

Self-Defence Training Program

Sarbati Devi Women's College, Rajgangpur

Inaugural Ceremony: -

The inaugural ceremony of the Self-Defence training Program was organised at Sarbati Devi Women's College, Rajgangpur, Sundargarh district today, 21.03.2025. The program was presided over by the Principal Dr. (Mrs.) Sasmita Lenka and encouraged the students for self-defence training. IQAC Coordinator Mr. Sapna Kumar Panda informed the students about the importance of self-defence training with examples. Coordinator of the Self-defence Training Program Ms. Sasmita Dandasena gave details of the program and informed about the rules of the program. Mrs. Pushpalata Sarangi P.E.T briefed the students about the various skills of the Self-defence Camp. Anupama Kishan, a first year science student, conducted the program and Jasmita Kullu, a first year arts student, proposed the vote of thanks. All the first year students of both science and arts were present at the event, along with other faculty members of the college.













Closing ceremony of self Defence Training Program

The closing ceremony of Self Defence Training Program was organised on 29.03.2025 in Sarbati Devi Women's College Rajgangpur. The program was presided by the Principal Dr. (Mrs) Sasmita Lenka advising the students to practice the self Defence techniques in their day-to-day life. IQAC Coordinator Mr. Sapna Kumar panda addressed the students about the importance of self Defence Training Program. Students of +3 1st year Arts and science named Ms. Durga Majhi, Ms Anirose Kerketta, Ms Puja Ekka and Ms Anupama kishan shared their experiences about their learning during the program. Our Principal and IQAC Coordinator awarded trained students with Certificates. The program was conducted by the Program Coordinator Ms. Sasmita Dandasena and Mrs Pushpalata Sarangi P.E.T proposed the vote of thanks. The self Defence Training Program was organised for 8days from 21.03.2025 to 29.03.2025. Other faculty members and students were also present in the program.





ଆତ୍ମ ରକ୍ଷା ଶିବିର ଉଦ୍‌ଯାପନୀ ସମାରୋହ

ରାଜରାଜାପୁର, ୨୯/୩(ଅଶୋକ ପାଣି)

ରାଜରାଜାପୁର ଛିତ ସରକତା ଦେବୀ ମହିଳା ମହାବିଦ୍ୟାଳୟରେ ଆତ୍ମରକ୍ଷା ତାଲିମ କାର୍ଯ୍ୟକ୍ରମର ଉଦ୍‌ଯାପନୀ ସମାରୋହ ଶନିବାର ଅନୁଷ୍ଠିତ ହୋଇଥିଲା । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡ. ସମ୍ମିତା ଲେଙ୍କା ସଭାପତିତ୍ବ କରି ଛାତ୍ରୀମାନଙ୍କୁ ଦୈନନ୍ଦିନ ଜୀବନରେ ଆତ୍ମରକ୍ଷା କୌଶଳ ଅଭ୍ୟାସ କରିବାକୁ ପରାମର୍ଶ ଦେଇଥିଲେ । ଅଧ୍ୟାପକ ସପନ କୁମାର ପଣ୍ଡା ଛାତ୍ରୀମାନଙ୍କୁ ଆତ୍ମରକ୍ଷା ତାଲିମ କାର୍ଯ୍ୟକ୍ରମର ଗୁରୁତ୍ବ ବିଷୟରେ ସମ୍ବୋଧିତ



ଉଦ୍‌ଯାପନୀ ସମାରୋହରେ ଅଧ୍ୟାପିକା ଅଧ୍ୟାପକଙ୍କ ରହଣୀରେ ଛାତ୍ରୀମାନେ ।

କରିଥିଲେ । ଯୁକ୍ତ ୩ ପ୍ରଥମ ବର୍ଷର କଳା ଏବଂ ବିଜ୍ଞାନର ଛାତ୍ରୀ ଦୁର୍ଗା ମାଝୀ, ଆନିରୋଜ କେରକେଜା, ପୂଜା ଏବଂ ଅନୁପମା କିଶାନ ଆତ୍ମ ରକ୍ଷା ଶିବିରରେ ସେମାନଙ୍କର ଅଭିଜ୍ଞତା ବିଷୟରେ କହିଥିଲେ । ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଓ ସଂଯୋଜକ ତାଲିମପ୍ରାପ୍ତ ଛାତ୍ରୀମାନଙ୍କୁ

ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରିଥିଲେ । ଆତ୍ମରକ୍ଷା ଶିବିରର ସଂଯୋଜିକା ସମ୍ମିତା ଦଣ୍ଡସେନା କାର୍ଯ୍ୟକ୍ରମ ପରିଚାଳନା କରିଥିଲେ ଏବଂ କ୍ରୀଡା ଶିକ୍ଷୟିତ୍ରୀ ପୁଷ୍ପଲତା ଷଡ଼ଙ୍ଗୀ ଧନ୍ୟବାଦ ପ୍ରସ୍ତାବ ଦେଇଥିଲେ । ଗତ ୨୧ରୁ ୨୯ ପର୍ଯ୍ୟନ୍ତ ଏହି ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଥିଲା ।