

# Self Defense Training Programme (NSS Unit)

## Date & Duration:

30.07.2024, 9.30 a.m. – 11.00 a.m.

## Objectives:

1. To educate the girl students about the various types of violence against them.
2. To provide knowledge about the different tips of self-defence keep in mind in different situations.
3. To gives hands on training on self-defence.

## Level of Event (College / State / National / International):

It was college level event.

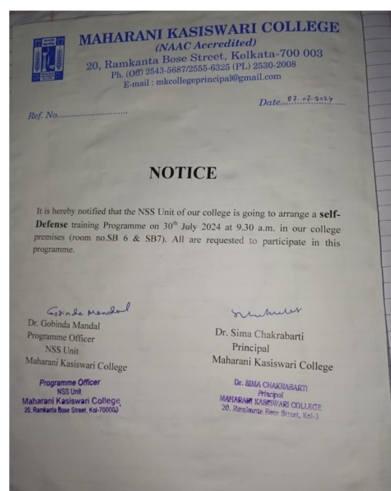
## No. of Participants:

No. of 17(seventeen) NSS Volunteers took active participation in this programme

## Description of event:

Self-defence is very important things to everybody. In our every day's life we may be attacked in any time by the evil persons. If we know the techniques of self-defence, it give protection us at the time of that kinds of attacking. In our country women are most unprotected. In every moment they may fall in danger by such wicked persons. So it is most necessary to trained the girl about self-protection process. For this purpose NSS Unit Of Maharani Kasiswari College arranged self-defence training programme on 30<sup>th</sup> July, 2024 in the college premises, room no. SB6 at 9.30 a.m. It was first training programme of this session. There were no. of 17 volunteers of NSS unit took active participation in this programme. Khusbu Sing, the trainer of self-defence cell of our college trained the participants. At first she discussed about self-defence i.e. what self-defence is, its necessity etc. Then Physical exercise was practiced. Because physical fitness is necessary for self-defence. Then various techniques of self-defence were practiced.

## Event Notice:



**Attendance sheet :**

Date: \_\_\_\_\_

**MAHARANI KASISWARI COLLEGE**  
SELF DEFENCE - NSS UNIT

Date : 30-07-2024

**ATTENDANCE SHEET OF THE STUDENTS**

Sl. No.	Name	Department	College Roll	Sem	Signature	Email ID
1	Yogita Chhangani	B.Com(G)	433	2nd	Y.C	
2	Kajal Kumari	B.Com(G)	333	2nd	K.K	
3	Anjali Mukherjee	B.Com(G)	307	2nd	A.H.	
4	Reyba Saha	B.A(H)	513	2nd	R.S	
5	Pratima Das	B.A(H)	508	2nd	P.P.	
6	Bani Das	B.A(H)	505	2nd	B.D	
7	Sabari Ghosal	B.A(H)	517	2nd	S.G	
8	Trisha Karmakar	B.A(H)	523	2nd	T.K	
9	Pithi Sankar	B.A(H)	529	2nd	T.S.	
10	Susmita Roy	B.A(H)	521	2nd	S.R.	
11	Suchitra Maji	B.A(H)	518	2nd	S.M.	
12	Sudhama Das	B.A(H)	519	2nd	S.D.	
13	Anjali Choudhury	B.A(H)	501	2nd	A.C.	
14	Sukanya Bhattacharjee	B.A(H)	520	2nd	S.B	
15	Riya Ghosh	B.A(H)	512	2nd	R.G.	
16	Sneha Roy	B.A(H)	516	2nd	S.R.	
17	Sharmi Sarkar	B.A(H)	514	2nd	S.S	

**Event Pictures :**



