



**REPORT
ON
SELF-DEFENCE TRAINING PROGRAM
FOR THE SESSION 2018-2019**

Organized by

Laxminarayan College, Jharsuguda, Odisha

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2018-19

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1. Report on Self-Defence Training for Girl Students 2018-19

Training Details

- ❖ **Name of the Training:** Self-Defence Training for +3 1st Year Girl students of the institute
- ❖ **Principal:** Dr. Chirabrata Dutta
- ❖ **In-charge:** Miss Rohini Baxla
- ❖ **Training period:** 03rd December to 15th December 2018 (12 Days)
- ❖ **Master Trainers:** Sabita Singh (+3 1st yr. Arts) and Sujata Bag (+3 3rd yr. Science)
- ❖ **Number of Trainees:**113
- ❖ **Objectives of the training:**
 - To become psychologically, intellectually and physically strong to protect themselves in any awkward situation.
- ❖ **Outcome of the training:**
 - Girl students will be able to learn the use the self-defence technique in need.
 - Build self confidence in girl students for self-protection.

Training Description

For empowering girl students to fight back against any type of physical assault and to build self-confidence to face any awkward situation.

Laxminarayan College, Jharsuguda organized 12 days of self defence training program for all +3 1st year students at the campus with the facilitation of renowned Utkal Karate School, Bhubaneswar from 03rd December to 15th December 2018 excluding Sundays and holidays.

All the 12 days of training were fully occupied with practical demonstration and practices facilitated by 2 well known and experienced Master Trainers. The book "REACT" was also distributed among the students.

On 21st December 2018 the self-defence program was inaugurated by Dr. Chirabrata Dutta, Principal Laxminarayan College, Jharsuguda. Dr. Saroj Kumar Kuanar IQAC Coordinator distributed the book "REACT". District Coordinator Mrs. Purnima Mayee Dash advised and encouraged the students to complete the 12 days training program without fail. In-charge Self-Defence Miss. Rohini Baxla announced the timing to the students. And also announced that after the training every day they will be provided refreshment. She introduced the Master Trainers to the students. From the day first students started their training. With interest for 12 days students took the training. This training was held under the watchful eye of the in-charge and P.T Left. Manas Ranjan Acharya.

On 21st December 2018 the closing ceremony was held in the college. The trainees received their training completion certificate from our chief guest Pratap Behera, Ex-Principal of L.N College, Jharsuguda and DLC Dr. B.K Mahapatro. District Level Self-Defence Coordinator Mrs. Purnima Mayee Dash and our Principal Dr. Chitabrata Dutta were also present and congratulated the students for their successful completion of the Self-Defence training program. Trainees were happy to receive the certificates. Thanks to the government of Odisha for providing such training for the girls. The list of 113 no. of trainees is attached here with.

The list of trainees

Group-A

Sl. No.	Roll No.	Name of the Students
1	BA18-004	GRECYRANI SINGH
2	BA18-007	RAJESWARI PRAHARAJ
3	BA18-008	JUHI KUMARI MISHRA
4	BA18-014	BAISHAKHI DALAI
5	BA18-016	NANDINI BEHERA
6	BA18-019	RASMITA KISHAN
7	BA18-023	REEKI SUREN
8	BA18-027	PADMINI KISAN
9	BA18-028	VIDYA SALVE
10	BA18-029	PUJA KHANDA
11	BA18-030	NIKITA MAKAR
12	BA18-033	ARUNA KARALI
13	BA18-034	SUJATA MAJHI
14	BA18-036	PRIYANKA SIDAR
15	BA18-039	SANDHYARANI BIRGATHIA
16	BA18-040	SUJATA CHAMPIA
17	BA18-042	RANJITA DASH
18	BA18-043	JASPINEE PRADHAN
19	BA18-045	SANGHAMITRA RAY
20	BA18-049	MONALI MOHAPATRA
21	BA18-052	SAMEEKHYA DAS

22	BA18-053	REETU BAHADUR SONI
23	BA18-064	PRITI KUMARI SINGH
24	BA18-066	PRITICHANDA DASH
25	BA18-068	ANJANA NAIK
26	BA18-070	MANJULATA JHANKAR
27	BA18-071	KIRAN MAJHI
28	BA18-072	JAYA SHARMA
29	BA18-073	RUKMANI SAHU
30	BA18-075	TILOTTAMA PADHAN

Group-B

Sl. No.	Roll No.	Name of the Students
1	BA18-076	KRISHANA DASH
2	BA18-078	CHINMAYEE PRADHAN
3	BA18-079	ARATI SAHU
4	BA18-080	SAPNA SAHU
5	BA18-081	MANISHA EKKA
6	BA18-082	SEEMARANI SIDAR
7	BA18-084	SHOVA PRASAD
8	BA18-085	MUSKAN QURESHI
9	BA18-090	KSHIROD BEHERA
10	BA18-092	KATHIKA NASKAR
11	BA18-094	JHARANA MAGAR
12	BA18-099	JYOTI GHOSH
13	BA18-100	NEETU KISHAN

14	BA18-101	SANJUKTA PATEL
15	BA18-103	PUJA BAG
16	BC18-005	RAKSHITA RUNGTA
17	BC18-008	SAKSHI ROCHWANI
18	BC18-009	ARPITA PILODIA
19	BC18-011	TANYA SHAH
20	BC18-017	POOJA KUMARI
21	BC18-020	SHILPA SAH
22	BC18-021	SHAMIN ARE
23	BC18-023	SUCHANA ALE
24	BC18-024	G VENU MADHAVI
25	BC18-031	BIDISHA KUNDU
26	BC18-034	HITANKSHI NAMDEV
27	BC18-035	KISHORI MAHARANA
28	BC18-037	DEEYA KAUCHHA
29	BC18-038	RASHMITA GURUNG
30	BC18-039	ANISHA NAG

Group-C

Sl. No.	Roll No.	Name of the Students
1	BC18-040	ARATI KUMARI
2	BC18-043	SONAM PARVEEN
3	BC18-044	JYOTI KUMARI
4	BC18-045	POOJA TAMANG
5	BC18-048	ISHIKA JALAN

6	BC18-049	PREETI SHARMA
7	BC18-059	LAXMI PRIYA MALLICK
8	BC18-060	SABINA MAHANAND
9	BC18-062	SAKSHI KUMARI MISHRA
10	BC18-064	NIRMALA PRADHAN
11	BC18-065	ROSHNI KHATIK
12	BC18-066	MANINI KUMARI
13	BC18-067	SONI SONKAR
14	BC18-074	SHRISTI TIWARI
15	BC18-076	PRIYANKA SAKET
16	BC18-077	ARUNA SETHI
17	BC18-079	PRACHI JALAN
18	BC18-082	MEGHA BARIK
19	BC18-088	PRINCY PODDAR
20	BC18-089	C H PALLAVI
21	BC18-092	AFRIN BANU
22	BC18-099	SALINI SAHU
23	BC18-101	SNIGDHA RANI NAIK
24	BS18-013	PRABHATI SAHOO
25	BS18-016	KAUSALYA PADHAN
26	BS18-020	PRITISA PRADHAN
27	BS18-026	RITIKA DASH
28	BS18-030	DIPALI KISHAN
29	BS18-034	RANU DALAI
30	BS18-046	TARINI PRIYA MOHANTY

