

**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	RAHUL JANA	B.A/20/1001	V	Rahul Jana	
02	PARBEN MONDAL	B.A/20/1002	V	Parben Mondal	
03	SAFARU MONDAL	B.A/20/1003	V	Safaru Mondal	
04	JAGDEEP GHOSH	B.A/20/1004	V	Jagdeep Ghosh	
05	KANCHAN DAS	B.A/20/1005	V	Kanchan Das	
06	MANOJ KUMAR	B.A/20/1006	V	Manoj Kumar	
07	PRINCE MONDAL	B.A/20/1007	V	Prince Mondal	
08	ABHIRAM MONDAL	B.A/20/1008	V	Abhiram Mondal	
09	ADARSH MONDAL	B.A/20/1009	V	Adarsh Mondal	
10	ARUN MONDAL	B.A/20/1010	V	Arun Mondal	
11	ANAND MONDAL	B.A/20/1011	V	Anand Mondal	
12	ANIL MONDAL	B.A/20/1012	V	Anil Mondal	
13	ANIL MONDAL	B.A/20/1013	V	Anil Mondal	
14	ANIL MONDAL	B.A/20/1014	V	Anil Mondal	
15	ANIL MONDAL	B.A/20/1015	V	Anil Mondal	
16	ANIL MONDAL	B.A/20/1016	V	Anil Mondal	
17	ANIL MONDAL	B.A/20/1017	V	Anil Mondal	
18	ANIL MONDAL	B.A/20/1018	V	Anil Mondal	
19	ANIL MONDAL	B.A/20/1019	V	Anil Mondal	
20	ANIL MONDAL	B.A/20/1020	V	Anil Mondal	
21	ANIL MONDAL	B.A/20/1021	V	Anil Mondal	
22	ANIL MONDAL	B.A/20/1022	V	Anil Mondal	
23	ANIL MONDAL	B.A/20/1023	V	Anil Mondal	
24	ANIL MONDAL	B.A/20/1024	V	Anil Mondal	
25	ANIL MONDAL	B.A/20/1025	V	Anil Mondal	
26	ANIL MONDAL	B.A/20/1026	V	Anil Mondal	
27	ANIL MONDAL	B.A/20/1027	V	Anil Mondal	
28	ANIL MONDAL	B.A/20/1028	V	Anil Mondal	
29	ANIL MONDAL	B.A/20/1029	V	Anil Mondal	
30	ANIL MONDAL	B.A/20/1030	V	Anil Mondal	

Signature of President/Secretary (MDTA)  
President/Secretary/Teacher  
Malda District Taekwondo Association  
Reg. No. 50014508

**GOUR MAHAVIDYALAYA**  
Department of Physical Education

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12	PARBEN MONDAL	B.A/20/1002	V	Parben Mondal	
13	SAFARU MONDAL	B.A/20/1003	V	Safaru Mondal	
14	JAGDEEP GHOSH	B.A/20/1004	V	Jagdeep Ghosh	
15	KANCHAN DAS	B.A/20/1005	V	Kanchan Das	
16	MANOJ KUMAR	B.A/20/1006	V	Manoj Kumar	
17	PRINCE MONDAL	B.A/20/1007	V	Prince Mondal	
18	ABHIRAM MONDAL	B.A/20/1008	V	Abhiram Mondal	
19	ADARSH MONDAL	B.A/20/1009	V	Adarsh Mondal	
20	ARUN MONDAL	B.A/20/1010	V	Arun Mondal	
21	ANAND MONDAL	B.A/20/1011	V	Anand Mondal	
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25	ANIL MONDAL	B.A/20/1015	V	Anil Mondal	
26	ANIL MONDAL	B.A/20/1016	V	Anil Mondal	
27	ANIL MONDAL	B.A/20/1017	V	Anil Mondal	
28	ANIL MONDAL	B.A/20/1018	V	Anil Mondal	
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30	ANIL MONDAL	B.A/20/1020	V	Anil Mondal	
31	ANIL MONDAL	B.A/20/1021	V	Anil Mondal	
32	ANIL MONDAL	B.A/20/1022	V	Anil Mondal	
33	ANIL MONDAL	B.A/20/1023	V	Anil Mondal	
34	ANIL MONDAL	B.A/20/1024	V	Anil Mondal	
35	ANIL MONDAL	B.A/20/1025	V	Anil Mondal	
36	ANIL MONDAL	B.A/20/1026	V	Anil Mondal	
37	ANIL MONDAL	B.A/20/1027	V	Anil Mondal	
38	ANIL MONDAL	B.A/20/1028	V	Anil Mondal	
39	ANIL MONDAL	B.A/20/1029	V	Anil Mondal	
40	ANIL MONDAL	B.A/20/1030	V	Anil Mondal	

Signature of President/Secretary (MDTA)  
President/Secretary/Teacher  
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30	PRADIP DAS	B.A/20/1003	V	Pradip Das	
31	Jaya Pramanik	B.A/20/1004	I	Jaya Pramanik	
32	SAMPATI GHOSH	B.A/20/1005	I	Sampati Ghosh	
33	Jagdish Rajendra	B.A/20/1006	I	Jagdish Rajendra	
34	Charvi Mondal	B.A/20/1007	I	Charvi Mondal	
35	SOMEN MONDAL	B.A/20/1008	W	Somen Mondal	
36	Shampa Mondal	B.A/20/1009	I	Shampa Mondal	
37	ARMENA KHATUN	B.A/20/1010	III	Armena Khatun	
38	ABRABA DAS	B.A/20/1011	III	Abraha Das	
39	EJAI AHAMED	B.A/20/1012	III	Ejai Ahamed	
40	MOSTAFIZ HOQUE	B.A/20/1013	V	Mostafiz Hoque	
41	Balshahi Das	B.A/20/1014	I	Balshahi Das	

Signature of President/Secretary (MDTA)  
President/Secretary/Teacher  
Malda District Taekwondo Association  
Reg. No. 50014508

Signature of Teachers

## Photos of the Event/ Class

Photo- 1



Photo-2



Photo-3



Mangal Bari, West Bengal, India  
Gour Mahavidyalaya 24CX+8P8, Parasamandi,  
Mangal Bari, West Bengal 732101, India  
23/12/22 02:53 PM GMT +05:30

**Photo-4**



**CERTIFICATE DISTRIBUTION**