

**GOUR MAHAVIDYALAYA**  
DEPARTMENT OF PHYSICAL EDUCATION

7 DAYS WORKSHOP ON SELF DEFENCE & BASIC OF MARTIAL ART ( TAEKWONDO )

**ORGANIZED BY**

DEPARTMENT OF PHYSICAL EDUCATION , IN COLLABORATION WITH MALDA  
DISTRICT TAEKWONDO ASSOCIATION

# **ACTION TAKEN REPORT**

**2<sup>nd</sup> December 2022**

**MoU**  
**With**

**MALDA DISTRICT TAEKWONDO ASSOCIATION , AFFILIATED TO BENGAL  
TAEKWONDO ASSOCIATION & BENGAL OLYMPIC ASSOCIATION, TFI.**

**REGISTRATION NO - S0014589**

**KALITALA, MALDA, WEST BENGAL, INDIA**

**Signed**

**on**

**2<sup>nd</sup> December 2022**



**GourMahavidyalaya**

**Mangalbari, Malda-732142**



# Action Taken Report

On

**MoU with MALDA DISTRICT TAEKWONDO ASSOCIATION , AFFILIATED TO  
BENGAL TAEKWONDO ASSOCIATION & BENGAL OLYMPIC ASSOCIATION, TFI.  
REGISTRATION NO - S0014589  
KALITALA, MALDA, WEST BENGAL, INDIA  
(Since 2<sup>nd</sup> December 2022)**

As per the Memorandum of Understanding (MoU) with, **MALDA DISTRICT TAEKWONDO ASSOCIATION** Malda, 732101 signed on 2<sup>ND</sup> December 2022, the following activities were undertaken- from 17/12/2022 to 23/12/2022.

**INTRODUCTION :** The goal of this Taekwondo Workshop is to give a sense of self-esteem, knowledge of self-defense, heightened mental and physical well being. These assets attribute to a common goal of harmony.

**MISSION :** Self-defense training not only helps you protect yourself but others too. Plus, training helps you become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. Benefits like these only add to the reason to learn self-defense.

**VISION :** The vision of the project

\*The certificate has been issued by the association MDTA, the body affiliated by the state Olympic body.

\*Students can apply as a trainer for Self Defence to SSM .

\*For the Higher Education this Certificate can help them to have special facilities.

\*A student holding the certificate can apply to any official Taekwondo Association for personal practice.

Self-defense is purposefully used in defending the health and well-being of individuals. It enables one to navigate dangerous situations and avoid possible physical assaults.

# Attendance Sheet

**GOUR MAHAVIDYALAYA**  
Department of Physical Education

**7 Days Workshop on Self Defence and Basics Martial Arts -2022**

Organized by  
Department of Physical Education & IQAC Gour Mahavidyalaya  
In Collaboration with Malda District Taekwondo Association

Schedule for workshop in Gour Mahavidyalaya from 17/ 12/ 2022 To 23/ 12/ 2022

**ATTENDANCE SHEET**      DATE: 17/12/2022

Sl. No	STUDENT NAME	ID. NO.	SEMESTER I/ III/ V	SIGNATURE	REMARKS
01	PAYEL SAHA	B.A/20/1871	✓	Payel Saha	
02	SWAPAN MANDAL	B.A/20/1952	✓	Swapan Mandal	
03	KARABS MAITRA	B.A/20/2294	✓	Karabi Mitra	
04	JAGHREE SARKAR	B.A/20/2592	✓	Jyghree Sarkar	
05	KANCHAN DAS	B.A/20/1804	✓	Kanchan Das	
06	SANDEE MARDI	B.A/20/2065	✓	Sandee Mardis	
07	RAMIA MANDAL	B.A/20/1922	✓	Rama Mandal	
08	ABINASH HEMBRAN	B.A/20/2412	✓	Abinash Hembran	
09	ADAM CHOREY	B.A/20/2411	✓	Adam Chorey	
10	ASIT MANDAL	B.A/20/1875	✓	Asit Mandal	
11	LAKSHMIRAM SOREN	B.A/20/1038	✓	Lakshmiram Soren	
12	USHA ROY	B.A/20/1100	✓	Usha Roy	
13	PHILIP SOREN	B.A/20/1883	✓	Philip Soren	
14	NILMANI HEMBRAN	B.A/20/2120	✓	Nilmani Hembran	
15	KISHOR SOREN	B.A/20/1188	✓	Kishor Soren	
16	JUWEL SK	B.A/21/1679	III	Jewel SK	