Group-D

Sl. No.	Roll No.	Name of the Students
1	BS18-053	ANWESHA KARALI
2	BS18-059	SANGEETA KARMAKAR
3	BS18-065	LIPIKA PATEL
4	BS18-067	RUKMANI BESAN
5	BS18-071	TAPASWINI GARDIA
6	BS18-072	NIBEDITA GOND
7	BS18-073	KUSUM KUMARI NAI
8	BS18-094	ASHRITA PANDA
9	BS18-095	ALIVA PANDEY
10	BS18-096	ASHA LATA BEHERA
11	BS18-104	NATASHA BUDULA
12	BS18-107	VISHAKHA PANDEY
13	BS18-116	BASHA BISHI
14	BS18-125	JAYASHREE JYOTISHMATI SA
15	BS18-126	SONALI SA
16	BS18-127	ADITI AGRAWAL
17	BS18-128	SONI PRADHAN
18	BS18-129	JAYANTI SUBHALAXMI
19	BS18-132	POOJA CHAURASIYA
20	BS18-134	HEMANGINI PATEL
21	BS18-137	PRATIMA PANDA
22	BS18-138	SONALISMITA PANIGRAHI
23	BS18-139	LUSI KECHHU

24	BS18-142	PRATIKSHYA JENA
25	BS18-143	SWAYAM VISHWAKARMA
26	BS18-144	ALIVA NAIK
27	BS18-146	JAYANTI SAHOO
28	BS18-147	SIKHA PATEL
29	BS18-152	PUSPANJALI SAHU

Glimpses of the training





Closing Ceremony



Distribution of Certificates to the Trainees



Newspaper Publication of the Training

ଏଲଏନ୍ କଲେଜରେ ଆତ୍ମରକ୍ଷା ତାଲିମ ଶିବିର 'ନାରୀ ସୁରକ୍ଷିତ ହେଲେ ବିକାଶ ସମ୍ଭବ'

ଝାରସୁଗୁଡ଼ା, ୨୧।୧୨ (ଆ.ପ୍ର): ଯେଉଁ ଦେଶରେ ନାରୀ ସୁରକ୍ଷିତ ନୁହେଁ ସେହି ଦେଶରେ ବିକାଶ ସମ୍ଭବ ନୁହେଁ । ନାରୀ ସଶକ୍ତିକରଣ ବର୍ତ୍ତମାନ ସମୟର ଆବଶ୍ୟକତା । ଦେଶର ପ୍ରତ୍ୟେକ ମୁଣ୍ଡରେ ଆଜିର ନାରୀକୁ ଅତ୍ୟାଚାରିତ ହେବାକୁ ଠିକ୍ ହୁଏ । ବସ୍, ଟ୍ରେନ୍, ରାଷ୍ଟ୍ରା କଡ଼ କି ଅନେକ ସମୟରେ ନିଜ ଗୃହରେ ମଧ୍ୟ ସେମାନେ ଅତ୍ୟାଚାରିତ ହୁଅନ୍ତି । ନିଜେ ନିଜକୁ ସୁରକ୍ଷିତ ରଖି ପାରିଲେ ସମାଜ ସବୁବେଳେ ସମାଜକୁ ସୁରକ୍ଷା ଦେଇ ପାରିବ ନାହିଁ ବୋଲି ମତ ପ୍ରକାଶ ପାଇଛି । ଆଜି ଝାରସୁଗୁଡ଼ା ଏଲଏନ୍ କଲେଜରେ ଅନୁଷ୍ଠିତ ମହିଳାଙ୍କ ଆତ୍ମରକ୍ଷା ତାଲିମ

କାର୍ଯ୍ୟକ୍ରମରେ ଭାଗ ନେଇ ବିଶିଷ୍ଟ ବକ୍ତାମାନେ ନାରୀ ସୁରକ୍ଷା ଉପରେ ଆଲୋଚନା କରିଥିଲେ । ଅଧିକ ଚିରକ୍ରତ ଦଉଳ ସଭାପତିତ୍ଵରେ ଅନୁଷ୍ଠିତ ସଭାରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଜିଲ୍ଲା ଡିଏଲସି ବିଜନ କୁମାର ମହାପାତ୍ର ଏବଂ ପୂର୍ବତନ ଅଧ୍ୟକ୍ଷ ପ୍ରତାପ ବେହେରା ସମ୍ମାନିତ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇ ୧୫ ଦିନ ଧରି ଆତ୍ମରକ୍ଷା ତାଲିମ ନେଇଥିବା ଛାତ୍ରୀମାନଙ୍କୁ ପୁରସ୍କାର ପ୍ରଦାନ କରିଥିଲେ । ସମାବେଶ ୧୭:୩୦ ଠାରୁ ଆରମ୍ଭ ହୋଇଥିଲା । ଅଧ୍ୟାପିକା ପୂର୍ଣ୍ଣିମା ଦାଶ ସଭା କାର୍ଯ୍ୟ ପରିଚାଳନା କରିଥିଲେ । ଅଧ୍ୟାପିକା ରୋହିନୀ ବହୁଲାରୁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।



ଆତ୍ମ ସୁରକ୍ଷା ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ

ଝାରସୁଗୁଡ଼ା, ୨୧।୧୨ (ସ.ପ୍ର): ସ୍ଥାନୀୟ ଲକ୍ଷ୍ମୀନାରାୟଣ ମହାବିଦ୍ୟାଳୟରେ ମହିଳାମାନଙ୍କ ଆତ୍ମସୁରକ୍ଷା ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହୋଇଛି । ମହାବିଦ୍ୟାଳୟ ଅଧିକ୍ଷ ତ. ଚିରକ୍ରତ ଦଉଳ ସଭାପତିତ୍ଵରେ ଅନୁଷ୍ଠିତ ସଭାରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ



ଝାରସୁଗୁଡ଼ା ଜିଲ୍ଲା ଡିଏଲସି ତ. ବିଜନ କୁମାର ମହାପାତ୍ର ଏବଂ ଅନ୍ୟତମ ଅତିଥି ଭାବେ ଅବସର ପ୍ରାପ୍ତ ଅଧିକ୍ଷ ପ୍ରଫେସର ପ୍ରତାପ ବେହେରା ଯୋଗ ଦେଇଥିଲେ । ତାଲିମ ନେଇଥିବା ଛାତ୍ରୀ ମାନଙ୍କୁ ପୁରସ୍କାର ପ୍ରଦାନ କରିଥିଲେ । ଏ ବର୍ଷ ମହାବିଦ୍ୟାଳୟର ୧୭୭ ଜଣ ଛାତ୍ରୀ ତାଲିମ ନେଇଥିଲେ । ବିଶିଷ୍ଟ ଅଧ୍ୟାପିକା ପୂର୍ଣ୍ଣିମା ଦାଶ ସଭା ସଂଚାଳନା କରିଥିଲେ । ଅଧ୍ୟାପିକା ରୋହିନୀ ବହୁଲାରୁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।

2.Report on Self-Defence Training for Girl Students as Master Trainer 2018-19

Training Details

- ❖ **No of Trainees:** 100 Girls
- ❖ **Training Place:** Utkal karate School, Unit-IX, Bhubaneswar
- ❖ **Date of Arrival:** 26th Nov, 2018 Evening or 27th Nov 2018 Morning
- ❖ **Training Days:** 27th Nov (Tuesday) to 3rd Dec (Monday)
- ❖ **Date of Departure:** 3rd Dec evening or 4th Dec morning

Training Description

The Government of Odisha had implemented the Self-Defence scheme in 2013. This Self-Defence training programme was provided to the 1st year girl students. And master trainers were officially appointed to impart this Self-Defence skills. But the programme was left mid-way in many districts as there were not enough master trainers.

