

## Self-Defense Training Programme Report

On May 8, 2025, the KC Das Commerce College Students' Union, in collaboration with the National Service Scheme (NSS), organized a comprehensive Self-Defense Training Programme at KC Das Commerce College. The event aimed to equip students with practical self-defense techniques and strategies for personal safety, promoting confidence and empowerment among participants.



The programme featured expert trainers who conducted interactive and practical sessions, focusing on awareness, response strategies, and confidence-building exercises. The sessions were designed to cater to the specific needs of students, providing them with valuable insights into self-defense techniques and personal safety strategies. A total of 35 students and 10 NSS volunteers participated in the programme, along with 4 resource persons who shared their expertise and experience.



The interactive nature of the sessions fostered a sense of confidence and empowerment among the participants, who actively engaged with the trainers and learned valuable skills. The programme's success can be attributed to the collaborative efforts of the KC Das Commerce College Students' Union and the NSS, who worked together to create a platform for students to learn and grow.



The organizers expressed their heartfelt gratitude to the expert trainers for their valuable contributions, to the NSS for their support and collaboration, and to the participants for their enthusiasm and active participation. A vote of thanks was delivered by a professor, acknowledging the efforts of all involved in making the programme a success.



The Self-Defense Training Programme was a resounding success, providing students with essential skills and knowledge for personal safety. The programme's impact is expected to be long-lasting, empowering students to navigate challenging situations with confidence and poise. The KC Das Commerce College Students' Union and the NSS look forward to organizing similar events in the future, promoting student well-being and empowerment.





Attendance			Date _____ Page _____
	<del>Attendance</del>		
1.	Sayantini Sinha	H.S 2nd year	- 265 (C)
2.	Sakshi Ghosh	HS 2nd year	- 163 (B)
3.	Suchita Kumari	H.S 2nd year	- 065 (A)
4.	Shreuti Ghosh	H.S 2nd year	- 067 (A)
5.	Shreya Das	H.S 2nd year	- 071 (A)
6.	Saloni Kumari	H.S 2nd year	- 275 (C)
7.	Pragati Shah	H.S 2nd year	- 181 (B)
8.	Debasmita Ghosh	H.S 2nd year	- 178 (B)
9.	Md. Sahil Reza Ansari	H.S 2nd year	- 269 (C)
10.	Nandan Yadav	H.S 2nd year	- 170 (B)
11.	Anmol Ratan Gupta	H.S 2nd Year	- 168 (B)
12.	Gaurav K. Sah	H.S 2nd Year	- 165 (B)
13.	Ajay Ghosh	B.Com 4th Sem	- 458 (D)
14.	Krushna Lakhota	B.Com 2nd Sem	
15.	Prabhat Pandey	B.Com 4th Sem	- 50 (A)
16.	Saiyam Kumar	B.Com 4th Sem	- 11 (A)
17.	Mohit Sharma	B.Com 4th Sem	- 403 (D)
18.	Pawan Shah	B.Com 4th Sem	- 413 (D)
19.	Hemen Sawarjany	B.Com 4th Sem	- 646 (F)
20.	Debnaj Dey	B.Com 4th Sem	- 575 (E)

(Dr. Safiqul Haque)  
 Programme Officer  
 NSS Unit  
 K. C. Das Commerce College