

CIRCULAR**ARKA JAIN**
University
Jharkhand**SCHOOL OF COMMERCE & MANAGEMENT****Department of Commerce****NOTICE****Ref No: AJU/SCoM/DoC/2025/966****Date: 03.03.2025**

Department of Commerce, B.COM (H) is organising "**Self Defence Session**" on the occasion of **International Women's Day**. The event aims to recognise and appreciate the role of women in society, encourage gender equality and foster an environment of security and respect.

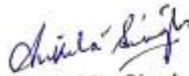
Details of the event:Date: 07th March 2025 (Friday)

Venue: Volleyball Court, University Campus

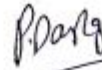
Theme: For all women and girls: Rights, Equality, Empowerment

Time: 11:30 am onwards

Event Coordinators: Mr. Nishant Kumar & Mr. B C Anant

**Dr. Ankita Singh**
Program Coordinator
B.COM (H)**Program Co-ordinator**
School of Commerce & Management**Copy for the information:**

1. PS to the Vice-Chancellor
2. PS to the Director
3. PS to the Registrar
4. Controller of Examinations
5. In charge Web services for Website Updation
6. Notice Board
7. Guard File

**Dr. Pompi Das Sengupta**
Asst. Dean (UG)
School of Commerce and ManagementAssistant Dean (UG)
School of Commerce and Management
Arka Jain University, Jharkhand

SELF-DEFENCE SESSION

Date of Event	07.03.2025
Name of the Event	SELF-DEFENCE SESSION
Type of the Event	Women Empowerment
Conducted by	Mr. Nishant Kumar & Mr. B C Anant
No. of Participants	21

OBJECTIVE:

The primary objective of organizing the Self-Defence Session was to equip students with essential skills in self-protection, boost their confidence, and promote personal safety awareness, especially in challenging situations. The session aimed at empowering students through practical knowledge of self-defence techniques, emphasizing the importance of physical and mental preparedness.

DETAILS:

The Department of Commerce (B.Com), ARKA JAIN University, successfully conducted a Self-Defence Session on **7th March 2025**, blessed by the honored presence of **Shri Gopal Kumar, Working President of the Jharkhand Taekwondo Association**. Shri Gopal Kumar, along with five of his skilled students, led an engaging and action-packed **Taekwondo-based self-defence session**. The event was designed to give students a hands-on experience in basic defensive techniques, situational awareness, and personal safety strategies.

The session witnessed enthusiastic participation from students, who actively engaged in the demonstrations and practiced key techniques under expert supervision. The team demonstrated stances, blocking techniques, escape moves, and strategies for defending against common forms of physical assault.

The interactive format, coupled with real-time demonstrations, made the session highly impactful and motivating for all attendees.

TAKEAWAY (OUTCOMES):

The Self-Defence Session proved to be an empowering and transformative initiative. Students walked away with greater confidence, a better understanding of physical self-protection, and a renewed sense of responsibility for their own safety. The session reinforced the importance of self-discipline, situational alertness, and staying physically active. It also highlighted the valuable role of martial arts in promoting personal and community well-being.

POSTER OF THE EVENT

ARKA JAIN
University
JharkhandRANKED 3RD
IN "TOP-15 EMERGING
PRIVATE UNIVERSITIES IN INDIA" CATEGORY

SCHOOL OF COMMERCE AND MANAGEMENT

Department of Commerce (B.COM(H))

*organises***SELF DEFENCE
SESSION***On the occasion of***INTERNATIONAL WOMEN'S DAY**7th March 2025
10 AMVolleyball Court
Near Block A**GOPAL KUMAR**Working President of
Jharkhand Taekwondo
Association**ARCHITA MOHANTY**Student
B.COM(H) 23-26**COORDINATOR**

Mr. Nishant Kumar

CONVENORDr. Pompi Das Sengupta
Dr. Ankita Singh

PHOTOS OF THE EVENT

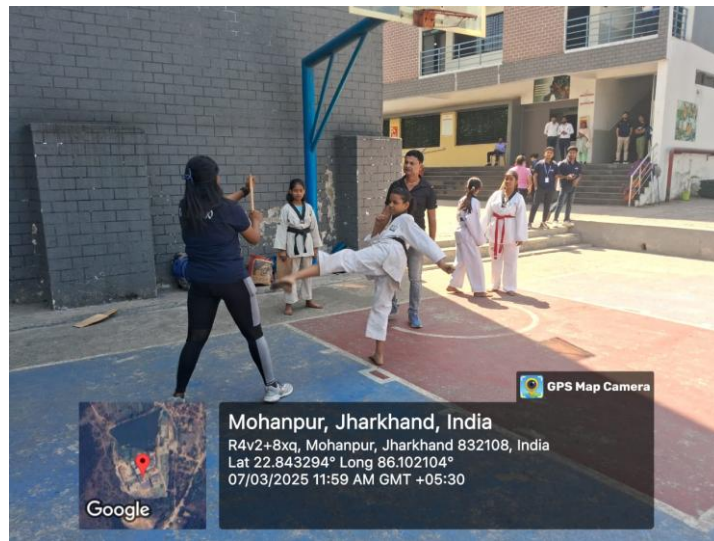


Fig.1 Live Demonstration of Self Defence Techniques



Fig.2 Participants with the Guest and Event Coordinators





Figure 3: Faculty Event Coordinator Welcoming the Guest with a Sapling



Figure 4: Felicitation of the Guest

LIST OF PARTICIPANTS

 ARKA JAIN University Jharkhand 			
Attendance sheet for Self-Defence			DATE : 07/03/2025
Department of Commerce B.COM (H)			SIGNATURE
SL NO.	NAME	ENROLLMENT NO.	
1	Kumari Rashmi	AJU/241376	Kumari Rashmi
2	Aish Kaur	AJU/221092	Aish Kaur
3	Abhishek Sharma	AJU/220011	Abhishek Sharma
4	Priyal chandhary	AJU/221150	Priyal chandhary
5	Harshika Raj	AJU/241488	Harshika Raj
6	Tanya Kumari	AJU/241380	Tanya Kumari
7	Harshika Singh	AJU/240602	Harshika Singh
8	Anuradha Kumari	AJU/221143	Anuradha Kumari
9	Anamika Kumari	AJU/241129	Anamika Kumari
10	Malek Rathore	AJU/240012	Malek Rathore
11	Harshita Kri Singh	AJU/241900	Harshita Kri Singh
12	Shelvi Samaiyan	AJU/241605	Shelvi Samaiyan
13	Pastika Jain	AJU/241895	Pastika Jain
14	Ashish Kumar	AJU/221527	Ashish Kumar
15	Gagandeep Kaur	AJU/220445	Gagandeep Kaur
16	Sanchita Kumari	AJU/220884	Sanchita Kumari
17	Manish Komar Sah	AJU/221862	Manish Komar Sah
18	Harshit Kumar	AJU/220391	Harshit Kumar
19	Ragel Kumar	AJU/220138	Ragel Kumar
20	Ritikumari	AJU/230818	Ritikumari
21	Aastha Chandra	AJU/230532	Aastha Chandra
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