

Website: <https://buniadpurmahavidyalaya.org/>

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NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Banshihari,
Dakshin Dinajpur, West Bengal, India- 733 121.
(Affiliated to the University of Gour Banga)

To,
The Chairman
IQAC
Buniadpur Mahavidyalaya
Buniadpur
Dakshin Dinajpur-733121

Dated: Buniadpur
2 November 2019

Through,
The IQAC Coordinator
Buniadpur Mahavidyalaya
Buniadpur
Dakshin Dinajpur-733121

Subject: Request for Permission to Initiate Self-Defence Programme under the Sukanya Project

Dear Sir,

I am writing to seek your esteemed permission to initiate a Self-Defence Programme under the Sukanya Project at Buniadpur Mahavidyalaya in collaboration with the District Police Administration. This programme, intended as a 30-hour add-on course, aims to empower young women with essential self-defence skills. By offering this course, we aspire to enhance the safety and confidence of our students in navigating various situations. Given permission, we shall seek a written permission from the district police which, we are sure will be granted as we had already a verbal communication prior to this. The course may likely to be commenced from the first week of January 2020.

We believe that implementing such a programme aligns with our commitment to holistic education and the well-being of our female students. Your permission and support in this endeavour would be greatly appreciated.

Thank you for considering our request. We eagerly await your response.

(Prof. Tanima Dutta)
Assistant Professor of English &
C.T.O. (7 Bengal Bn. NCC)
Buniadpur Mahavidyalaya

Approved by
J. C. C.

Verified & digitally signed (DSC) by
Principal, Buniadpur Mahavidyalaya

Website: <https://buniadpurmahavidyalaya.org/>

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NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Banshihari,
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Notice

Enrollment for Self-Defense Programme under the Sukanya Project- as a 30-hour-Add-on-Course

Date: 11/11/2019

This is for the kind attention of all students of Buniadpur Mahavidyalaya that a 30-Hour-Add-on Course on Self Defence Training under the Scheme of Sukanya Project is going to be organised by Buniadpur Mahavidyalaya in collaboration with the Dakshin Dinajpur District Police Administration of West Bengal. The date of commencement of the programme is 07/01/2020. Enrollment is now open for the Course. This 30-hour add-on course aims to equip you with essential self-defence skills with the guidance of experts in the field. With only 40 seats available, enrollment will be on a first-come, first-served basis. Don't miss this opportunity to empower yourself and enhance your safety. Register now to secure your position before 2nd January 2020. Dress suitable for physical training will be offered by the police administration on the day of commencement. Students will be also given a course based on a combination of theoretical sessions, practical demonstrations, hands-on practice sessions, and scenario-based training exercises. Upon successful completion the students will be offered certificates of completion.

(Prof. Tanima Dutta)

Assistant Professor of English &
C.T.O. (7 Bengal Bn. NCC)
Buniadpur Mahavidyalaya

Verified & digitally signed (DSC) by
Principal, Buniadpur Mahavidyalaya

APPLICATION FORM



BUNIADPUR MAHAVIDYALAYA

30 Hours' Self Defence Training- Sukanya Project (Add on Course)

Organised by

Women Empowerment & Equal Opportunity Cell

In collaboration with

Dakshin Dinajpur District Police Administration

Date of Admission: 30.07.2020

Student Name:

Mousami Khatun

Father's Name:

Moklesur Rahman

Name of the Department:

Pol. Sc.

Year/Semester & Roll Number :

Part-2

Contact/Whatsapp Number:

6297632967

Signature of the Applicant

Mousami Khatun

BROCHURE



Sukanya

30 Hours' Add-on Course
on
“Self Defense Training”
(Under the Scheme of Sukanya Project)



To be organised by
Buniadpur Mahavidyalaya
in collaboration with
Dakshin Dinajpur District Police Administration
Dates: 07/01/2020-08/02/2020
Venue: Buniadpur Mahavidyalaya

Course Coordinator: Prof. Tanima Dutta
Course Trainers: Mr. Dibakar Mandal & Ms. Shipra Barmana

The Sukanya Project – A Self Defense Training, an initiative conceived by the Government of West Bengal, will be organised by Buniadpur Mahavidyalaya in collaboration with the Dakshin Dinajpur District Police Administration of West Bengal. The add-on course cum training program aims to empower girl students of Buniadpur Mahavidyalaya with essential self-defense skills, enhancing their confidence and ability to protect themselves in challenging situations.

Objectives:

1. To equip girl students with practical self-defense techniques.
2. To enhance awareness about personal safety and security among participants.
3. To instill confidence and assertiveness in dealing with potential threats or dangers.
4. To inculcate a sense of empowerment and independence among girl students.

