

National Service Scheme

Ramananda Centenary College
Laulara Purulia
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Self defence Training Programme

February 27, 2019

Overview

Going by the motto of NSS, i.e “not me but you”, it is important to be able to not only defend others and ourselves. Keeping this in mind NSS units of Ramananda Centenary College organised a one day training programme on ‘self defense training’.

Goals

1. **To understand the need for self defense training**
2. **To learn basic techniques of Self defence**

Milestones

1. Volunteers learnt basic moves to block attacks. They also understood the importance of shouting for help in an emergency situation.
2. The resource persons demonstrated ways in which one can use the attacker's strength to foil the attack. Volunteers practiced various methods to do so.