        
 SIGNATURE OF PRESIDENT/SECRETARY (MDTA)      SIGNATURE OF TEACHERS  
 Malda District Taekwondo Association (MDTA)  
 Reg. No. -S0014589

**GOUR MAHAVIDYALAYA**  
Department of Physical Education

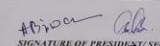
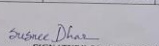
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17	PANKAJ MANDAL	B.A/21/2120	III	Pankaj Mandal	
18	SUBHANKAR BHOWMIK	B.A/21/3163	✓	S. Bhowmik	
19	SUNITA DAS	B.A/21/2671	✓	Sunita Das	
20	SUSMEHA CHOWDHURY	B.A/21/2630	✓	Susmita Chowdhury	
21	SAMSUSJAMANAKI	B.A/21/1577	✓	Samsusjama Akhta	
22	JYOTI CHOWDHURY	B.A/21/2623	✓	Jyoti Chowdhury	
23	HASIMUDDIN HOSEIN	B.A/21/2443	✓	Hasimuddin Hosse	
24	KHOKAN SAHA	B.A/21/2466	III	Khokan Saha	
25	CHIRANJIT SAHA	B.A/22/0990	I	Chiranjit Saha	
26	SAMIYR MARDI	B.A/22/0939	I	Samiy Mardis	
27	AMITAYA ROY	B.A/22/0891	I	Amitaya Roy	
28	MD. SAHUL SK	B.A/22/1972	I	MD. SAHUL SK	
29	SUSMIT KARMAKAR	B.A/23/0751	I	Susmit Karmakar	
30	ABID EMAM	B.A/24/2277	I	Abid - Emam	
31	SOURABH DAS	B.A/20/192	I	Sourabh Das	
32	MD. MABEDUL HASSEAN	B.A/21/0547	I	MD. MABEDUL HASSEAN	

        
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33	PRADIP-PAUL	B.A/20/11008	✓	Pradip Paul	
34	Jaya Pramanik	B.A/22/0523	I	Jaya Pramanik	
35	SAMPATTI GHOSH	B.A/22/1769	I	Sampatti Ghosh	
36	JAGADISH RAJBARAI	B.A/22/2320	I	Jagadish Rajbarai	
37	Chunli Mandal	B.A/22/0884	I	Chunli Mandal	
38	SOMEN MANDAL	B.A/21/1973	N	Somen Mandal	
39	Shampa Mandal	B.A/22/1203	I	Shampa Mandal	
40	ASMINA KHATUN	B.A/21/11249	III	Asmina Khatun	
41	APURBA DAS	B.A/21/1556	III	Apurba Das	
42	EJAJ AHAMED	B.A/21/1681	III	Ejaj Ahamed	
43	MOSTAKIM HOQUE	B.A/20/2474	✓	Mostakim Hoque	
44	Baishali Das	B.A/22/0500	I	Baishali Das	

        
 SIGNATURE OF PRESIDENT/SECRETARY (MDTA)      SIGNATURE OF TEACHERS  
 President/Secretary/Treasurer  
 Malda District Taekwondo Association  
 Reg. No. -S0014589

## Photos of the Event/ Class

Photo- 1



Photo-2



Photo-3



**Photo-4**



**CERTIFICATE DISTRIBUTION**