

# Proceeding of workshop on Self Defence for Girls

Students held on 11.03.2019- at Lakhimpur  
Commerce College. -16.03.2019

A workshop on self defence for girls students was organised for six days at Lakhimpur Commerce College by women's cell, Lakhimpur Commerce College. The workshop started on 11.03.2019 with an inaugural function which was presided by the honourable principal, Dr. B.S. Bihara. Rajsit Rajkumar and Amit Sen, both black belt in Taekwon-Do were invited to give training to the girl students in the martial art and techniques for self-defence. The principal gave an inspiring speech to all the participants on the need of equipping our girls with knowledge and techniques of self-defence. The workshop continued for six days and concluded on 16-03-2019 with nearly ninety students participating in it.

Bordoloi

(Bhaisikha Bordoloi)

Co-ordinator.

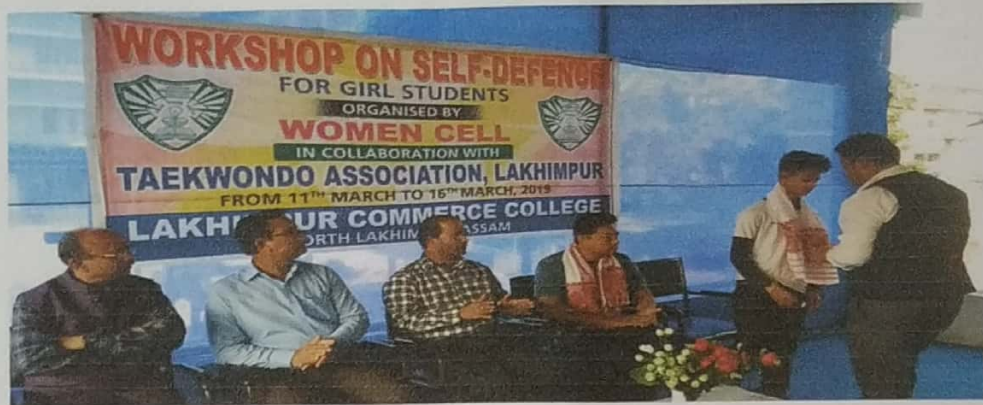
Women's Cell.

Lakhimpur Commerce College

Co-ordinator  
Women Cell  
Lakhimpur Commerce College  
North Lakhimpur, Assam

Workshop on Self Defence  
For  
Girls Students

11.03.2019





WORKSHOP ON SELF DEFENCE  
FOR  
GIRLS STUDENTS

11.03.2019

- 1- Dr B.S. Behera — Jiu Jitsu — Wheeler
2. Rabijit Rajkumar — Taekwon-Do — Rajkumar
3. Amit Sen — Taekwon-Do — Amit Sen
4. Rajendra Prasad Barua
5. Gopal K. Chitroy
6. Dipul Barua
7. Dr. Lina Baruah — Baruah
8. Mrs. Rajan Baruah — Baruah
9. Dr. Rinki Dutta
10. Pankaj Luchan Das
11. Dr. D.K. Das
12. Jyoti'smita Barua
13. Rashmi Das
14. Tanusri Sen
15. Tarun Kumari
16. Meidesmita Hazarika
17. T. C. Deka
18. Bisnu K. Phukan
19. Pranita Borah
20. Deepjan Borah
21. Dr. Hasni Fatwary Das
22. Dr. Sikkhamoni Borah
23. Dr. Manjumoni Saikia
24. Dr. Rupjyoti Bhattacharjee
25. Maierla Diette
26. Bohusikha Borah
27. Ashutosh Kumar
28. Hareesh Ch. Bhagavathi —
29. Purnabi Hazarika
30. Anpa Datta

		Roll no
1	Sneha Dey	B. Com 2 <sup>nd</sup> sem 20
2	Sangita Adhikari	" 5
3	Pallavi dutta	B.A 2 <sup>nd</sup> sem 119
4	Rani Gogoi	B.A 2 <sup>nd</sup> 984
5	Maino Priya Rabha	" 45
6	Madhumita das	B. Com 6 <sup>th</sup> sem 81
7	Priyansu panalit	B.A 2 <sup>nd</sup> 178
8	Ritumoni Sonasbal	B.A " 31
9	Shikha moni Saikia	B.A " 83
10	Day Krdaya Nandi	" 72
	Baruah	
11	S Chandraprava Swargagiary	B.A 2 <sup>nd</sup> 251
12	Dulmoni Meelhi	" 73
13	Pratiksha Bhuyan	B.A 2 <sup>nd</sup> 97
14	Gupitka pathoi	" 51
15	Sonali Baruah	B.A 2 <sup>nd</sup> 70
16	Rani Kumari Soni	BA 2 <sup>nd</sup> 302
17	Yasmin Khan	" 25
18	Meera Pegu	" 247
19	Kadima Begam	" 139
20	Rubi Sultana	" 10
21	Rashmi Borgohain	" 128
22	Riya dey	HS 1 <sup>st</sup> yr 8
23	S	
24	Aanandita Roy	B.A: 2 <sup>nd</sup> 223
25	Tina Morang	B.A 4 <sup>th</sup> 79
26	Sandhya das	" 2 <sup>nd</sup> 263
27	Dipali Sabu	B.A 4 <sup>th</sup> 69
28	Lakshmi kumari	B+Com 4 <sup>th</sup> 104
29	Banashree Devi	" 60
30	Bobita Saiki	" 74
31	Drishtina Sonwal	B.A .second 27
32	Bulumoni Bori	" 52
33	Reehana Ahmed	BA 4 <sup>th</sup> 48
34	Sarahans	B.A 2 <sup>nd</sup> 267



35	Momina Begam	B.A. 4th	46
36	Rajiya Khatun	BA 2nd	256
37	Nabavita Pawe	"	230
38	Akiba Begam	"	214
39	Hasina Begam	"	275
40	Anju Biswas	"	44
41	Rashika Bhowmik	"	62
42	Junaki Gosh	"	276
43	Mamun Mamun Alazi	"	36
44	Riya Bardhan	B.Com 2nd	141
45	Rimpi Karmakar	B.A 4th	142
46	Mitali Medhi	B.A 4th	36
47	Anbi Begam	H.S. 1st	90
48	Salma Begam	"	94
49	Samsun Nehas	"	96
50	Paschim Ansari	"	89
51	Nina Akbari Harurita	B.Com 4th	46
52	Bhairabi Chetia	B.Com 4th	64
53	Binita Tiwari	"	82
54	Rashna Limbu	H.S. 1st	147
55	Satika Deurikonwar	H.S. 1st	12
56	Mayur Jyoti Sarmah	B.A 2nd	3
57	Pratima Samoliguria	"	122
58	Bishoka Mallik	"	273
59	Sapilek Rahman	"	264
60	Khushi Sarkar	H.S. 1st yr	33
61	Julle Kath	B.A 2nd	284
62	Sunita Kumari	H.S. 1st	45
63	Pooja Phukan	B.A 2nd	285
64	Pimima Sona	"	207
65	Magrat Talung	BA. 4th Sem	53
66	Dimple Phukan	BA 2nd Sem	153
67	Debita Hemran	BA "	260
68	Lakmi Laha	"	231
69	Sunita Lakra	"	86
70	Guddi Das	"	120

70	Priyanka Bhate Bhengra	H.S 1st yr	32
71	Teresa Surin	BA 4th sem	174
72	Namita Sozeng	HS 1st yr	66
73	Mun Kujer	BA 2nd sem	94
74	Mahmuda Begum	BA 4th	179
75	Lalita Biswas	BA 2nd	227
76	Afrina Ahamad	BA 4th	82
77	Aklina Begum	BA 4th	78
78	Ajbina Begum	B.A 4th	184
79	Bernali Bori	BA 2nd sem	54
80	Torali phukam	BA "	109
81	Dimpri Gogoi	BA " "	108
82	Merlon Shori	BA " "	
83	Guddi gosh	B.A 4th sem	



