



NATIONAL SERVICE SCHEME UNIT

K.C. DAS COMMERCE COLLEGE

A Provincialised College under the Government of Assam  
UGC Recognised; AICTE Approved; Affiliated to Gauhati University; NAAC Accredited; ISO 9001:2015  
Chatribari, Guwahati: 781 008, Assam, INDIA  
E-mail: [kcdccollege@gmail.com](mailto:kcdccollege@gmail.com) Web: [www.kcdccollege.ac.in](http://www.kcdccollege.ac.in)  
Phones: 9864102580, 8136086480

Dr. Safiqul Haque  
Programme Officer  
NSS Unit, KC Das Commerce College

ACTIVITY REPORT: 2024-2025

8<sup>th</sup> MAY, 2025

- 1. Name of the Organizing Cell: NSS Unit
- 2. Name of the Event Conducted: Self Defence Training Programme
- 3. Name of the Collaborating Department (if any): NETWORKING, Guwahati.
- 4. Mode: Offline
- 5. Date of the Event: 8<sup>th</sup> May, 2025
- 6. Time: 10:30 am to 2: 00pm
- 7. Place/ Venue/ (Platform - in Case of Online Programme): College Play Ground
- 8. Objectives of the Event (Please describe point-wise): The sessions were designed to cater to the specific needs of students, providing them with valuable insights into self-defence techniques and personal safety strategies
- 9. Name of Resource person(s) with their Position and Organization Name (if any): Mr. Dhon Roy, MD, Coach, Karate Academy, Guwahati.
- 10. Title of the Topic(s) delivered by the Resource person(s) (if applicable): How to connect with Global Universities and its opportunities.
- 11. Total No. of Participants:
  - a. Students: 35
  - b. Teachers:04
  - c. Others (Please Specify): Students' Union & Office Staff =06
- 12. Total No. of Beneficiaries (in case of extension activities): 50
- 13. Outcome of the Event (Please describe within 200 words): 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 K.C. Das Commerce College Students' Union and the NSS, who worked together to create a platform for students to learn and grow. 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.



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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.

Signature of the Programme Officer with Seal

### 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.







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Dr. Safiqul Haque  
Programme Officer  
NSS Unit, KC Das Commerce College

SELF DEFENCE TRAINING PROGRAMME  
Organised by  
NSS UNIT  
K.C. DAS COMMERCE COLLEGE  
Date: 08-05-2025

SL No.	NAME	Roll No.	SEM./YEAR/ SEC.	SIGNATURE
1.	Saiyam Kumar	0011	A	Saiyam K.
2.	Biplab Das	332	C	B. Das
3.	Chandan Kumar	165	B	Chandan
4.	Dhanyjit Umig	197	B	Dhanyjit
5.	Anyan Gupta	198	B	Anyan
6.	Shubham B. Sah	246	C	Shubham
7.	Jindal J. Yadav	137	B	Jindal
8.	Ritesh Kumar	251	C	Ritesh
9.	Graneesh sah	250	C	Graneesh
10.	Kanishka Singh	114	B	Kanishka
11.	Nikita Das	138	H.S. 1st year B	Nikita
12.	Mindashree Sarkar	125	H.S. 1st year B	Mindashree
13.	Kabeeri Das	156	H.S. 1st year B	Kabeeri
14.	Eisikha Majhi	200	H.S. 1st year B	Eisikha
15.	Mohit Panigrahy	191	H.S. 1st year B	Mohit Panigrahy
16.	Aman Mahato	128	H.S. 1st year B	Aman Mahato
17.	Biswarup Ghosh	122	H.S. 1st year B	Biswarup
18.	Subhashis Sarkar	118	H.S. 1st year B	Subhashis Sarkar
19.	Tunaid Akhtar	186	H.S. 1st year B	Tunaid Akhtar
20.	Pranjal Gogoi	185	H.S. 1st year B	Pranjal Gogoi
21.	Samrat Saha	150	H.S. 1st year B	Samrat Saha
22.	Pratik Thapa	162	H.S. 1st year B	Pratik Thapa
23.	Parikshit Raj. Dev	149	H.S. 1st year B	Parikshit
24.	Vaibhav Mandal	195	H.S. 1st year B	Vaibhav
25.	Ankit Kumar Yadav	174	H.S. 1st year B	Ankit
26.	Gaurav Agarwal	102	H.S. 1st year B	Gaurav
27.	Aryan Verma	134	H.S. 1st year B	Aryan
28.	Trishna Das	161	H.S. 1st year B	Trishna
29.	Trisha Das	160	H.S. 1st year B	Trisha
30.	Aarju Prajapat	123	H.S. 1st year B	Aarju Prajapat
31.	Parvita Das	175	H.S. 1st year B	Parvita
32.	Rajal Ray	176	H.S. 1st year B	Rajal Ray
33.	Sreha Panigrahy	151	H.S. 1st year B	Sreha Panigrahy
34.	Bindita Deb	199	H.S. 1st year B	Bindita Deb
		186	H.S. 1st year	Priya Boudya