

## Self Defence Training 2021

On 5<sup>th</sup> November 2021 (Friday), NSS PUC Unit in collaboration with NCC, PUC organised Self Defence Training for PUC Students. The instructor was Mr. C. Lalrintluanga, International Black Belt 1<sup>st</sup> Dan, who had a lot of experience in giving these kinds of training for students in schools and colleges. The training was held in the college auditorium and several volunteers took part. It was not possible for a large number of volunteers to attend this training due to the pandemic but the volunteers who attended it greatly benefited from the training.





# NSS PUC Unit



In collaboration with NCC, PUC

## Self Defence Training for PUC Students

### INSTRUCTOR

C. Lalrintluanga  
International  
Black Belt 1st  
Dan

Date: 5th. Nov.  
2021 (Friday)  
Time: 1:30 p.m



  
Programme Officer, NSS  
Fatchhunga University College  
Aizawl : Mizoram

Signature of Programme Officer with seal  
Programme Officer  
NSS Unit, Pachhunga University College