



CPA
COLLEGE OF GLOBAL STUDIES
Affiliated to University of Calicut & Recognized by Govt. of Kerala
Cheloor, Puthanathani, Malappuram Dt
cpacollegeinfo@gmail.com



NAAC
NATIONAL ASSESSMENT AND
ACCREDITATION COUNCIL



PROGRAMME REPORT

2025
ഉണർവ്
സ്പർശിത സഹവസ ക്യാമ്പ്

DAY 4

SELF DEFENCE CLASS

NSS Unit 272

INDEX

Sl. No	Content	Page Number
1	Programme Request	3
2	Programme Approval	4
3	Programme poster	5
4	Circular	6
5	Poster	7
6	Participants List	8
7	Program Report	9
8	G tagged photo and one normal photo	10



CPA
COLLEGE OF GLOBAL STUDIES
Affiliated to University of Calicut & Recognized by Govt. of Kerala
Cheloor, Puthanathani, Malappuram Dt
cpacollegeinfo@gmail.com



Date: 26.12.2025

From,
Aboobacker.K.
Programme officer,NSS Unit 272
CPA College of Global Studies, Puthanathani

To,
The Principal
CPA College of Global Studies
Puthanathani, Malappuram

Subject: Request for Permission to SELF DEFENCE CLASS

Sir,

The NSS Unit of our college respectfully requests permission to conduct a Self Defence Class as part of the 7 Days NSS Special Camp “UNARVU” at GLP School, Kanmanam, scheduled from 24th to 30th December.

The Self Defence Class is planned on the 27/12/2025 4th day of the camp. The programme aims to create awareness about personal safety and to empower NSS volunteers with basic self-defence skills. The session will be led by Mr. Jasir T, State Kickboxing Champion, who will be the main guest and trainer for the programme.

We believe that this programme will be highly beneficial for the volunteers and will contribute to their confidence, discipline, and overall personality development.

We kindly request your permission and support to conduct the above programme successfully.

Yours sincerely,
Aboobacker.K.



CPA COLLEGE OF GLOBAL STUDIES | PUTHANATHANI

Affiliated to University of Calicut, Recognized by Govt. of Kerala and Run by: Nice Educational Trust
CHELOOR, PUTHANATHANI, PUNNATHALA.P.O, MALAPPURAM- 676 552, KERALA, INDIA
Ph: 0494-2973333, Mob:7510363333 | E-mail:cpacollegeinfo@gmail.com | Website:cpacollege.ac.in

PROGRAMME APPROVAL FORM

Date : 26/12/2025

Request From : Aboobacker.k
Designation : N.S.S program officer Dept: management studies

Kindly approve the Programme and sanction the budget.

Programme Description	Self Defense		
Programme Objective	To create awareness about personal safety		
Date	<u>27/12/2025</u>	Time	<u>2:00 pm to 4:30 pm</u>
Staff In charge	<u>Aboobacker.k</u>		
Student Coordinators	<u>Sapna</u>		
Audience	<u>NSS Volunteers</u>		
Expenditure Estimates	1. Honorarium for the guest : 2. Refreshment charges : 3. PA System : 4. Miscellaneous : Total Budget Estimate :		
Venue:	<input type="checkbox"/> Auditorium	<input checked="" type="checkbox"/> Open Stage	<input type="checkbox"/> Class Room <input type="checkbox"/> Outside the Campus
If outside the campus please mention the venue: <u>()</u>			
Projector Required?		Laptop Required?	Camera Required?
Others if Any			
Guest for the Programme			

Sign: [Signature]

HOD: [Signature]

Principal: [Signature]

Remarks

System Admin :

Accountant:

FM:

Administrator :



CPA
COLLEGE OF GLOBAL STUDIES
Affiliated to University of Calicut & Recognized by Govt. of Kerala
Cheloor, Puthanathani, Malappuram Dt
cpacollegeinfo@gmail.com



NAAC
NATIONAL ASSESSMENT AND
ACCREDITATION COUNCIL



NSS Unit 272

Ref. No.: NSS/CPA/25/001

Date: 27/12/2025

CIRCULAR

Subject: REGARDING NSS PROGRAMME SELF DEFENCE CLASS

The NSS Unit of CPA College of Global Studies is organizing a Self Defence Class as part of the 7 Days NSS Special Camp “UNARVU” being conducted at GLP School, Kanmanam from 24th December to 30th December.

