



National Service Scheme (Unit I & II) Chandidas Mahavidyalaya

Khujutipara, Birbhum
West Bengal - 731215

Date: - 04-02-2019

NOTICE

5days Self-defense Training Program for Girl Students

It is hereby notified for all concerned that our N.S.S Units (I & II) is going to organize a “5-Day Self-defense training program” for our existing girl students (whether NSS volunteers or not) on and from 08.02.2019 (Every Friday) at Auditorium hall at 2nd half of the day without compromising any schedule class. This program is at free of any cost.

Interested girl students are advised to meet NSS Programme Officers for any query.

NSS Programme Officers

Prof. Koushik Roy (7797257531)

Prof. Kironmoy Mondal (9735340332)

Signature of the Programme Officers

Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

▪ Attendance Sheet of Participants:

" SELF-DEFENCE TRAINING FOR GIRL STUDENTS "

Date - 08.02.2019

In the present scenario, it is a common fact to know how to defend our self in any kind of situation, but in the rural area this is a big challenge for women, so that to evolve & empower the women CM USS initiated the prog and girls are enjoyed so much.

□ Signature of the Resource Person: *Jhansi Prasad*

□ Sign of the P.O's & Instructors: 1. ✓ 2. (P.O.)
 3. K. Mondal 4. *Arjun*
 5. Anup Kumar Rana 5.

□ Signature of the participants:

1. kabita Mondal	27. Rojana Sultana
2. Moumita Mal	28. Monoma Khatun
3. Priya Ghosh	29. Asma Khatun
4. Snigdha Mondal	30. Kakulikhon
5. Sampa Ghosal	31. Riya Ghosh
6. Hazera Khatun	32. Dipa Fouzdar
7. Samima Khatun	33. Manasi Garai
8. Beauty Khatun	34. Sahonara Khatun.
9. Rani Garai	35. Riya Dedyosi
10. Rehana Khatun	36. Laxmi Pal
11. Kamrunnesha Khatun.	37. Sima Ghosh
12. Bulbuli Garai	38. Rima Ghosh
13. Surana Akter	39. Riya Mondal
14. Sukkita Bhandari	40. Mandira Mollick
15. Riya Fouzdar	41. Songita Mallick
16. Priya Dhibar	42. Salima Khatun
17. Kaya Saha	43. Sakina Parveen.
18. Hasmina Khatun	44. Ferdous Khatun
19. Dipika Das	45. Taniza Sultan
20. Suchitma Das	46. Pamina Khatun
21. silabati Pal	47. Rimza Khatun
22. Riya Pal	48. Khadija Parveen.
23. Rijiya Khatun.	49. Momi na Khatun
24. Ummi Saleha.	50. Samima Khatun
25. Raufannara Khatun	51. Masiorre Khatun
26. Richard Khatun	52. Bussra Khatun

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REPORT OF CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAM

- **Name of the Program:** Self Defense Training Program
- **Category of the Program – CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAM**
- **Date & Time –04.02.2019 – 05.03.2019 (Every Friday)**
- **Venue – Auditorium Hall and our College field**
- **Duration –5Days, 1hr per day**
- **No of Teachers/NTS participated – 02**
- **No. of Beneficiaries – 52**
- **Brief Report of the Program –** The primary aspect in terms of gender inequality has been experienced is in participation. The students are mainly from the rural interior village areas and maximum from minority community. Girls were provided with less participation opportunities as compared to their male counterparts and hence, it led to prevalence of gender inequality. In rural communities, this problem has been more severe as compared to urban communities. In educational institutions, gender inequality has been experienced. Girls have been discriminated against in terms of various aspects as compared to their male counterparts. Gender inequality in education is regarded as the major impediment within the course of overall progression of the system of education.
- **Outcomes of the Program -**
 - Girls are getting a chance to step out of their own space.
 - They are learning to be self-reliant in terms of self-defense.
 - Along with education they are learning to be independent.

Signature of the Program Officer

Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

**Picture of the Self-defense Training Program
(For Girl Students)**

Session – 2018-2019 Dated: 04.02.2019



Sign of the Program Officer

**Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM**

Sign of the Principal

**Principal
CHANDIDAS MAHAVIDYALAYA
P.O.-Khujutipara
Dist.-Birbhum**



CHANDIDAS MAHAVIDYALAYA
Khujutipara, Birbhum

Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training
(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that... *Thuma Pal* of... *Sanskrit*
(Deptt.) actively participated in *Self-Defense- Training* ... for ... *5 Days*
(duration of period) training /-course-/ programme organized by ... *N. S. S.*
..... on *04.02.2019-05.03-2019*.

Signature of the Organizing Secretary

Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

Signature of the Principal

Principal
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM



CHANDIDAS MAHAVIDYALAYA
Khujutipara, Birbhum

Certificate of Participation
in

Capacity Building and Skill enhancement Course / Programme / Training
(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that... *Rithi Sarkar* of *Sanskrit*
(Deptt.) actively participated in. *Self-Defense Training* .. for *5 Days*
(duration of period) training / course / programme organized by *N.S.S*
..... on *04.02.2019 - 05.03.2019* .

[Signature]
Signature of the Organizing Secretary
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

[Signature]
Signature of the Principal
Principal
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM



CHANDIDAS MAHAVIDYALAYA

Khujutipara, Birbhum

Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training

(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that... *Chandra Ghosh* of *General*

(Deptt.) actively participated in... *Self Defense Training* for *5 Days*

(duration of period) training / course / programme organized by *N. S. S.*

..... on *04.02.2019 - 05.03.2019*

Signature of the Organizing Secretary

Programme Officer, NSS

CHANDIDAS MAHAVIDYALAYA

Khujutipara, Birbhum

Signature of the Principal

CHANDIDAS MAHAVIDYALAYA

Khujutipara,
Birbhum



CHANDIDAS MAHAVIDYALAYA
Khujutipara, Birbhum

Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training
(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that... *Sampi Mal* of *Sanskrit*
(Deptt.) actively participated in *Self Defense Training* for *5 Days*
(duration of period) training / course / programme organized by *N.S.S.*
..... on *04.02.2019 - 05.03.2019* .

[Signature]
Signature of the Organizing Secretary
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

[Signature]
Signature of the Principal
Principal
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM