

POST-EVENT REPORT FORM



PREPARED BY

THE INTERNAL QUALITY ASSURANCE
CELL,

SILIGURI INSTITUTE OF TECHNOLOGY

A NAAC ACCREDITATED INSTITUTION

MARCH 3, 2022



SILIGURI INSTITUTE OF TECHNOLOGY
HILL CARD ROAD, P.O. SUKNA
SILIGURI – 734 009

Post – Event Report Format

1. **Name of the event:** Self Defense Training for Girls
2. **Event Date:** 16th November 2024
3. **Event Time:** 11AM -12.30 P.M
4. **Venue:** S.I.T Book Fair Ground
5. **Mode of Online / Offline:** offline
6. **Objectives of the Event:**
 - To develop awareness among the girl students about the importance of Self-defense training which is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time?
 - Through the self defense training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.
7. **“Speaker details (a) National (b) International including country:** Mr.Arun Lama and team, President Darjeeling district Judo association and Social Worker, Salbari, Sukna
Total No. Participates (Students) –120 girl students of SIT
Total No. Participates (Faculty / Staff) –5 lady faculty and staff members of SIT
8. **Geo -Tagged photographs (2-3) with captions:**



Members of judo team felicitated by SIT college administration



SIT girl students learn the technique of self defense

9. Outcomes:

- Increased confidence: Self-defense training aware the girls to feel more confident and secure.
- Improved mental strength: Self-defense training motivates the girl's developmental resilience and situational awareness.
- Enhanced physical strength: Self-defense training provides the girls to become physically stronger.
- Improved self-esteem: Self-defense training helps girls to enhance their self-esteem.
- Improved ability to make decisions: Self-defense training help girls to learn to assess risks and make quick, informed decisions.
- Increased ability to avoid dangerous situations: Self-defense training help girls learn to avoid potentially dangerous situations.
- Increased ability to deter potential assailants: Self-defense training help make girls less likely to be targeted by potential assailant

10. Keep take away by the attendees:

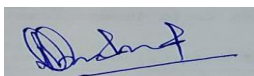
- Trusting own instincts
- Practicing target denial
- Presenting oneself with confidence
- Setting strong verbal boundaries
- Maintaining a non-confrontational stance
- Keeping a safe distance

11. Whether the speaker of eminence is further contacted by the Department for future support like expert talk, Key note talk, Research Collaboration, Advisor for Innovative Lab / Board of Study Member / Initiative for Memorandum Of Understanding, / Summer Training Opportunity / Internship Opportunities: NA

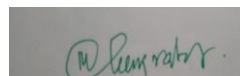
12. Further follow up initiatives taken by the Department for future support from the Speaker of Eminence:

13. Budget (i) Statement of Expenditure:

(ii) Utilization of Certificate



Name and Signature of Convener



Name and Signature of Principal