



Office of the Principal

Kaliabor College of Education

P.O. Kuwaritol

Dist. Nagaon, Assam • Pin- 782137

Affiliated to Gauhati University and Recognised by NCTE

www.kaliaborcollegeofeducation.in.org

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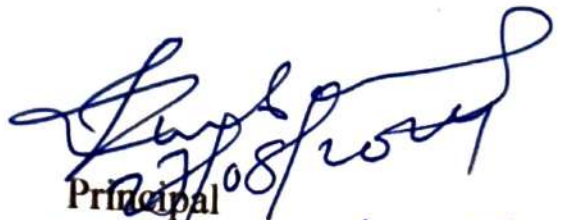
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Date 27/08/24

WOMEN CELL **For the Session 2024-25**

It is hereby informed all concerned that the Women Cell of Kaliabor College of Education is reconstituted with the following members for the session 2024-25 w.e.f 27-08-2024.

President	: Dr. T. Kumbang
Incharge/Convenor	: Gitnajali Panging Gam
Member	: 1. Pallabi Sarma
	2. Ankita Roy
	3. Karabi Kanan Chutia
	4. Aishorya Bharati


Principal
Kaliabor College of Education
Kuwaritol: Nagaon, Assam
Pin- 782137

27/08/2024

Kaliabor College of Education Meeting of the women cell

Agenda: Reconstitution of women cell for 2024-25

A meeting for reconstitution of the women cell was held on 27/08/2024 at the Principal's chamber in presence of the Principal, faculty members along with non-Teaching staff of the college. Principal Dr. T. Kumbang presided over the meeting. Senior faculty member also convenor of the women cell 2024-2025 explain the purpose of the meeting. She also highlighted the guidelines of the women cell and objectives of the cell. In her speech, she has talked about the structure of the cell and portfolio bearers and general members and their responsibilities. The members present in the meeting expressed their views for reconstitution of the women cell for the academic year 2024-2025.

As per the decisions of the meeting the women cell was reconstituted as following -

President : Dr. T. Kumbang
Convenor : Mrs Bitanjali Ponging Jam
Members : Mrs Pallabi Sarma
Mrs Ankita Roy
Mrs Karabi Kahan Chutia
Ms Arishorya Bharati

Signature of the members present

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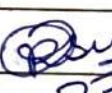
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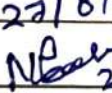
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6. S.  27/08/2024

7. S. Baruah
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9. M.oley
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10. N.  27/8/24

11.  27/8/24

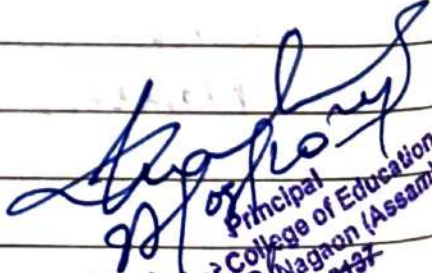
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Incharge
 27/08/24

 27/08/24

IQAC
IQAC Co-ordinator
Kaliabor College of Education
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Report on a Three-Day Self-Defense Workshop for B.Ed 2nd year Teacher Trainees.

Date: 25/11/2024 – 27/11/2024

Location: Kaliabor College of Education

A comprehensive 3-day self-defense workshop was conducted for B.Ed teacher trainees at Kaliabor College of Education from 25/11/2024 – 27/11/2024, which aimed at empowering the future educators with essential self-defense techniques and situational awareness to protect themselves and potentially guide students in case of vulnerable situations.

Objectives:

- To equip B.Ed trainees with basic self-defense skills to handle potential threats.
- To enhance awareness regarding personal safety and potential risks.
- To build confidence and self-assertiveness among participants.
- To provide practical knowledge on how to respond effectively in emergency situations.

Day 1: Theoretical and Basic Techniques

The workshop commenced with a welcome address by Coordinator Mrs. Gitanjali Panging Gam, Assistant Professor, KCE highlighting the importance of self-defense awareness for educators. The lead trainer, Mr. Biplab Kumar Saikia, International 3rd Dan Black Belt, General Secretary of IKAKO, India introduced the workshop structure and key concepts.

- **Understanding Self-Defense:** A detailed presentation on different types of potential threats, situational awareness, and the legal aspects related to self-defense in relevant scenarios.
- **Basic Physical Conditioning:** Warm-up exercises including stretching and agility drills to prepare participants for practical training.
- **Striking Techniques:** Hands-on demonstration and practice of basic striking techniques targeting vulnerable points on the body, including punches, open palm strikes, and elbow strikes.
- **Grappling Techniques:** Introduction to basic grappling moves to control an attacker, including basic holds and escapes from simple grabs.
- **Verbal Defense:** Strategies for assertive communication, verbal commands, and techniques to deter potential attackers.

Day 2: Advanced Techniques and Scenario-Based Training

- **Review and Practice:** Recap of the previous day's techniques with focused practice on key self-defense moves.
- **Defensive Tactics against Common Attacks:** Practical demonstrations and practice sessions simulating common attacks like grabs, chokeholds, and pushes, with corresponding defense techniques.
- **Object Utilization:** Training on how to use everyday objects (like keys, bags, etc.) as self-defense tools in emergency situations.

- **Scenario-Based Training:** Participants actively engaged in simulated scenarios like being cornered in a dark area or being approached by a potential attacker, with emphasis on decision-making and appropriate response.
- **Stress Management Techniques:** Discussion and practice of breathing exercises and mental focus techniques to manage stress in critical situations.
- **Post-Workshop Evaluation:** A feedback session where participants shared their experiences, concerns, and suggestions for further improvement.

Day 3: Self-Defense in Educational Settings and Evaluation

- **School Safety Concerns:** Discussion on potential threats within a school setting and preventive measures.
- **Handling Difficult Situations:** Strategies to address challenging student behavior and de-escalate conflicts.
- **Student Safety Protocols:** Understanding the importance of reporting incidents and supporting students in need.
- **Practical Assessment:** Participants demonstrated their learned techniques through a simulated self-defense scenario.
- **Feedback and Closure:** A wrap-up session with open discussion, addressing any concerns and providing feedback on the workshop.

Key Takeaways:

- Participants demonstrated increased confidence and situational awareness.
- Positive feedback regarding the practical relevance of the techniques learned.
- Strong emphasis on the importance of reporting incidents and seeking support.

The 3-day self-defense workshop for B.Ed teacher trainees proved to be a valuable learning experience, equipping them with essential skills to safeguard themselves and potentially assist students in vulnerable situations. The positive feedback and engagement from participants highlight the significance of such training for educators. The workshop ended with a vote of thanks put forth by Mrs. Gitanjali Panging Gam.