



DEPARTMENT : SKILL DEVELOPMENT PROGRAM

ACTIVITY : SILAMBAM COURSE

YEAR : 2022 - 2023

SKILL DEVELOPMENT PROGRAM

DATE(S)	TIME	VENUE	MODE
29.07.2022 To 25.03.2023	3:00 p.m. to 4:00 p.m.	E.M.G. Yadava Women's College	Offline
Nature of the Activity	Skill Development Course		
Title	Silambam Course		
Coordinators	Mrs.M.Muthupandi Assistant Professor of History Mrs.R.Kayalvizhi Head & Assistant Professor of Physics EMGYWC		
No. of Beneficiaries	Students - 04		

SILAMBAM COURSE

Objectives:

To introduce students to the traditional martial art of Silambam, focusing on developing self-defence skills, physical fitness, and mental discipline.

Report:

A certificate course on "Silambam" was conducted for 39 students, spanning from 29.07.2022 to 25.03.2023, under the guidance of Mr. C. Murugan, an experienced Silambam practitioner. Through this course, students engaged in rigorous training sessions covering essential Silambam techniques, footwork, and stick handling. Mr. Murugan emphasized discipline, control, and precision, fostering a deep respect for this ancient martial art. Students practiced Silambam's dynamic movements and learned about its cultural significance, further enriching their experience.

Programme Outcome:

1. Silambam proved to be a highly effective cardiovascular workout, promoting heart health and enhancing blood circulation.
2. The intense physical activity helped student's burn calories, contributing to weight management and improved body contouring.
3. Participants reported increased energy levels, reduced fatigue, and a decrease in mental stress.
4. The practice significantly improved students' reflexes, joint mobility, muscle strength, and overall flexibility, making them physically and mentally agile. The course provided lifelong skills in self-defence and fitness, instilling confidence and resilience in all participants.



SILAMBAM COURSE
29.07.2022 to 25.03.2023

E.M.GOPALAKRISHNAKONE YADAVA WOMEN'S COLLEGE

Enclosures:

1. STUDENTS NAME LIST AND CERTIFICATE:

SILAMBAM COURSE 29.07.2022 to 25.03.2023		
S.NO	REG NO.	NAME
1	20CGA25	C.ABIRAMI
1.	21CGA31	I.GAJIPRIYA
2.	20CGA07	J.DEEPIKA
3.	20CCA54	J.HARSHINI
4.	21NAD29	S. SALAIISHWARYAM