
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GUWAHATI-12, ASSAM





Pandu, Maligaon, Guwahati, Assam 781012, India

Guwahati

Assam

India

2022-04-07(Thu) 09:57(am)



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72°F

bhupendra
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WEEK LONG

**WOMEN'S
SELF
DEFENSE
WORKSHOP**



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GUWAHATI-12, ASSAM

From 4th to 10th April, 2022

Aligaon, Guwahati

**Resource person
Rupak Rajbangshi
Black Belt 4th Dan Karate**

Organised By

Girl's Common Room, Pandu College

**In Collaboration With
IQAC, Pandu College**



WOMEN'S SELF DEFENSE WORKSHOP

From 4th to 10th April, 2022

Resource person :

Rupak Rajbangshi
Black Belt 4th Dan Karate

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