



**GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE
NATIONAL SERVICE SCHEME (NSS) UNIT
AIZAWL : MIZORAM**

Email : nssunitgzrsc@gmail.com



BRIEF REPORT OF ONE DAY SELF DEFENCE TRAINING PROGRAMME

The NSS Unit, Govt. Zirtiri Residential Science College in collaboration with IQAC and Women Studies, GZRSC organized **One Day Self Defence Training** on 21.04.2023 at College Campus, Durtlang Leitan. Instructors/Trainers from All Mizoram Karate Association (AMKA) were invited to conduct demonstration and practical training. We had a successful training and 101 Volunteers (Male – 49, Female – 52) participated in this training programme.

(Dr. P.C. ROHMINGLIANA)
Programme Officer
NSS Unit
Govt. Zirtiri Resi. Science College
Aizawl : Mizoram



ONE DAY SELF DEFENCE TRAINING

Date: 21st April, 2023

II SEM B.Sc.

ATTENDANCE SHEET

SECTION - A

Sl. No	2207BS	Name of student	Signature
1	009	B. VANLALHMANGAIHZUALI	
2	024	ELOISI KHITHIE	
3	026	EMILY RAMNUNSANGI	
4	037	H.C. STEPHEN BEILYSAA	
5	057	K. LALENGPUIA	
6	063	KHUMALALVENA	
7	064	LALAWMPUII	
8	076	LALHUNGCHHUNGI	
9	083	LALNUNMAWI FAHRIM	
10	103	LALTANPUIA MOLSOM	
11	113	MALSAWMDAWNGKIMI	
12	126	RAHIMA KHANAM	
13	139	SAMSON LALMUANPUIA FANAI	
14	142	T. VANLALROPUII	
15	152	V.L. PEKKIMA	
16	156	VANLALHRIATA	
17	157	VANLALHRIATPUIA SAILO	
18	159	VANLALMALSAWMA	
19	162	VANLALNGHETA	
20	164	VANLALPEKHLUI	
21	166	VANLALRUATDIKI	
22	171	VANRAMMAWII	
23	173	VASTI LALHRUAITLUANGI	
24	178	ZORAMTHARI	
25	2219bs009	VICTOR LALREMRUATA	

(Dr. P.C. ROHMINGLIANA)
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ONE DAY SELF DEFENCE TRAINING

Date : 21st April, 2023

II SEM B.Sc. ATTENDANCE SHEET SECTION - B

Sl. No	Roll No 2207 BS	Name of student	Signature
1	005	AONAI K ZAWTHA	
2	006	ASHA VANLALDINCHHUAHI	Asha
3	010	BABY LALROSANGI	Baby
4	014	C. VANHMINGLIANI	Avani
5	031	F. ROHMINGZUALI	F.
6	036	H. VANLALHRUAIZELA	H.
7	042	J. VANLALRINHLUI	J.
8	043	JAMES SIAMA	James
9	046	JEREMY RAMTHLENGLIANA	Jeremy
10	049	JESSIE LALREM RUATI	Jessie
11	053	JONATHAN VANNEIHTLUANGA	Jonathan
12	056	K. LALAWMPUII	K.
13	065	LALBIAKENGI	L.
14	074	LALHRIATPUIA	L.
15	077	LALLAWMCHHUNGA	L.
16	081	LALNUNFIMI	L.
17	089	LALRAMNGHETI	Rami
18	090	LALRAMNGHETI KHIANGTE	L.
19	099	LALRUATHLUI CHAWNGTHU	klutei
20	104	LALTHAZUALI	Zuali
21	106	LALTHLANHLUPUII	Thlan
22	108	LEMINA LALTLANSANGI	Lemina
23	111	LOICY LALTLANPUII SAILO	L.
24	112	M.S. DAWNGKIMA	D.
25	114	MALSAWMDAWNGZUALA	M.
26	122	OLIVER LALTHANGZUALI	O.
27	129	REMLALRUATA	R.
28	135	RUTHI ZOSANGKIMI	R.
29	145	TERESA LALREM RUATI	T.
30	161	VANLALMUANPUIA	V.
31	169	VANLALRUATI SAILO	V.

DR. P. C. ROHMINGZUALI
 Programme Officer
 NSS Unit
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 Aizawl, Mizoram

ONE DAY SELF DEFENCE TRAINING
DATE : 21st APRIL, 2023
II SEM B.Sc. ATTENDANCE SHEET SECTION - C

Sl. No	Roll No 2207 BS	Name of student	Signature
1	016	C. VANTLEIPUII	
2	022	DIXON VANLALSIAM	
3	029	F. LALRINHLUA	
4	030	F. LALZIRLIANA	
5	032	FC. LYNAPAWKIRLI	
6	033	FC SIKHA	
7	038	HMINGCHHUANGMAWII	
8	040	IMMANUEL LALRAMZAUVA BUNGHAI	
9	054	JOSEPH LALREM RUATA	
10	059	K. LALREM RUATA	
11	061	K. MALSAWMTLUANGA	
12	062	KAPHMINGLIANA	
13	073	LALHMINGCHHUANGA	
14	087	LALRAMMAWIA	
15	096	LALRINMAWII	
16	101	LALRUATPUII	
17	107	LEIZA LALRAMDINA	
18	109	LIANDINGPUIA	
19	116	MARTIN BEIRASA AZYU	
20	118	MENDY VANGIA	
21	125	R.C. LALHMANGAIHI	
22	128	RAMNUNSANGA	
23	133	ROSANGKIMI	
24	144	TC. REMSANGA	
25	149	TT. KHATLAI	
26	150	V. LALROTHANGA	
27	155	VANLALHMANGAIHI	
28	160	VANLALMUANPUIA	
29	174	V.T. VABEIPHASA	
30	179	ZOTHANPUII	

(Dr. P.C. ROHMINGLIANA)
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ONE DAY SELF DEFENCE TRAINING

DATE: 21st APRIL, 2023

CLASS : II SEM. B.Sc. (HOME SCIENCE)

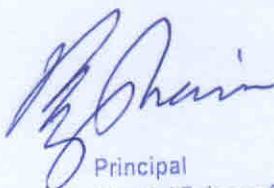
Sl. No	Roll No. 2207 BS	Name of Student	Signature
1	002	C. LALRUATDIKI	<i>Chy</i>
2	006	F. MALSAMHLUI	<i>F. Malsamhlui</i>
3	009	LALHRIATPUII	<i>LA</i>
4	011	LALNEIHKIMI	<i>Kini</i>
5	012	LALRINDIKI RALTE	<i>Ralte</i>
6	014	MARY LALAWMPUI	<i>Mary</i>

ONE DAY SELF DEFENCE TRAINING


DATE: 21st APRIL, 2023

CLASS : II SEM. B.C.A

Sl. No	Roll No. 2207 BCA	Name of Student	Signature
1	09	JONATHAN LALTANPUIA	<i>Jonathan</i>
2	12	LALCHHANDAMA RALTE	<i>Chhanda</i>
3	15	LALHRIATKIMI	<i>Hriati</i>
4	18	LALLAWMKIMA	<i>Kima</i>
5	23	LALRUATFELA CHHAKCHHUAK	<i>Fela</i>
6	26	P.C. LALRUATKIMA	<i>P.C. Kima</i>
7	28	SARAT THAPA	<i>Sarat</i>
8	29	SHREYA SUBEDI	<i>Shreya</i>
9	34	ZONUNSANGI ZOTE	<i>Zote</i>


Principal

Govt. Zirtiri Residential Science College
Aizawl : Mizoram


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