1) REIYA KHATUN	B.A 2 Sem	256
2) Sunita Kumari	H.S. 1st year	45
3) NINA AKBORI HAZARIKA	B.com 4th sem	46
4) PRATIKSHA BHUYAN	B.A 2nd Sem	97
5) KARIMA BEGLUM	B.A 2nd sem	139
6) RUKI SULTANA	B.A 2nd sem	10
7) BHAIRABI CHETIA	B.COM 4th Sem	64
8) PRANALI SAIKIA	B.A 2nd sem	209
9) MAINU PRIYA RABHA	B.A 2nd Sem	45
10) KARISHMA SAIKIA	B.A 4th sem	194
11) PRIYANKA BONIK	B.A 2nd Sem	176
12) SANGITA KAMAN	B.A 4th Sem	133
13) PRIYANKA LIMBU	H.S 1st year	39
(14) RADHIKA BHOWMIK	B.A 2nd sem	62
(15) LALITA BISWAS	B.A 2nd Sem	227
(16) MOMPI BARUAH	B.A 2nd Sem	131
(17) SUSHMITA KUMARI	1st year (com)	89
(18) PUJA SARMA	1st year (com)	98
(19) SIMRAN SULTANA	1st year (com)	91
(20) PALLAVI DUTTA	B.A 2nd semester	119
(21) MEHNAZ AKHTER	B.A 4th semester	189
22) RANI GOGOI	B.A 2nd Sem	84
(23) DULUMONI MEDHI	B.A 2nd Semester	73
(24) SHIKHAMONI SAIKIA	B.A 2nd semester	83
(25) ANJU BISWAS	B.A 2nd sem	44
(26) DIMPI GOGOI	B.A 2nd Sem	108
(27) SUMI SAHU	B.A 4th Sem	72
(28) GUPIKA PATHORI	B.A 2nd Sem	51
(29) Tina Morang	B.A 4th sem	79
(30) MOROMI BARUAH	B.A 2nd sem	246
31) AKLIMA BEGLUM	B.A 4th Sem	78
32) AFRINA AHMED	B.A 4th Sem	82
33) PITUMONI SONOWAL	B.A 2nd sem	31
34) GITIMONI RABHA	B.A 2nd Sem	114