Course Module Outline:

1. Introduction to Self-Defense:
 - Understanding the importance of self-defense training
 - Exploring the psychological and physical benefits of self-defense techniques
2. Basic Self-Defense Techniques:
 - Learning fundamental self-defense stances, blocks, and strikes
 - Practicing basic techniques for escaping grabs and holds
3. Defense against Common Attacks:
 - Techniques for defending against punches, kicks, and grabs
 - Strategies for creating distance and creating opportunities to escape
4. Ground Defense:
 - Learning ground defense techniques to defend against attackers when on the ground
 - Practicing methods to escape from various ground positions
5. Weapon Defense:
 - Understanding defense strategies against common weapons such as knives and sticks
 - Learning how to disarm an attacker and neutralize the threat.
6. Situational Awareness:
 - Developing awareness skills to recognize potential threats and dangerous situations
 - Understanding the importance of assessing and managing risks in different environments
7. Scenario-based Training:
 - Simulating real-life scenarios to apply self-defense techniques in a controlled environment
 - Practicing decision-making skills and quick reactions under pressure
8. Physical Conditioning:
 - Incorporating physical conditioning exercises to improve strength, flexibility, and endurance
 - Understanding the importance of fitness in self-defense readiness

Registration: Interested female students of Buniadpur Mahavidyalaya may contact Prof. Tanima Dutta, CTO, NCC Coy. (7 Bengal BN NCC) Buniadpur Mahavidyalaya, Buniadpur 7 Bengal Bn. NCC, during working days and working hours to get registered for the said course, within 02 January 2020.

Verified & digitally signed (DSC) by
Principal, Buniadpur Mahavidyalaya

PARTICIPANTS

Add on Course
Self Defence Training - Sukanya
Project - (2019 - 2020)
07.01.2020 - 08.02.2020

REGISTER OF ATTEN-

For the Month of

Class Section

Roll No.	NAME OF STUDENTS	Admission No.	ATTEN-																																	
			07/01/20	08/01/20	09/01/20	10/01/20	11/01/20	12/01/20	13/01/20	14/01/20	15/01/20	16/01/20	17/01/20	18/01/20	19/01/20	20/01/20	21/01/20	22/01/20	23/01/20	24/01/20	25/01/20	26/01/20	27/01/20	28/01/20	29/01/20	30/01/20	31/01/20	01/02/20	02/02/20	03/02/20	04/02/20	05/02/20	06/02/20	07/02/20	08/02/20	
1.	MOUSAMI KHATUN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
2.	BULBULI MURMU		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
3.	DIPA MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
4.	MRIDULA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
5.	SAMPA PARVIN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
6.	RUMANA LAIKA SABNAM		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
7.	DHABOLI MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
8.	MANIKA MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
9.	NASIMA FYASMIN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
10.	JAHANARA KAATURI		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
11.	RAMALA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
12.	PURNIMA MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
13.	SUPARNA ROY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
14.	AREINA KHATUN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
15.	SIDDIKA KHATUN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
16.	MOUSUMI PAHAN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
17.	SURAVI ROY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
18.	PUSTIKA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
19.	MAMPTI ROY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
20.	DIPI SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
21.	SUSMITA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
22.	DRAUPADI SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
23.	PURNIMA GOLA KABIRAJ		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
24.	BHAGABATI PAHAN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
25.	DIPKA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
26.	CHITRA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
27.	ASTAMI SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
28.	KAJALI PAHAN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
29.	DILRUBA KHATUN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
30.	MANJULA HASDA		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
31.	MINOTI MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
32.	KAKULI ROY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
33.	PAYLA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
34.	SUSMITA JHA		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
35.	MOULI BAGCHI		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
36.	SUSMITA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
37.	PRIYANKA GHOSH		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
38.	RITA MAHATO		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
39.	DULAIT PAUL		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
40.	LABANYA SARKAR		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L

PHOTOGRAPHS



Verified & digitally signed (DSC) by
Principal, Buniadpur Mahavidyalaya

CERTIFICATE



Sukanya

Certificate of Completion

30 Hours' Add-on Course

on

"Self Defense Training"

(Under the Scheme of Sukanya Project)



This is to certify that Mouli Bagchi of Buniadpur Mahavidyalaya
has successfully completed a 30 Hours' Add-on Course on "Self Defense Training" under the Scheme of Sukanya Project,
organised by Buniadpur Mahavidyalaya in collaboration with Dakshin Dinajpur District Police Administration
from 07/01/2020 to 08/02/2020 at Buniadpur Mahavidyalaya.

Course Coordinator: **Prof. Tanimu Dutta**
Course Trainers: **Mr. Dibakar Mandal & Ms. Shipra Barmana**

Prof. Tanimu Dutta
CTO, NCC 7 Bn.
Buniadpur Mahavidyalaya

Dr. Jitesh Chandra Chaki
Principal
Buniadpur Mahavidyalaya



NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Bansihari,
Dakshin Dinajpur, West Bengal, India- 733 121.

