

BIRPARA COLLEGE

(NAAC ACCREDITED)

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College
Affiliated to the University of
North Bengal & Enlisted Under
Sec. 2(f) & 12(B) of UGC. Act.)*



Phone & Fax No. : 03563 - 266217

Website : www.birparacollege.ac.in

e-mail : birparacollege@gmail.com

Ref

Date

NOTICE

Date: 27/04/2024

The NSS Unit II of Birpara College will organise a Self Defence Programme Training at Jublee Club under NSS Outreach Programme at Birpara on 3/5/2024. All NSS volunteers of Unit II, students, and faculty members are encouraged to participate actively in this event.

Kanstav Chakrabarti

Principal
Birpara College

Principal
Birpara College
Birpara, Alipurduar

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SELF DEFENCE PROGRAMME TRAINING AT JUBLEE CLUB

Under NSS Outreach Programme

Organized by: NSS Unit II, Birpara College

Date: 3/5/2024

No of Volunteers Participated: 22

Introduction

The "Self Defence Programme Training" aimed to equip participants, especially students, with essential self-defence skills to enhance their personal safety and confidence. The programme also sought to foster a sense of empowerment and community awareness regarding personal security, particularly for vulnerable groups.

Details of the Programme

The training session was structured into two segments:

1. **Theoretical Awareness:** The importance of self-defence in modern society, legal rights, and the significance of mental alertness.
2. **Practical Training:** Demonstrations of basic techniques and hands-on training in self-defence methods suitable for real-life scenarios.

Impact of the Programme

On Students:

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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- **Skill Development:** Students acquired practical self-defence techniques to safeguard themselves in challenging situations.
- **Increased Confidence:** Participants reported feeling more empowered and secure in handling unforeseen incidents.
- **Awareness Building:** The session instilled a deeper understanding of their personal safety rights and preventive measures.

On Society:

- **Community Safety Awareness:** The event created a ripple effect as participants shared their learnings with peers and family, fostering a culture of safety.
- **Empowered Local Women:** The programme served as an inspiration for women in the community to take proactive measures for their safety.
- **Youth Engagement:** The active involvement of NSS volunteers highlighted the role of youth in addressing critical societal challenges.



Kansta Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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Mrs. Mayna Mahato delivering her lecture on importance of self defence at today's world At Jublee club, Birpara

Volunteers in front of Jublee club after the programme

Conclusion

The Self Defence Programme Training at Jubilee Club successfully met its objectives of empowering students and creating societal awareness. It reflected the commitment of NSS Unit II, Birpara College, to fostering a secure and progressive community.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR


Title of Event: Self Defence Programme Training
at Subee Club

Date: From 03/05/2024 to ___/___/___ Time (in hours) _____

Organised by: NSS Unit-II, Birpara College (District Programme)

In collaboration with: IRAC, Birpara College

Attendance Sheet

Sl. No.	Signature	Sl. No.	Signature
1.	Muskan San	26.	
2.	Muskan Kumari Gupta	27.	
3.	Muskan Mahali	28.	
4.	Namita Narisimay	29.	
5.	Neha Awroaj	30.	
6.	Nisha Kharica	31.	
7.	Omprakash Mahato	32.	
8.	Prayash Rai	33.	
9.	Priya Kumari Prasad	34.	
10.	Priya Sarkar	35.	
11.	Priya Sumanthar	36.	
12.	Priyanka Sahani	37.	
13.	Puja Oraon	38.	
14.	Radhini Karjee	39.	
15.	Rahul Pradhan	40.	
16.	Ranjana Khetan	41.	
17.	Roman mini	42.	
18.	Romshan Oraon	43.	
19.	Sakina Oraon	44.	
20.	Sandip Mandal	45.	
21.	Sanja Babha	46.	
22.	Sital Thakur	47.	
23.		48.	
24.	Kantab Chakraborty	49.	 Programme Officer Birpara College NSS Unit-II Birpara, Alipurduar
25.	PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR	50.	