

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: 13.03.2024

The NSS Unit I of Birpara College will organise Self Defence Programme training at Birpara High School on 27/03/2024. All NSS volunteers of Unit I, students, and faculty members are encouraged to participate actively in this event.

Kaustav Chakrabarti

Principal
Birpara College

Principal
Birpara College
Birpara, Alipurduar

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SELF DEFENCE PROGRAMME TRAINING AT BIRPARA HIGH SCHOOL

Under NSS Outreach Programme

Organized by: NSS Unit I, Birpara College

Date: 27/03/2024

No of Volunteers Participated: 34

Introduction

The Self-Defence Programme aimed to equip students, particularly young girls, with essential skills to protect themselves in adverse situations. The training focused on fostering confidence, physical strength, and mental resilience while creating awareness of safety measures.

Programme Summary

The one-day training session commenced with an inauguration ceremony, followed by interactive and practical sessions conducted by experienced self-defence instructors. The training modules included:

- Basic defence techniques
- Situational awareness and escape strategies
- Techniques for handling physical confrontations
- Psychological preparedness for emergencies

Volunteers from NSS Unit I actively supported the event by assisting in coordination, guiding participants, and ensuring the smooth execution of activities.

Impact Analysis

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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Impact on Students

1. Empowerment and Confidence:

- Over 100 students, especially girls, gained confidence in their ability to handle adverse situations.
- Enhanced awareness of safety measures in daily life.

2. Skill Development:

- Students learned practical self-defence techniques to respond effectively to potential threats.

3. Behavioral Transformation:

- Improved discipline, focus, and physical fitness were observed among participants.



Dr. Jyotirmay Roy delivering lecture to the volunteers and students at Birpara High School



Creating awareness about the importance of self-defence in today's world

Impact on Institution

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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1. Enhanced Safety Culture:

- The programme set a precedent for prioritizing student safety, encouraging similar initiatives in the future.

2. Collaboration and Engagement:

- Strengthened the relationship between Birpara College and Birpara High School.

3. Positive Reputation:

- The event highlighted the institution's commitment to empowering youth, enhancing its image in the community.

Impact on the Community

1. Increased Awareness:

- Community members, including parents and teachers, appreciated the initiative, spreading awareness about the importance of self-defence training for children.

2. Safer Environment:

- The programme indirectly contributed to a safer community by empowering young individuals to safeguard themselves.

3. Encouraged Participation:

- The event inspired other schools and organizations to conduct similar training programmes.

Conclusion

The Self-Defence Programme Training at Birpara High School was a resounding success. It empowered students with life-saving skills, strengthened institutional ties, and fostered a safer and more aware community. NSS Unit I is committed to organizing similar impactful events in the future

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Self Defence Training Programme at Birpara High School.

Date: From 27/03/24 to / / Time (in hours)

Organised by: NSS Unit 1, Birpara College (outreach programme)

In collaboration with: D&Ac, Birpara College.

Attendance Sheet

Sl. No.	Signature	Sl. No.	Signature
1.	Niramanjan Lama	26.	Jay Sanzen
2.	Pallabi Reay	27.	Sayanti Mandal
3.	Priya Shankar	28.	Jharana Dewari
4.	Priya Ozen	29.	Joli Sarkar
5.	Purna Tamang	30.	Joydeep Kar
6.	Reshmi Tigga	31.	Kamini Das
7.	Sadiya Begam	32.	Manisha Barman
8.	Sandhiya Thakuni	33.	Nipa Sarkar
9.	Sonce Sha	34.	Papisa Das
10.	Tarisha Paul	35.	
11.	Aditya Narjynary	36.	
12.	Akasha Gurung	37.	Kavotar Chakrabarti
13.	Alivya Ghosh	38.	PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR
14.	Anirban dhar	39.	
15.	Ankita Kami	40.	
16.	Anu Pradhan	41.	Pranoy Das
17.	Aruna Tamang	42.	Programme Officer Birpara College NSS Unit 1 Birpara, Alipurduar
18.	Aryan Kumar Bah	43.	
19.	Avishek Dasjee	44.	
20.	Barnali Basak	45.	
21.	Bhagyabati Roy	46.	
22.	Biplab Roy	47.	
23.	Deep Paul	48.	
24.	Dilip Kumar Gupta	49.	
25.	Hansh Raj	50.	