(Affiliated to the University of Gour Banga)

Title: Report on 30 Hours' Add-on Course on "Self Defense Training" (Under the Scheme of Sukanya Project)

Course duration: 07/01/2020-08/02/2020; 30 Hours

Organised by: Buniadpur Mahavidyalaya in collaboration with Dakshin Dinajpur District Police Administration

Course Coordinator: Prof. Tanima Dutta, who liaised between the college administration, the District Police Administration, and the trainers to coordinate logistics, schedule sessions, and address any issues or concerns raised by participants.

Course Trainers: Dibakar Mandal & Shipra Barmana

No. of students participated: 40 (Only Female Students)

No. of students completed the Training: 40

The Sukanya Project – A Self Defense Training, an initiative conceived by the Government of West Bengal, was successfully organized by Buniadpur Mahavidyalaya in collaboration with the Dakshin Dinajpur District Police Administration of West Bengal. The add-on course cum training program aimed to empower girl students of Buniadpur Mahavidyalaya with essential self-defense skills, enhancing their confidence and ability to protect themselves in challenging situations.

Objectives:

1. To equip girl students with practical self-defense techniques.
2. To enhance awareness about personal safety and security among participants.
3. To instill confidence and assertiveness in dealing with potential threats or dangers.
4. To inculcate a sense of empowerment and independence among girl students.

Course Module Outline:

1. Introduction to Self-Defense:

- Understanding the importance of self-defense training
- Exploring the psychological and physical benefits of self-defense techniques

2. Basic Self-Defense Techniques:

- Learning fundamental self-defense stances, blocks, and strikes
- Practicing basic techniques for escaping grabs and holds

3. Defense against Common Attacks:

- Techniques for defending against punches, kicks, and grabs
- Strategies for creating distance and creating opportunities to escape

4. Ground Defense:

- Learning ground defense techniques to defend against attackers when on the ground
- Practicing methods to escape from various ground positions

5. Weapon Defense:

- Understanding defense strategies against common weapons such as knives and sticks
- Learning how to disarm an attacker and neutralize the threat

6. Situational Awareness:

- Developing awareness skills to recognize potential threats and dangerous situations
- Understanding the importance of assessing and managing risks in different environments

7. Scenario-based Training:

- Simulating real-life scenarios to apply self-defense techniques in a controlled environment
- Practicing decision-making skills and quick reactions under pressure

8. Physical Conditioning:

- Incorporating physical conditioning exercises to improve strength, flexibility, and endurance
- Understanding the importance of fitness in self-defense readiness

Training Details:

The training programme took place from January 7th, 2020, to February 8th, 2020, spanning a duration of 30 hours within the college premise. It was exclusively designed for girl students of Buniadpur Mahavidyalaya, with a total of 40 participants completing the training successfully. The sessions were conducted by two experienced trainers appointed by the Dakshin Dinajpur District Police Administration. The course module was delivered through a combination of theoretical sessions, practical demonstrations, hands-on practice sessions, and scenario-based training exercises. Assessment was based on active participation in practical sessions, demonstration of self-defense techniques, and performance in scenario-based training exercises.

Outcomes:

1. Skill Development: Through hands-on training sessions, participants learned a variety of self-defense techniques, including blocking, striking, grappling, and evasion. They gained practical skills to protect themselves from physical harm and potential threats.
2. Increased Awareness: The training program raised awareness among participants about the importance of personal safety and security. They became more alert and vigilant in identifying potential risks and taking proactive measures to ensure their well-being.
3. Boosted Confidence: As participants mastered various self-defense techniques, they experienced a significant boost in their confidence levels. They gained a sense of empowerment and self-assurance, knowing that they have the ability to defend themselves if the need arises.
4. Sense of Empowerment: The Sukanya Project instilled a sense of empowerment and independence among girl students, emphasizing their right to safety and dignity. They were encouraged to assert themselves and stand up against any form of harassment or violence.
5. Certificate of Completion: Each student was given certificate after completion of the training programme.

Conclusion:

In conclusion, the 30 Hours' Add-on course on Self Defense Training proved to be a highly impactful initiative, equipping girl students with valuable self-defense skills and fostering a culture of safety, empowerment, and resilience. It served as a testament to the commitment of Buniadpur Mahavidyalaya and the Government of West Bengal towards promoting the safety and well-being of young women in the community.



(Tanima Dutta)

Coordinator

and CTO, NCC Coy. (7 Bengal BN NCC)

Buniadpur Mahavidyalaya, Buniadpur

7 Bengal Bn NCC