Officer in-charge of self-defence training programme decided to create a team of master trainers. They will be given training at Utkal Karate School in Bhubaneswar. The Department of Higher Education has entrusted Utkal Karate School, Bhubaneswar for imparting self-defence training to the master trainers for the year 2018-19. The training camp will be held in phases for seven days. The department has also asked the principals of the nodal colleges to prepare a list of students from their districts and send them for the purpose.

The list of the girl students from the district was send to the department. Total 09 girl students were selected for the training. The 1st batch girl students were directed to reach at Utkal Karate School, Unit-IX, Bhubaneswar on 26th Nov, 2018 Evening or 27th Nov, 2018 Morning. The training was held from 27th Nov. (Tuesday) to 3rd Dec (Monday) 2018. The students were departed from 3rd Dec evening or 4th Dec morning. From Laxminarayan College, Jharsuguda, Jaspinee Pradhan (+3 1st yr. Arts) and Chinmayee Pradhan (+3 1st yr. Arts) successfully completed Self-Defence Master Trainers Training “REACT” for seven days (42 hours) from 27th November 2018 to 03rd December 2018.

The list of the girl students is attached here with.

Sof. P. M. Dash
26/11/18

**GOVERNMENT OF ODISHA
DEPARTMENT OF HIGHER EDUCATION**

1349
26.11.18

No.HE-COOD-MISC-0019/2016 *32122* /H.E., Dated *20.11.18*
From

Sri Krupasindhu Mishra, OAS (SAG)
Additional Secretary to Government

To
The Principals
All District Nodal Colleges (Self Defence)

Sub: 1st batch Master Trainers Training for Self-defence Training Programme, 2018-19.

Sir,

I am directed to say that the Department of Higher Education has entrusted Utkal Karate School, Bhubaneswar for imparting Self-defence training to the Master Trainers for the year 2018-19. The 1st phase training programme for master trainers will be held as per the following schedule.

1st Batch:

- > No of Trainees : 100 Girls
- > Training Place : Utkal Karate School, Unit-IX, Bhubaneswar
- > Date of Arrival : 26th Nov, 2018 Evening or 27th Nov 2018 Morning
- > Training Days : 27th Nov (Tuesday) to 3rd Dec (Monday)
- > Date of Departure : 3rd Dec evening or 4th Dec morning.

You are, therefore, requested to inform the concerned Principals under your jurisdiction to make necessary arrangements to send the 1st batch girl students (list enclosed) to Utkal Karate School, Bhubaneswar on 26.11.2018 (Monday) by evening positively. The T.A. of each Master Trainer will be paid as per actual. In case of emergency, if any, Miss Rajashree Mohanty, Joint Secretary/ Miss Pragati Bagh, ASO may be contacted (Mob No. 9438021327/8249330368).

You are also requested to kindly intimate the following points to the master trainers.

1. Bring two passport sized photograph.
2. Bring recommendation letter of the concerned Principal.
3. Bring College Id proof.
4. Should bring Track pant & T-shirt (minimum 2 pairs).
5. No ornaments & costly phone etc for training camp.
6. Sufficient personal belongings for staying 8 days in the camp.
7. Personal lock & key for their own bag or baggages.
8. In case of indiscipline, lack of interest in learning, illness etc. the girl will be sent back to her college.