The Self Defence Class will be conducted on the 4th day of the camp. The programme aims to create awareness about personal safety and to empower NSS volunteers with basic self-defence techniques.

The session will be handled by Mr. Jasir T, State Kickboxing Champion, who will be the main guest and trainer for the programme.

All NSS Volunteers are hereby informed to participate actively in the programme and extend their full cooperation for its successful conduct.

Aboobacker k
Programme officer ,NSS Unit 272
CPA College of Global Studies, Puthanathani

Copy To,

All HoDs of all the Departments
CPA College of Global Studies

POSTER OF THE PROGRAM



Jasir T
State kick boxing champion



CPA

COLLEGE OF GLOBAL STUDIES
Affiliated to University of Calicut & Recognized by Govt. of Kerala
Cheloor, Puthanathani, Malappuram Dt



SELF DEFENSE

GLP SCHOOL KANMANAM

27 DECEMBER 2025 / 2:00 4:30



2025
ഉണർവ്
സംരംഭന സഹായ ക്ലബ്ബ്





PARTICIPANTS LIST

SL NO	NAME OF STUDENTS	CLASS	SIGNATURE
1	Aboobacker . k	P. O	
2	Vaasha	Assi. P.O	
3	Habeeb Rahman . k	B.com cop	
4	Sahaed	"	
5	Amjad	"	
6	Najeem	"	
7	Nidha sheebin	"	
8	Mohammed sinan . k	"	
9	Mustafa	"	
10	Anshif	"	
11	vidad .	"	
12	siddique	"	
13	shifa sheerin	"	
14	Nihal . M	"	
15	Thaysees	"	
16	Sara . M	BSC 2001099	
17	shahana	"	
18	Huda	"	



CPPIA

COLLEGE OF GLOBAL STUDIES

Affiliated to University of Calicut & Recognized by Govt. of Kerala
Cheloor, Puthanathani, Malappuram Dt
cpacollegeinfo@gmail.com

19	Tharneem	BSC zoology	<u>Tharneem</u>
20	Shamna	"	<u>Shirine</u>
21	saleel	BSC Botany	<u>Salal</u>
22	Jysha	"	<u>Jysha</u>
23	Misna nourhad	"	<u>Misna nourhad</u>
24	sumayya	BSC psy	<u>Sumayya</u>
25	Hiba sulpath	"	<u>Hiba sulfa</u>
26	knishna	"	<u>Knishna</u>
27	sapna	"	<u>Sapna</u>
28	Iiyana	"	<u>Iiyana</u>
29	Rissiya	"	<u>Raneya</u>
30	Hadi ^{ol}	B.com Fin	<u>Hadi</u>
31	Adhil kamal	"	<u>Adhil</u>
32	Anas shihab	"	<u>Anas shihab</u>
33	Aishak	"	<u>Aishak</u>
34	Muhab	"	<u>Muhab</u>
35	Sana rajath	"	<u>Raneya</u>
36	salma	"	<u>Salma</u>
37	Faseeh	"	<u>Faseeh</u>
38	Inshad	"	<u>Inshad</u>
39	Nida	BSC BOTANY	<u>Nida</u>
40	Kadheeja shahala	BBA	<u>Kadheeja shahala</u>



PROGRAMME REPORT

Title of the Programme : SELF DEFENCE CLASS

Date: 27TH DECEMBER 2025

Name of the Programme officer: Aboobacker .K

Objective of the Programme:

- To create awareness about personal safety among NSS volunteers.
- To empower volunteers with basic self-defence techniques.
- To build confidence, discipline, and mental strength among students.
- To promote physical fitness and self-protection skills.

Name of the Resource Person:

As part of the UNARVU NSS 7 Days Special Camp, a Self Defence Class was conducted on the 4th day of the camp at GLP School, Kanmanam. The programme was organized with the aim of empowering NSS volunteers with essential self-defence skills and awareness regarding personal safety.

The session was led by Mr. Jasir T, State Kickboxing Champion, who served as the main guest and trainer for the programme. He demonstrated various self-defence techniques and explained how to respond confidently in difficult situations. The session was highly interactive and informative, and the volunteers actively participated in the practical demonstrations.

The programme helped the volunteers to understand the importance of self-protection, physical fitness, and presence of mind. Overall, the session was very effective and motivating, leaving a positive impact on all the participants.

PROGRAM PHOTOS

