

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



DEPARTMENT : SKILL DEVELOPMENT PROGRAM

ACTIVITY : SILAMBAM COURSE

YEAR : 2023 - 2024

SKILL DEVELOPMENT PROGRAM

DATES	TIME	VENUE	MODE
10.07.2023 to 12.07.2023	03:00 p.m. to 04:00 p.m.	Play Ground E.M.G. Yadava Women's College	Offline
Theme	Skill Development Course		
Nature of the Activity	Skill Empowerment		
Title	Silambam Course		
Convener	Dr.Mrs.V.Pushpalatha Principal i/c Head & Assistant Professor of Commerce		
Coordinators	Mrs.M.Muthupandi Assistant Professor of History Mrs.R.Kayalvizhi Head & Assistant Professor of Physics		
Resource Person	Mr.C.Murugan Silambam Trainer		
No. of Beneficiaries	Students - 27		

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

SILAMBAM COURSE

The Skill Development Coordinators of E.M.G. Yadava Women's College, Madurai, organized a **Certificate Course on Silambam**, a traditional martial art form. This enriching course was conducted from **10.07.2023 to 12.07.2023**, with the participation of 26 students. The sessions were led by **Mr.C.Murugan**, an experienced Silambam trainer, who provided expert guidance throughout the training.

Objective:

The primary objective of the Silambam course was to introduce participants to the ancient martial art form and equip them with skills that promote physical fitness, mental well-being, and self-discipline.

Programme Outcomes:

The course successfully achieved the following outcomes:

1. The intense cardio exercises involved in Silambam significantly enhanced heart health and improved blood circulation.
2. Regular practice of Silambam helped participant's burn calories, aiding in weight loss and body toning.
3. The rhythmic movements and focused practice relieved mental stress, fatigue, and lethargy.
4. Participants reported improved reflexes, joint and muscle mobility, and overall body flexibility.
5. The course fostered an appreciation for traditional martial arts, promoting cultural preservation and pride.

The Silambam course was an impactful initiative that blended fitness, cultural enrichment, and personal growth. Participants not only acquired practical martial art skills but also experienced holistic benefits, including enhanced physical health and mental clarity. The efforts of the Skill Development Coordinators and the expertise of **Mr.C.Murugan** were instrumental in the success of this program. The college remains committed to offering such courses that empower students with diverse skills and holistic development opportunities.

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Photographs:



**SILAMBAM COURSE
10.07.2023 to 12.07.2023**

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Enclosures:

Students Name List:

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

 E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014. (An Autonomous Institution – Affiliated to Madurai Kamaraj University) Re-accredited (3 rd Cycle) with Grade A' and CGPA 3.51 by NAAC		
SILAMBAM COURSE - 10.07.2023 to 12.07.2023		
S.NO	REG. NO.	NAME
1.	21ENA47	V.Yashini
2.	21ENA04	R.R.Anidashajini
3.	21ENA41	V.Thamaraiselvi
4.	23PHI02	K.Mariammal
5.	22CHE26	M.Thulasimani
6.	23TAM07	T.Ranjitha
7.	23CGA22	S.PriyaDharshini
8.	23MKA22	S.Santhiya
9.	23MKA16	M.Narmatha
10.	23CGA24	C.Divya Dharshini
11.	23CGB28	P.Abinaya
12.	23CGA36	V.Vilvaelakkiya
13.	22CCC02	S.Abarna
14.	23MKA12	R.Maha Lakshmi
15.	23ENA33	P.Santhyajothi
16.	21ENA23	M.Menagadvi
17.	21ENA38	J.Roobasri
18.	23CSA21	V.Sarojini
19.	23ENA25	M.Shobana Devi
20.	22CPA03	S.Aparajitha
21.	22CPA13	S.Sneka
22.	22CCB04	M.S.Devayani
23.	22CPA05	A.Bharathi
24.	23TAM16	R.Muthu Selvi
25.	23ENA17	N.Vishalini
26.	21ENA44	R.Velleashwari
27.	21CSA15	S.SaiSwetha

Coordinator:

Muthuppani . M
Kanjana

Head of the Department


Principal

PRINCIPAL I/C
E.M.G. YADAVA WOMEN'S COLLEGE
MADURAI-625 014