Yours faithfully,

26/11/18
Additional Secretary to Government

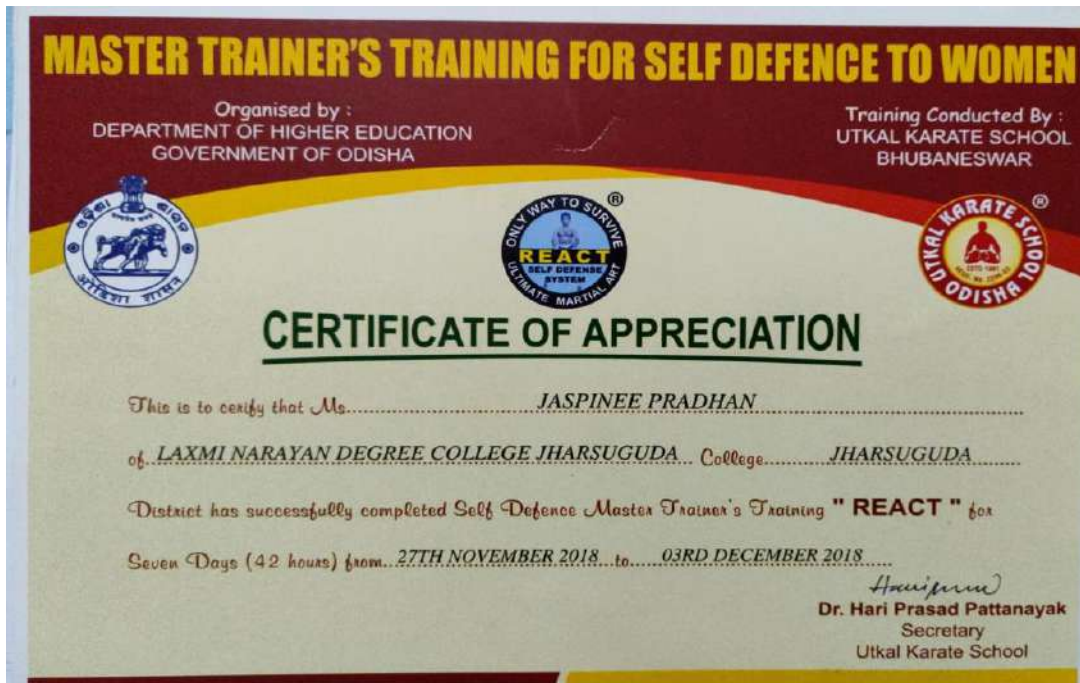
26/11/18

**LIST OF GIRL STUDENTS FOR TRAINING AS MASTER TRAINER, 2018-19
(1st Batch)**

SI NO	NAME	CLASS	CONTACT NO.	COLLEGE NAME	DISTRICT
1	RITANJALI PRADHAN	(+3) 1st yr Arts	9078506363	KISHORENAGAR DEGREE COLLEGE	ANGUL
2	BEBINA BISWAL	(+3) 1st yr Arts	9938564771	KISHORENAGAR DEGREE COLLEGE	ANGUL
3	MEENA NAIK	(+3) 1st yr Arts	7684909095	MALYAGIRI MOHAVIDYALAYA, PALLAHARA	ANGUL
4	BATI HEMBRAM	(+3) 1st yr Arts	7750295987	MALYAGIRI MOHAVIDYALAYA, PALLAHARA	ANGUL
5	ITISHREE SAHU	(+3) 1st yr Science	9338358079	PATITAPABAN DEGREE MOHAVIDYALAYA, JARAPADA	ANGUL
6	BIGHNESHBALA GARNAIK	(+3) 1st yr Science	9078124216	PATITAPABAN DEGREE MOHAVIDYALAYA, JARAPADA	ANGUL
7	ROJALINI MARTHA	(+3) 1st yr Science		ANGUL MAHILA MOHAVIDYALAYA, ANGUL	ANGUL
8	OM PRAGYAN BHARATI SAHU	(+3) 1st yr Science		ANGUL MAHILA MOHAVIDYALAYA, ANGUL	ANGUL
9	SUNITA SAHOO	(+3) 1st yr Arts		ANGUL MAHILA MOHAVIDYALAYA, ANGUL	ANGUL
10	BHAGYALIPI MAHANTA	(+3) 1st yr Arts	6370779020	TALCHER AUTO COLLEGE	ANGUL
11	SUBHASINI BEHERA	(+3) 1st yr Arts	9438508503	TALCHER AUTO COLLEGE	ANGUL
12	SRUTIRANI BISOI	(+3) 1st yr Arts		JANATA COLLEGE, BOINDA	ANGUL
13	LIPIKA DAS	(+3) 1st yr Arts	7327969687	GOVT. AUTO COLLEGE, ANGUL	ANGUL
14	MADHUSMITA BIR	(+3) 1st yr Commerce	8339074409	GOVT. AUTO COLLEGE, ANGUL	ANGUL
15	SUKANYA DANTA	(+3) 1st yr Arts		ATHAMALIK COLLEGE	ANGUL
16	SUDHAMAYEE SAHOO	(+3) 1st yr Arts		ATHAMALIK COLLEGE	ANGUL
17	PRAGYAN NIBEDITA PRADHAN	(+3) 1st yr Arts		ATHAMALIK COLLEGE	ANGUL
18	DIBYASHREE DAS	(+3) 1st yr Science	7978573474	F.M. AUTONOMOUS COLLEGE, BALASORE	BALASORE
19	MONALISHA SAHU	(+3) 1st yr Science	87325875988	F.M. AUTONOMOUS COLLEGE, BALASORE	BALASORE
20	DHARITRI BEHERA	(+3) 1st yr Arts	8249290270	F.M. AUTONOMOUS COLLEGE, BALASORE	BALASORE

90	SRUTISHREE DAS	(+3) 1st yr	9040233742	B. B. AUTO MAHAVIDYALAYA, CHANDIKHOLE	JAJPUR
91	ABHISIKTA ROUT	(+3) 1st yr	9438561203	B. B. AUTO MAHAVIDYALAYA, CHANDIKHOLE	JAJPUR
92	JASPIINEE PRADHAN	(+3) 1st yr Arts	7681013331	LAXMINARAYAN DEGREE COLLEGE JHARSUGUDA	JHARSUGUDA
93	CHINMAYEE PRADHAN	(+3) 1st yr Arts	9437083161	LAXMINARAYAN DEGREE COLLEGE JHARSUGUDA	JHARSUGUDA
94	TANUSHREE NAYAK	(+3) 1st yr Arts	6290267432	JHARSUGUDA WOMENS' DEGREE COLLEGE, JHARSUGUDA	JHARSUGUDA
95	ISWARI MAHANANDIA	(+3) 1st yr Arts	7751858801	JHARSUGUDA WOMENS' DEGREE COLLEGE, JHARSUGUDA	JHARSUGUDA
96	BARSHA BESAN	(+2) 1st yr	9937490610	PRADOSH KUMAR SMRUTI SMARAKI JUNIOR COLLEGE, H. KATAPALI	JHARSUGUDA
97	CHHAILI MAJHI	(+3) 2nd Yr	8685177182	PRADOSH KUMAR SMRUTI SMARAKI DEGREE COLLEGE, H. KATAPALI	JHARSUGUDA
98	BARSHA PODH	(+2) 1st yr Arts	8455925772	SOVA MEMORIAL PANCHAYAT JUNIOR COLLEGE, KIRMIRA	JHARSUGUDA
99	MANIKA BAG	(+3) 1st yr Arts	9873175803	SOVA MEMORIAL PANCHAYAT JUNIOR COLLEGE, KIRMIRA	JHARSUGUDA
100	KRISHANA KUMARI MIRDHA	(+3) 1st yr	9556067069	P. S. DEGREE COLLEGE, KOLABIRA	JHARSUGUDA

Certificates received by the students



Conclusion

This year Laxminarayan College, Jharsuguda empowered many girl students to protect themselves and others from imminent harm by giving Self-Defence Training. It is also a great achievement for the college that 02 of the girl students have been trained as Master Trainer. And these two girl students are now capable to impart self-defence training to other girl students of the college.



**REPORT
ON
SELF-DEFENCE TRAINING PROGRAM
FOR THE SESSION 2019-2020**

Organized by

Laxminarayan College, Jharsuguda, Odisha

Content

1. Report on Self-Defence Training for Girl Students as Master Trainer

2019-2020

- **Training details**
- **Training description**
- **Letter**
- **Certificate of appreciation**

2. Report on Self-Defence Training for Girl Students 2019-2020

- **Training details**
- **Training description**
- **Attendance sheet of the trainees**
- **Glimpses of the training**
- **Closing ceremony of the training**
- **Distribution of the certificates to the trainees**

3. Conclusion

1.Report on Self-Defence Training for Girl Students as Master Trainer 2019-2020

Training Details

- ❖ **No of Trainees from the district:** 04 Girls
- ❖ **Training Place:** Utkal karate School, Unit-IX, Bhubaneswar
- ❖ **Date of Arrival:** 09th Feb, 2020 Evening or 10th Feb, 2020 Morning
- ❖ **Training Days:** 10th Feb,2020 to 16th Feb, 2020
- ❖ **Date of Departure:** 16th Feb evening or 16th Feb morning

Training Description

This year again there was a call from the government of Odisha for the requirement of master trainers for self-defence training programme 2019-2020. The nodal district of Jharsuguda selected the students to be trained as master trainers for the session 2019-2020. The selection of the girl students was made as per requirement in all the degree and composite colleges of Jharsuguda district, taking into consideration the attitude and sportive nature of the girls. From Laxminarayan College, Jharsuguda, Neha Kumari Sah (+3 1st Yr. Commerce) was selected. She successfully completed self-defence master trainers training "REACT" for seven days (42 hours) from 10th February 2020 to 16th February 2020. Along with her three more students were departed from the district. The list of the students to be trained as master trainers 2019-2020 is attached here with.



C-Despatch (for office use only)					
Government of Odisha					
WEB :	No <input type="checkbox"/>	Yes <input checked="" type="checkbox"/>			
Fax <input type="checkbox"/>	e-Mail <input checked="" type="checkbox"/>	SMS <input type="checkbox"/>	Local <input type="checkbox"/>		
RP <input type="checkbox"/>	SP <input checked="" type="checkbox"/>	OP <input type="checkbox"/>	SM <input type="checkbox"/>		

OFFICE OF THE PRINCIPAL
LAXMINARAYAN COLLEGE

JHARSUGUDA,
(NAAC ACCREDITED WITH 'C' GRADE)
PO-K.M.ROAD, JHARSUGUDA-2
ODISHA, 768202
Estd :-1969

06645-270044 (O)
06645-270325 (FAX)
9437083161(M)

To No. 1749
The Director
Higher Education
Odisha, Bhubaneswar

Date 31.10.19

Sub: - Requirement of master trainers for Self Defence Training programme 2019-20.

Ref: - Your letter no. 12716, Dt. 17.10.2019.

Sir / Madam,

In inviting a reference to the subject cited above I furnish herewith the list of students to be trained as master trainers for the session 2019-20 in the nodal district of Jharsuguda. The selection of students is made as per requirement in all the degree and composite colleges of Jharsuguda district, taking into consideration the attitude and sportive nature of the girls.

Thanking you.

Yours' faithfully


Principal
L.N. College, Jharsuguda
Laxminarayan College
JHARSUGUDA

List of Students to be Trained as Master Trainers 2019-20

Sl. No.	Name of the Master Trainer	Class	Contact No.	Name of the College	Distance of the School from Nodal College
1	Banita Padhan	+3 1 st Yr. Arts	7077819410	Women's College, Jharsuguda	5 KM
2	Namita Kisan	+3 1 st Yr. Arts	7749809313	Women's College, Jharsuguda	5 KM
3	Padmalaya Sahu	+3 1 st Yr. Arts	7684005027	PKSS Degree College, H. Katapali, Jharsuguda	10 KM
4	Neha Kumari Sah	+ 1 st Yr. Commerce	6372592495	L.N. College, Jharsuguda	Nodal College

Certificate of Appreciation



2. Report on Self-Defence Training for Girl Students 2019-2020

Training Details

- ❖ **Name of the Training:** Self-Defence Training for +3 1st Year Girl students of the institute
- ❖ **Principal:** Dr. Chirabrata Dutta
- ❖ **In-charge:** Dr. Sumati Dei
- ❖ **Training period:** 29th October to 10th November 2019 (12 Days)
- ❖ **Master Trainers:** Jaspinee Pradhan and Chinmayee Pradhan
- ❖ **Number of Trainees:** 42
- ❖ **Objectives of the training:**
 - To become psychologically, intellectually and physically strong to protect themselves in any awkward situation.
- ❖ **Outcome of the training:**
 - Girl students will be able to learn the use the self-defence technique in need.
 - Build self confidence in girl students for self-protection.

Training Description

Every year Laxminarayan College, Jharsuguda organizes Self-Defence Training Programme for the first-year girl students. Self-Defence Training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. This year also Laxminarayan College, Jharsuguda organized 12 days of Self-Defence Training Programme for all +3 first year girl students from 29th October 2019 to 10th November 2019 excluding Sundays and holidays.

All the 12 days the trainees got trained from two master trainers Jaspinee Pradhan and Chinmayee Pradhan. On the opening ceremony of the training

programme the students were distributed the book "REACT" so that they can go through it and learn the techniques which will help them in practical training. On 29th October 2019 Dr. Chirabrata Dutta, Principal, Laxminarayan College, Jharsuguda inaugurated the programme. IQAC Coordinator Dr. Saroj Kumar Kuanar encouraged the students to attend the training programme without fail. Mrs. Purnima Mayee Dash, District Coordinator Self-Defence explained the value of the training to the students. Under the guidance of the self-defence in charge Dr. Sumati Dei students completed the 12 days training. They were provided refreshments every day after the completion of their training. On 21st December 2019 L. N College, Jharsuguda organized a workshop on 'Health and Safety for Women'. In this programme the self-defence trainees were felicitated with renowned guests Anandini Padhi Director, SEHADA, Subash Chowhan, WODC Chairman, Pragya Pattnaik, Author, activist, columnist, software professional, Sambalpur, Dr. Dibendu Sahu and Dr. Chirabrata Dutta, Principal L.N College, Jharsuguda. Other faculty members of the college were also present in the programme. Students received the certificates with full happiness. Laxminarayan College, Jharsuguda is grateful to the Government of Odisha for providing such facilities for the girl students. The attendance sheet of 42 nos. of trainees is attached here with.

The attendance sheet of trainees

Self-Defence Training Programme, 2019-20

Sl. No.	Roll No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	Student's Signature
1	BS-18 013	PRABHATI SAHOO	P	P	P	P	P	P	P	P	P	P	P	P	Prabhati Sahoo
2	016	KANSAIYA PADMAN	P	P	P	P	P	P	P	P	P	P	P	P	Kansalya padhan
3	020	PRITISA PRADHAN	P	P	P	P	P	P	P	P	P	P	P	P	Pritisa Pradhan
4	026	RITIKA DASH	P	P	P	P	P	P	P	P	P	P	P	P	Ritika Dash
5	030	RANU DALAI	P	P	P	P	P	P	P	P	P	P	P	P	Ranu Dalai
6	034	DIPALI KISHAN	P	P	P	P	P	P	P	P	P	P	P	P	Dipali Kishan
7	046	TARANI PRIYA NIDHANTY	P	P	P	P	P	P	P	P	P	P	P	P	Tarani Priya Nidhanty
8	053	ANWESHA KARALI	P	P	P	P	P	P	P	P	P	P	P	P	Anwesha Karali
9	067	RUKMANI BESAN	P	P	P	P	P	P	P	P	P	P	P	P	Rukmani Besan
10	072	NIBEDITA GOND	P	P	P	P	P	P	P	P	P	P	P	P	Nibedita Gond
11															
12															
13															
14															
15															
16															
17															
18															
19															
20															
21															
22															
23															
24															

P. Dash,
Self-Defence In-charge/
Dist. Co-ordinator.

Laxminarayan College
JHARSUGUDA

Self Reference Training Programme, 2019-20
Students Attendance sheet.

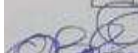
Sl. No.	Roll No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	Student's name
1	BA-18 001	RATESHWARI PAMARAJ	P	P	P	P	P	P	P	P	P	P	P	P	Rateswari Pamaraj
2	008	UJHI KUMARI MISHRA	P	P	P	P	P	P	P	P	P	P	P	P	Ujhi Kumari Mishra
3	014	DAISHARHI DALZI	P	P	P	P	P	P	P	P	P	P	P	P	Daisharhi Dalzi
4	016	NANDINI BEHERA	P	P	P	P	P	P	P	P	P	P	P	P	Nandini Behera
5	019	RASMITA KISHAN	P	P	P	P	P	P	P	P	P	P	P	P	Rasmita Kishan
6	023	REEKI SUREN	P	P	P	P	P	P	P	P	P	P	P	P	Reeki Suren
7	027	PADMINI KISAN	P	P	P	P	P	P	P	P	P	P	P	P	Padmini Kisan
8	028	VEDYA SALVE	P	P	P	P	P	P	P	P	P	P	P	P	Vedya Salve
9	029	PUJA KHANDA	P	P	P	P	P	P	P	P	P	P	P	P	Puja Khanda
10	030	NIKITA MAHAR	P	P	P	P	P	P	P	P	P	P	P	P	Nikita Mahar
11	033	ARUNA KARALI	P	P	P	P	P	P	P	P	P	P	P	P	Aruna Karali
12	034	SUJATA MAJHI	P	P	P	P	P	P	P	P	P	P	P	P	Sujata Majhi
13	036	PRIYANKA SIDAR	P	P	P	P	P	P	P	P	P	P	P	P	Priyanka Sidar
14	037	SANDHYARANI BIRGATHA	P	P	P	P	P	P	P	P	P	P	P	P	Sandhyarani Birgatha
15	040	SUJATA CHAMPIA	P	P	P	P	P	P	P	P	P	P	P	P	Sujata Champia
16	042	RANJITA DASH	P	P	P	P	P	P	P	P	P	P	P	P	Ranjita Dash
17	043	JASPEEN PRADHAN	P	P	P	P	P	P	P	P	P	P	P	P	Jaspeen Pradhan
18	045	SANGHAMITRA RAY	P	P	P	P	P	P	P	P	P	P	P	P	Sanghamitra Ray
19	049	MONALI MOHAPATRA	P	P	P	P	P	P	P	P	P	P	P	P	Monali Mohapatra
20	052	SAMEEKHYA DAS	P	P	P	P	P	P	P	P	P	P	P	P	Sameekhya Das


