

Report of the Joint Programme Of Women's Forum of Kidderpore College and Women Development Cell, Harimohan Ghose College on 5.6.2026

## **"Oshonkini: The Spirit of Fearlessness – Self Defence is Self Respect"**

The Women's Forum of Kidderpore College, in collaboration with the Women Development Cell of Harimohan Ghose College, successfully organized a programme titled **"Oshonkini: The Spirit of Fearlessness – Self Defence is Self Respect"** with the objective of promoting awareness regarding women's safety, self-confidence, and empowerment through self-defence training.

The programme commenced with a warm welcome to the distinguished guests and participants. The event was graced by **Dr. Prabir Biswas, Principal, Harimohan Ghose College**, and **Dr. Abhijit Ganguly, Principal, Kidderpore College**, whose encouraging words highlighted the importance of self-defence as an essential life skill and a means of fostering dignity, confidence, and self-respect among women.

Among the eminent guests present were **Dr. Runa Chatterjee, Department of Bengali, Harimohan Ghose College; Dr. Anasua Halder, Convener, Women Development Cell, Harimohan Ghose College; Ms. Soumili Panja, Harimohan Ghose College; Dr. Rituparna Das, Harimohan Ghose College; Mr. Sajal Kumar Dutta, Harimohan Ghose College; Dr. Chandrabali Das, Convener, Women's Forum, Kidderpore College; and Dr. Itu Singh, Associate Professor, Department of Hindi, Kidderpore College.**

A special cultural segment enriched the programme when **Dr. Runa Chatterjee** recited the poem *Bansiwala*, which was beautifully complemented by an expressive dance performance by **Ms. Soumili Panja**. The performance symbolically celebrated courage, resilience, and the indomitable spirit of women.

Students from both Kidderpore College and Harimohan Ghose College actively participated in the event by delivering speeches on the theme "**Self Defence is Self Respect.**" Through their thoughtful presentations, they emphasized the significance of self-defence not merely as a physical skill but as a means of empowerment, self-confidence, and personal autonomy.

The programme was further strengthened by the presence of **Sensei Mousumi Pal** and self-defence instructors **Shyreya** and **Pakiza**, who have been instrumental in imparting self-defence training to students. Their dedication and guidance have inspired many young women to become physically and mentally stronger.

The highlight of the programme was the impressive demonstration of self-defence techniques by the students of both colleges. The participants showcased the skills they had acquired during their training sessions, demonstrating confidence, discipline, agility, and preparedness in dealing with challenging situations. The display received enthusiastic appreciation from the audience and underscored the practical value of self-defence education.

The programme concluded with a vote of thanks, expressing gratitude to all guests, faculty members, trainers, students, and organizers whose collective efforts made the event a grand success. The initiative successfully conveyed the message that self-defence is not merely a protective mechanism but a powerful expression of self-respect, courage, and empowerment, thereby nurturing the spirit of fearlessness embodied in the title "*Oshonkini.*"

# Gallery

A Joint Initiative by  
IQAC & Women's Development Cell, Harimohon Ghose College  
&  
Women's Forum, Kidderpore College



অশঙ্কিনী:  
THE SPIRIT OF FEARLESSNESS

05 June, 2026  
1.30 pm onwards  
Conference Hall,  
Kidderpore College

**All are cordially invited**

Teach Respect,  
Learn Defence



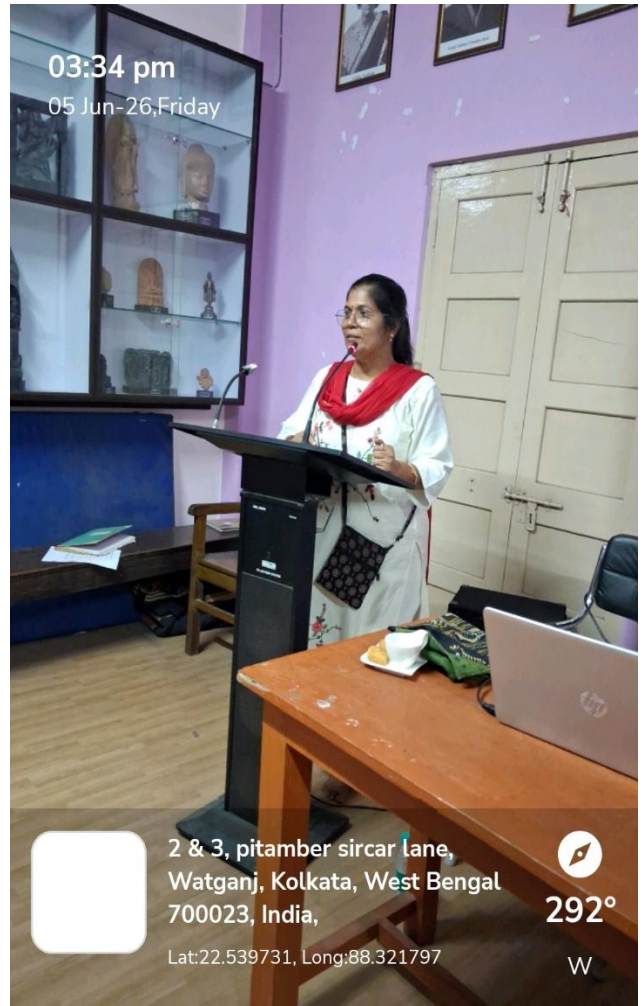
02:41 pm  
05 Jun-26, Friday

2 & 3, pitamber sircar lane,  
Watganj, Kolkata, West Bengal  
700023, India,  
Lat:22.539726, Long:88.321788

313° NE







WhatsApp Video  
2026-06-05 at 3.33.38