(35) PUJA PHUKAN CLASS - BA 2nd Sem 285

(36) DIMPAL PHUKAN BA 1st Sem 153

(37) TERESA SURIN B.A 4th Sem 174

(38) MAHMUDA BEGUM B.A 4th Sem 179

(39) RIMPI KARMAKAR " " " 142

(40) GUDDI GORH " " " 181

(41) MARGRET MELUNG " " " 53

(42) RACHNA LIMBU HS 1st Sem 147

43) SOLVIDISHA SAIKIA HS 1st yr. 191

44) SARAH HANS BA 2nd Sem 267

45) SUMITA LAKRA B.A 2nd Sem 86

46) CHANDRAPROVA SWARGIARY B.A 2nd sem 251

47) JULIE KATH B.A 2nd Sem 284

(48) MUN KUTUR B.A 2nd sem 94

(49) PRIYANKA BHENGRA HS 1 yrs 32

(50) YASMEEN ANWART B.A 2nd sem 25

(51) H.M. NOMINA BEGUM B.A 4th Sem 46

(52) RESMA AHMED B.A 4th sem 148



(53) RASHMI BORGHAIN B.A. 2nd sem 128

(54) ANANDITA RAY BA 2nd Sem - 123

X(55) GUDDI DAS BA 2nd sem 120

56) BINITA TIWARI B.COM 2<sup>nd</sup> SEM 82

57) BANASHREE DEVI B.COM 4<sup>th</sup> SEM 60

58) ~~Magnijyoti Samal~~ B.A 2nd sem 103

59) ~~Pratima Chandigwala~~ B.A 4<sup>th</sup> 122

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13/03/2019

①	KARISHMA SAIKIA	B.A 4th Sem	189
②	MEHNAZ AKHTER	B.A 4th Sem	189
③	NINA AKBORI HAZARIKA	B.com 4th sem	82
④	BINITA TIWARI	" "	60
⑤	BANASHREE DEVI	" "	53
⑥	MAGRET LUDIG	B.A 4th Sem	86
⑦	SUNITA LAKRA	B.A 2nd sem	119
⑧	PALLAVI DUTTA	B.A 2nd sem	97
⑨	PRATIKSHA Bhuva	B.A 2nd sem	31
10	RITUMONI SONOWAL	B.A. 2nd sem	131
11	MOMPI BARUAH	B. " " "	246
12	MOROMI BARUAH	" " " "	251
13	CHANDRAPROVA SWARGIARY	B.A 2nd sem	19
14	MONIKA LAKRA	B.A 6th Sem	99
15	MUM Kujur	" 2nd sem	264
16	Sukko. Raiman	B.A 2nd sem	33
17	Khushi Sarkar	H.S. 1st year	133
18	SANGITA KAMAL	B.A 4th Sem	45
19	SUNITA Kumari	H.S. 1st year	32
20	Prayanka Bhongra	H.S 1st year	51
21	GAURIKA PATHORI	B.A 2nd sem	74
22	BABITA SIKIA	B.COM 4th Sem	267
23	SARAH HANS.	BA 2nd Sem	153
24	DIMPAL PHUKAN	BA 2nd Sem	285
25	PUJA PHUKAN	BA 2nd Sem	
26	K.A.		

26) KARIMA BEGUM B.A 2nd sem 139

27) RUHI SULTANA BEGUM B.A 2nd sem 10

28) MAINO PRIYA RABHA B.A. 2nd Sem 45

29) RANI GOGOI BA 2nd sem 84

30) PRANALI SAIKIA BA 2nd sem 209

31) RASHME BORGHATA BA 2nd sem 128

32) Mayrajyoti



32)	Rempi Karimakari	B.A. 4th sem	142
33)	Salma Begum	H.S 1st yr	94
34)	Teresa Surtin	B.A 4th Sem	174
35)	Mahmuda Begum	" " "	179
36)	Guddi Ghosh	" " "	181
37)	DULU MONI MEDHI	B.A 2nd	73
38)	SHIKHA MONI SAIKIA	B.A 2nd	83
39)	AFRINA AHMED	B.A 4th Sem	82
40)	AKLIMA BEGUM	" " "	78
41)	YASMEEN ANWARI	B.A. 2nd sem	95
42)	MOMINA BEGUM	B.A 4th Sem	46
43)	RESMA AHMED	B.A 4th Sem	48
44)	<del>Charu</del> CHARUKA ROY	H.S 1st YEAR	19
45)	PUJA SARMA	" " "	98
46)	SUSHMITA KUMARI	" " "	89
47)	SIMRON HAZARIKA	" " "	91
48)	RACHANA LIMBU	" " "	147
49)	VIDISHA SAIKIA	" " "	67
50)	Mayurjyoti Sarmah	" " "	03
51)	DIPALEE SAHU	BA 4th sem	69
52)	TIYA MORANG	" " "	79
53)	SUMI SAHU	B.A. 1st yr	72
54)	MAYURJYOTI SARMAH	B.A. 2nd sem	03
55)	PRATIIMA SANDY GURIA	BA. 2nd sem	123
56)	GITIMONI RABHA	BA 2nd Sem	114