Principal
Laxminarayan College
JHARSUGUDA

P. Das

Self Reference In-charge/

9	BA-19 003	MINATI PRADHAN	P	P	P	P	P	P	P	P	P	P	P	P	Minati Pradhan
10	007	SARASWATI BADI	P	P	P	P	P	P	P	P	P	P	P	P	Saraswati Badi
11	008	RINU BHOI	P	P	P	P	P	P	P	P	P	P	P	P	Rinu Bhoi
12	010	SUBHADRA ROUT	P	P	P	P	P	P	P	P	P	P	P	P	Subhadra Rout
13	014	ANITA BHOI	P	P	P	P	P	P	P	P	P	P	P	P	Anita Bhoi
14	016	PRAMODINI KHANDA	P	P	P	P	P	P	P	P	P	P	P	P	Pramodini Khanda
15	017	TARABATI MEHER	P	P	P	P	P	P	P	P	P	P	P	P	Tarabati Meher
16	021	LIPIKA DEEP	P	P	P	P	P	P	P	P	P	P	P	P	Lipika Deep
17	028	SUNITA BHUIE	P	P	P	P	P	P	P	P	P	P	P	P	Sunita Bhuije
18	031	SANTOSHI SAHOO	P	P	P	P	P	P	P	P	P	P	P	P	Santoshi Sahoo
19	034	GOMATI KISAN	P	P	P	P	P	P	P	P	P	P	P	P	Gomati Kisan
20	036	KHUSHI RAI	P	P	P	P	P	P	P	P	P	P	P	P	Khushi Rai


Principal
Laxminarayan College
JHARSUGUDA

P. Das
Self Reference In-charge/
Dist. Co-ordinator!

Glimpses of the training



Closing Ceremony of the training





Distribution of the Certificates to the Trainees





Conclusion

This year Laxminarayan College, Jharsuguda empowered many girl students to protect themselves and others from imminent harm by giving Self-Defence Training. It is also a great achievement for the college that 02 of the girl students have been trained as Master Trainer. And these two girl students are now capable to impart self-defence training to other girl students of the college.



REPORT
ON
SELF-DEFENCE TRAINING PROGRAM
FOR THE SESSION 2021-2022

Organized by

Laxminarayan College, Jharsuguda, Odisha

Content

1. Report on Self-Defence Training for +3 1st year Girl Students 2021-2022

- Training details
- Training description
- Letter from the government
- Notice given to the students

2. Report on Self-Defence Training for Girl Students as Master Trainer 2021-2022

- Training details
- Training description
- Letter
- Certificate of appreciation

3. Conclusion

1.Report on Self-Defence Training for +3 1st year Girl Students 2021-2022

Training Details

- ❖ **Name of the Training:** Self-Defence Training for +3 1st Year Girl students
- ❖ **Principal:** Mr. Narendra Kumar Panda
- ❖ **In-charge:** Mrs. Rohini Baxla
- ❖ **Training Place:** Utkal karate School, Unit-IX, Bhubaneswar
- ❖ **Date of Arrival:** 20th March, 2022 Evening or 21st March, 2022 Morning
- ❖ **Training Days:** 21st March, 2022 to 27th March, 2022
- ❖ **Date of Departure:** 27th March, evening or 28th March, morning

Training Description

On 09.03.2022 all the girl students of +3 1st year Arts/Science/Commerce were given notice that the self-defence training programme for the session 2021-22 will commence from 21.03.2022 to 27.03.2022 at Utkal Karate School, Bhubaneswar, interested students may give their names to Self-Defence in charge Mrs. Rohini Baxla.

But because of the fear of pandemic which was still in the mind of the students and parents that none of them turned up to go for the training. Some of the girls were interested to go for the training but their parents did not allow them and the students were unable to convince them. Self-Defence in charge tried to convince the students but because of the risk associated with the pandemic Laxminarayan College, Jharsuguda could not force any of the students.

The letter from the government and the notice given to the students are attached here with.

(B3)

Mr. Anurima Das
4/11/22

13
5.01.22

GOVERNMENT OF ODISHA
DEPARTMENT OF HIGHER EDUCATION

No. HE-COOD-MISC-0016-2015 338 /HE., Dated: 4.1.22

From
Dr. Ramesh Chandra Behera, OES-I
SNO-cum-Deputy Secretary to Govt.

To
The Principals (Self Defence District Nodal Colleges)
(SKCG (Auto) College, Paralakhemundi, Gajapati
Govt.(Auto.)College, Phulbani, Kandhamal
.. V.D (Auto.)College, Jeypore, Koraput
Malkangir Degree College, Malkangir
Nawarangpur Degree College, Nawarangpur
Rayagada (Auto.)College, Rayagada
S.B.R Govt. (Auto) Women's College, Berhampur, Ganjam
L.N Degree College, Jharsuguda
Govt. Women's College, Sambalpur
Govt. Degree College, Sundargarh)

Sub: Selection & deputation of girl students for Self Defence Training at Utkal Karate School, Bhubaneswar.

Madam / Sir,

In inviting a reference to the subject cited above, I am directed to inform you that the Self Defence Training Programme for the session 2021-22 will be commenced from 13th January, 2022 at Utkal Karate School, Bhubaneswar as per the schedule attached at Annexure-I.

You are requested to select and depute girl students of your district by adhering to the following guidelines.-

1. Only +3 1st year students shall be selected for this training Programme.
2. Students of nodal college, women's colleges and lead colleges of the district shall be considered for selection.
3. The district level co-ordinator (Nodal Officer) shall co-ordinate colleges of the concerned district and prepare a final list of students for participation in the training programme.

4/11/2022

4. Priority shall be given to interested students. If more applications are received, then the selection shall be made on the basis of height (minimum 5ft.), weight (minimum 45 kg)/ medical fitness/ marks secured in +2/ 12th board/ sports activity etc.
5. The District level Programme Co-ordinator (Nodal Officer) will escort the selected girls for participation in training at Utkal Karate School, Bhubaneswar. She / He will also again come to Utkal Karate School to take back the students when the training is over.
6. The District level Programme Co-ordinator (Nodal Officer) will be paid TA/ DA two times for to & fro journey along with Rs.1000/- remuneration at the training centre.
7. The TA/DA of to & fro journey of girls will also be paid at the training centre.
8. The girl students (trainees) will have to bring their track suits/ salwar kamiz/ suitable dresses of their own for smooth participation in training.
9. For any other queries the participants shall contact Shri Pitambar Murmu, ASO, Department of Higher Education. Mob. No.-7008926236.
10. List of the trainees shall be communicated to the Utkal Karate School prior to the commencement of the programme. The contact persons of Utkal Karate School are Sandip Das - 7978554970 and Gouri Mohanty 9861413331. (Gmail- utkalkarateschool@gmail.com)

Yours faithfully,


4.1.2022
SNO-cum-Deputy Secretary to Govt.

Memo. No. 339 /HE., Dt. 4.1.22

Copy forwarded to The Secretary, Utkal Karate School, Plot No.-4A, Unit-IX, Bhubaneswar for kind information and necessary action.


4.1.2022
SNO-cum-Deputy Secretary to Govt.

Annexure-I

DEPARTMENT OF HIGHER EDUCATION
Self Defence Training Programme (2021-22)
1st phase schedule

Training No	Duration	District	Number of Girl Students Allocation	Name of Nodal College for District	Name of District Level Coordinator (Nodal Officer) with Mobile No	Details of Training Center
1	Reporting - 13.01.2022 Training - 14.01.2022 to 20.01.2022	Gajapati	12	SKCG (Auto) College, Paralakhemundi	Smt. Panasa Neeraja, Mob-9861530611	Utkla Karate School, Plot No. 4A, Unit-IX, Bhubaneswar Contact Person - Sandip Das - 7978554970, Gouri Mohanty 9861413331
		Kandhamal	27	Govt.(Auto.)College, Phulbani	Dr. Sanjeev Baliarsingh, Mob. No.-9437299375	
		Koraput	28	V.D (Auto.)College, Jeypore	Smt. Sukanti Soy, Mob. No.-9668500137	
		Malkangir	13	Malkangir Degree College, Malkangir	Smt. Prem Rekha Bhotra, Mob. No.-7606068208	
		Nawarangpur	14	Nawarangpur Degree College	Sangeeta Tripathy, Mob.No-9437817587	
		Rayagada	22	Rayagada (Auto.)College, Rayagada	Sri Ashok Kumar Sahu, Mob. No.-7008444512	
2	Reporting - 21.01.2022 Training - 22.01.2022 to 28.01.2022	Ganjam	134	S.B.R Govt. (Auto) Women's College, Berhampur	Dr. Smt. Suryamani Patro, Mob No.- 9437951699	
3	Reporting- 29.01.2022 Training - 30.01.2022 to 05.02.2022	Jharsuguda	17	L.N Degree College, Jharsuguda	Smt. Purnima Mayee Dash, Mob. No- 9861426952	
		Sambalpur	31	Govt. Women's College, Sambalpur	Dr. Lily Sahu, Mob. No.-9439223332	
		Sundargarh	79	Govt. Degree College, Sundargarh	Sri Nutan Khamari, Mob. No.-9078447446	

GOVERNMENT OF ODISHA
DEPARTMENT OF HIGHER EDUCATION

171 No. HE-COOD-MISE-0016-2015 5063 /HE., Dated: 8.2.22
9.2.22

From Dr. Ramesh Chandra Behera, OES-I
SNO-cum-Deputy Secretary to Govt.

To
The Principals (Self Defence District Nodal Colleges)
SKCG (Auto) College, Paralakhemundi, Gajapati
Govt.(Auto.)College, Phulbani, Kandhamal
V.D (Auto.)College, Jeypore, Koraput
Malkangir Degree College, Malkangir
Nawarangpur Degree College, Nawarangpur
Rayagada (Auto.)College, Rayagada
S.B.R Govt. (Auto) Women's College, Berhampur, Ganjam
L.N Degree College, Jharsuguda
Govt. Women's College, Sambalpur
Govt. Degree College, Sundargarh

Sub: Revised schedule for Self Defence Training at Utkal Karate School,
Bhubaneswar.

Ref.- (i) This Department letter no.-4458 Dt.04.02.2022.
(ii) This Department letter No.-338 Dt.04.01.2022.

Madam / Sir,

In inviting a reference to the subject cited above, I am directed to inform you that the Self Defence Training Programme for the session 2021-22 will be commenced from 03th March, 2022 at Utkal Karate School, Bhubaneswar as per the revised schedule attached at Annexure-1.

The detail guideline as mentioned in the earlier letter No.- 338 Dt.04.01.2022 shall be followed for selection and deputation of girl students.

Yours faithfully,

Ramesh Chandra Behera
8.2.2022
SNO-cum-Deputy Secretary to Govt.

Memo. No. 5064 /HE., Dt. 8.2.22

Copy forwarded to The Secretary, Utkal Karate School, Plot No.-4A, Unit-IX, Bhubaneswar for kind information and necessary action.

Ramesh Chandra Behera
8.2.2022
SNO-cum-Deputy Secretary to Govt.

PTO

D
9/2/22

DEPARTMENT OF HIGHER EDUCATION

Self Defence Training Programme (2021-22)
1st phase schedule (Revised)

Training No	Duration	District	Number of Girl Students Allocation	Name of Nodal College for District	Name of District Level Coordinator (Nodal Officer) with Mobile No	Details of Training Center
1	Reporting - 02.03.2022 Training - 03.03.2022 to 09.03.2022	Gajapati	12	SKCG (Auto) College, Paralakhemundi	Smt. Panasa Neeraja, Mob-9861530611	Utkla Karate School, Plot No. 4A, Unit-IX, Bhubaneswar Contact Person Sandip Das - 7978554970, Gouri Mohanty 9861413331
		Kandhamal	27	Govt.(Auto.)College, Phulbani	Dr. Sanjeev Baliarsingh, Mob. No.-9437299375	
		Koraput	28	V.D (Auto.)College, Jeypore	Smt. Sukanti Soy, Mob. No.-9668500137	
		Malkangir	13	Malkangir Degree College, Malkangir	Smt. Prem Rekha Bhotra, Mob. No.-7606068208	
		Nawarangpur	14	Nawarangpur Degree College	Sangeeta Tripathy, Mob.No-9437817587	
		Rayagada	22	Rayagada (Auto.)College, Rayagada	Sri Ashok Kumar Sahu, Mob. No.-7008444512	
2	Reporting - 10.03.2022 Training - 11.03.2022 to 17.03.2022	Ganjam	134	S.B.R Govt. (Auto) Women's College, Berhampur	Dr. Smt. Suryamani Patro, Mob No.- 9437951699	
3	Reporting- 20.03.2022 Training - 21.03.2022 to 27.03.2022	Jharsuguda	17	L.N Degree College, Jharsuguda	Smt. Purnima Mayee Dash, Mob. No- 9861426952	
		Sambalpur	31	Govt. Women's College, Sambalpur	Dr. Lily Sahu, Mob. No.-9439223332	
		Sundargarh	79	Govt. Degree College, Sundargarh	Sri Nutan Khamari, Mob. No.-9078447446	

Devi
8.2.2022

OFFICE OF THE PRINCIPAL, LAXMINARAYAN COLLEGE, JHARSUGUDA

No. 298

Date 09.03.2022

NOTICE

All the girl students of +3 1st Year Arts / Science / Commerce are hereby informed that the Self Defence Training Programme for the Session 2021-22 will be commenced from 21/03/2022 to 27.03.2022 at Utkal Karate School, Bhubaneswar, interested students may give their names to Mrs. Rohini Baxla on or before dt. 12.03.2022.