14/03/2019

(1)	PALLAVI DUTTA	B.A 2nd semester	113
(2)	RITUMONI SONOWAL	B.A 2nd Sem	21
(3)	Rimpi Karmakar	B.A 4th Sem	142
4.	Bhaisa Seneen	" " " "	174
(5)	MOMPI BARUAH	B.A 2nd Sem	131
(6)	MOROMI BARUAH	B.A " "	246
(7)	SAFIKA RAHMAN	" " "	264
(8)	CHANDRAPROVA SWARGIARY	BA " "	251
(9)	SUNITA LAKAA	B.A 2nd Sem	86
(10)	MAGRET LUNG	B.A 4th Sem	53
(11)	MUN KUJUR	B.A 2nd Sem	94
(12)	MOMINA BEGUM	B.A 4th Sem	46
(13)	RESMA AHMED	B.A 4th Sem	48
(14)	Daiyanka Bhengora	H.S. 1st Year	32
(15)	Guddi Reezh	B.A 4 Sem	181
(16)	Mahmuda Begum	B.A 4th Sem	179
(17)	Khushi Sarkar	H.S. 1st year	33
(18)	CHARIKA ROY	" " "	19
(19)	SUSHMITA KUMARI	" " "	89
(20)	PUJA SARMA	" " "	98
(21)	SIMRON SULTANA	" " "	91
(22)	DIMPAL PHUKAN	B.A 2nd Sem	153
23/	SARAH HANS	B.A " "	267
24/	PRATIMA SANDIGURIA	" " "	122
25/	YASMEEN ANWARI	" " "	25
26/	PRATIKSHA BHUYAN	" " "	97
27/	MEHNAZ AKHTER	B.A 4th Sem	189
28/	KARISAMA SAIKIA	B.A 4th Sem	194
29/	SANGITA KAMAN	B.A " "	133
30/	MAINO PRIYA RABHA	B.A 2nd Sem	45
31/	RANI GOGOI	B.A. 2nd Sem	89
32/	Nayragyati Garmah	B.A. 2nd Sem	89
33/	TINA MORANG	B.A. 4th Sem	79
34/	DIPALEE SAHU	" "	69
-35/	AFRINA AHMED	" "	82



36)	AKLIMA	BEGUM	BA. 4th	Sem 78
37)	SUMI	SAHU	BA. 4th	Sem 72
38)	MAYURJYOTI	SARMAH	BA. 2nd	Sem 03
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15/03/2019

(1)	PALLAVI DUTTA	B.A 2nd semester	110
(2)	MAGRET LUNG	B.A 4th Sem	53
(3)	SUNITA LAKRA	B.A 2nd Sem	86 (RE)
(4)	MUN KUMAR	B.A " "	94
(5)	PRIYANK VHENGA	H.S 1st	32
(6)	RACHNA LIMBU	H.S 1st	147
(7)	PRIYANKA LIMBU	H.S 1st	39
(8)	YASMEEN ANWARI	B.A. 2 <sup>nd</sup> sem	25
(9)	PRATIKSHA BHUYAN	" "	97
(10)	MOMPI BARUAH	B.A 2nd Sem	131
(11)	MOROMI BARUAH	" " "	246
(12)	SAFIKA RAHMAN	" " "	<del>264</del>
(13)	RITUMONI SONARAL	" " "	30
(14)	CHANDRAPROVA SWARGIARY	B.A 2nd sem	251
(15)	TINA MORANG	B.A. 4th Sem	79
(16)	AKLIMA BEGUM	" "	78
(17)	AFRINA AHMED	" "	82
(18)	GITIMONI RABHA	B.A 2nd sem	114
(19)	SHIKHUSHI SARKAR	H.S. 1st year	33
(20)	BINITA TIWARI	B.Com 4 <sup>th</sup> Sem	80
(21)	MEHNAZ AKHTER	B.A 4 <sup>th</sup> sem	189
(22)	TERESA SURIN	" " " "	174
(23)	MAHMUDA BEGUM	" " " "	179
(24)	GUDDI GORH	" " " "	181
(25)	SUNITA KUMARI	H.S. 2 <sup>nd</sup> year	45
(26)	MAYURJYOTI SARMAH	B.A. 2nd sem	03
(27)	SAN SANGITA KAMAN	B.A 4 <sup>th</sup> Sem	133
(28)	PUJA PHUKAN	B.A. 2nd. Sem	285
(29)	SARAH HANS	" "	267
(30)	DIMPAL PHUKAN	B.A 2nd Sem	153
(31)	Shikhamoni Saikia	B.A. 2nd Sem	83
(32)	Rani Biogoi	B.A. 2nd Sem	84
(33)	MINO PRIYA RABHA	B.A. 2nd Sem	45
(34)	RIMPI KARMAKAR	B.A 4th Sem	<del>142</del> 142
(35)	CHARIKA ROY	H.S 1st Year	19