Memo No. _____ / Date _____

Copy to All Notice Board / Girl's Common Room / Girls Hostel / Staff Guard File /
Head Clerk / Office copy for information.

Handwritten: 9/3/22
Principal
L. N. College, Jharsuguda
Laxminarayan College
JHARSUGUDA

Handwritten: sd-
Principal
L. N. College, Jharsuguda

2. Report on Self-Defence Training for Girl Students as Master Trainer 2021-2022

Training Details

- ❖ **Name of the Training:** Self-Defence Training for +3 1st Year Girl students
- ❖ **Principal:** Mr. Narendra Kumar Panda
- ❖ **In-charge:** Mrs. Rohini Baxla
- ❖ **Training period:** 04th May 2022 to 10th May 2022 (07 Days)
- ❖ **Master Trainers:** Nisha Sah

Training Description

Laxminarayan College, Jharsuguda prepared a list of girl students from the district Jharsuguda and they were sent to Utkal Karate School, Bhubaneswar for the training.

Nisha Sah from L.N College, Jharsuguda has successfully completed Self-Defence Training “REACT” for seven days (42 hours) from 04th May 2022 to 10th May 2022 and she has obtained A+ Grade in this Examination. All the students those who were departed from the district also received their certificates with good grade. The letter from the government and the list of the girl students is attached here with.

01

Rohini Baxla
H. Baxla
10/3/22

296
10/3/22

GOVERNMENT OF ODISHA
DEPARTMENT OF HIGHER EDUCATION

No. HE-COOD-MISC-0016-2015 10153

/HE., Dated: 09.03.2022

From
Dr. Ramesh Chandra Behera, OES-I
SNO-cum-Deputy Secretary to Govt.

To
The Principals (Self Defence District Nodal Colleges),
L.N. Degree College, Jharsuguda
Govt. Women's College, Sambalpur
Govt. Degree College, Sundargarh

Sub: Postpone and rescheduling of Self Defence Training Programme.
Ref: This Department Memo. No. 9783 Dt. 08.03.2022.
Madam / Sir,

In inviting a reference to the letter and subject cited above, I am directed to inform you that the General Elections to Urban Local Bodies (ULBs) is scheduled to be held on 24.03.2022 as declared by State Election Commission of Odisha. This General Election is coinciding with pre-scheduled Self Defence Training Programme to be held from 21.03.2022 to 27.03.2022 for Jharsuguda, Sambalpur and Sundargarh district.

In view of the above the said training programme is rescheduled from 04.05.2022 to 10.05.2022.

Therefore, you are requested to select and depute girl students as per the schedule at Annexure-I by following guidelines mentioned in this Department Letter No. 338 Dt. 04.01.2022.

Yours faithfully,

Rohini Baxla
9/3/2022

SNO-cum-Deputy Secretary to Govt.

Memo No. 10154 /HE, Dated 09.03.2022.

Copy forwarded to Utkal Karate School, Plot No-4A, Unit-IX, Bhubaneswar for information and necessary action.

Rohini Baxla
9/3/2022

SNO-cum-Deputy Secretary to Govt.



OFFICE OF THE PRINCIPAL
LAXMINARAYAN COLLEGE

JHARSUGUDA,
(NAAC ACCREDITED WITH 'B' GRADE)
PO-K.M.ROAD, JHARSUGUDA-2
ODISHA, 768202
Estd :-1969

C-Despatch (for official use only)					
Department of Education					
WEB	No	<input type="checkbox"/>	Year	<input checked="" type="checkbox"/>	
Fax	e Mail	<input checked="" type="checkbox"/>	SMS	<input type="checkbox"/>	Local
HP	SP	<input type="checkbox"/>	OP	<input type="checkbox"/>	SM

06645-270044 (O)
06645-270325 (FAX)
9437400618(M)

No 649 /LNC

Date 02.05.2022

To

Dr. Ramesh Chandra Behera, OES-1
SNO-cum-Deputy Secretary to Govt.

Sub- Deputation of girl Students for Self Defence Training Programme.

Ref:- Your office letter No. 10153 dt:- 09.03.2022
Annexure-1

Sir,

With reference to the letter and subject cited above I send herewith the list of 17(Seventeen) selected girls Students of different Colleges under the Nodal L.N.Degree College , Jharsuguda for the Self Defence Programme to be held at Utkal Karate School , Bhubaneswar. As the district level coordinator, Smt- Purnima Mayee Dash is already relieved from the college for joining the Zonal Squad of H.S. Exam-2022, Smt- Saroj Naik (PET) of Women's College will escort the girl students for the said programme to Utkal Karate School, Bhubaneswar.

This is for your kind information.

Your Faithfully

Handwritten signature
Principal,
L.N. College, Jharsuguda
Laxminarayan College
JHARSUGUDA

- NB- 1. The list of Girls Students for SDTP enclosed.
2. A copy is forwarded to Utkal Karate School.

List of Girls Students of different Colleges Under Nodal L.N. College, Jharsuguda

Sl.no	Name of the College	Name of the Students	Mobile Numbers
1	Belpahar Degree College, Belpahar.	Ankita Bagarti	9938842680
2	Bajrajnagar Degree College, Bajrajnagar.	Arati Behera	7077606792
3	Bajrajnagar Degree College, Bajrajnagar.	Siksha Thakur	9337028798
4	P.K.S.S. Degree College. H-Katapali	Lipsa Singh	8144907483
5	P.K.S.S. Degree College. H-Katapali	Mitarani Sahoo	9937427621
6	P.K.S.S. Degree College. H-Katapali	Rinki Samarath	8114804593
7	P.K.S.S. Degree College. H-Katapali	Sandhyarani Neti	8144238763
8	L.N. College, Jharsuguda	Nisha Sa	8328984828
9	Womens College. Jharsuguda	Priti Kishan	8328874896
10	Womens College. Jharsuguda	Manasi Badi	9178240762
11	S.M.P. Degree College . Kirmira	Nikita Sunar	7205565554
12	S.M.P. Degree College . Kirmira	Sebati Bag	7848009227
13	P.S. Degree College. Kolabira	Puspanjali Chardia	9178512662
14	P.S. Degree College. Kolabira	Rinki Mahanandia	8260901250
15	P.A. Degree College .Kumbharbandh .	Nirupama Sahoo	9692468196
16	P.A. Degree College .Kumbharbandh .	Indrani Bhoi	6372192238
17	Mahima Degree College . Bijapali	Binodini Karta	8260777811


P. Principal
L.N. College, Jharsuguda
JHARSUGUDA

CERTIFICATE OF APPRECIATION



Conclusion

Self-Defence has been a familiar concept among the girl students. Learning how to defend oneself physically and mentally against potential threats makes oneself self-confidence and overall self-esteem. And this year Nisha Sah of L.N College, Jharsuguda gained this confidence by completing the Self-Defence Training "REACT".