36.	SUSHMITA KUMARI	HS. 1st Year	89
37.	SIMRON SUCTANA	" " "	91
38.	PUJA SARMA	" " "	98
39.	RUHI SULTANA	B.A. 5th	10
40.	KARIMA BEGUM	B.A 3rd sem	139

1/	MEHNAZ AKHTER	5 Days	B.A 4th Sem	189
2/	YASMEEN ANWARI	6 days	B.A 2nd sem	25
3/	PALLAVI DUTTA	6 Days	B.A 2nd sem	119
4/	KHUSHI SARKAR	5 Days	H.S. 1st year	33
5/	PUJA PHUKAN	1)	B.A. 2nd. Sem	28.5
6/	CHARIKA ROY	5 Days	H.S 1st Year	19
7/	PUJA SARMA	5 Days	" " "	98
8/	SUSHMITA KUMARI	5 Days	" " "	89
9/	SIMRON SULTANA	5 Days	" " "	91
10/	SARAH HANS	6 Days	BA 2nd	267
11/	DIMPAL PHUKAN	6 Days	BA 2nd	153
12.	TERESA SURIN	6 Days	B.A 4th sem	174
13.	MAMMUDA BEGUM	6 Days	" " " "	179
14.	RIMPI KAKMAKAR	6 Days	" " " "	142
15.	GUDDI GORH	6 Days	" " " "	181
16.	PRIANKA BHENGRA	6 Days	H.S 1st yr	32
17.	RITUMONI SONOWAL	11	B.A. 2nd sem	31
18.	MOMPI BARUAH	5 days	B.A	131
19	MO ROMI BARUAH	"	"	246
20	SAFIKA RAHMAN	"	"	264
21	CHANDRAPROVA SWARGIARY	6 days	"	251
22	MUN KUTUK	6 days	B.A. 2nd sem	94
23	RIHI SITANA	5 days	B.A. 2nd sem	10
24/	SANGITA KAMAN	5 days	BA 4th Sem	133
25/	KARIMA BEGUM	B.A 2nd sem		139
26	PRATIKSHA BHUYAN	6 Days	B.A 2nd Sem	97
27	GITIMONI RABHA	B.A. 2nd sem (4 days)		114
28/	KARIMA BEGUM	B.A 2nd sem (5 days)		139
29/	MAINO PRIYA RABHA	B.A. 2nd Sem		45
30/	RANT GOGOT	B.A 2nd sem		89
(31)	TINA MORANGI	B.A. 4th sem (5d)		79
32)	AKLIMA BEGUM	" " " (6 days)		78
133)	SUNITA KUMARI	H.S. 1st year (5 days)		



- 34) BINITA TIWARI B.Com 4<sup>th</sup> Sem 82
- 35) BANASHREE DEVI B.Com 4<sup>th</sup> Sem 60
- 36) MAYURJYOTI SARMA BA. 1<sup>st</sup> Sem. (6 days) 93