

SUBHARAM GOVT DEGREE COLLEGE

PUNGANUR-517247

CHITTOOR DIST

A Report

On

HEALTH & FITNESS

(KARATE)

(30.01.2021)

Organized by

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OBJECTIVES OF THE PROGRAMME:

The students will be able to learn,

- To use self-defense techniques in critical situations
- Physical self-defence tactics should only be used to protect our body
- Situational awareness, avoidance of danger.
- To ensure physical safety.

REPORT OF THE PROGRAMME

The programme started at 12.00 P.M in seminar hall with the welcome address by Mounika III B.com. (CA). The senior Karate grand master C. Suresh Garu attended as chief guest. More than 150 students of this college and people attended the programme. The principal and faculty members of this college spoke about the importance of awareness on health and fitness in our day-to-day life.

The main speakers talked about the following aspects,

- The women students are facing many complex challenges in the present-day society with atrocities and violent against women.
- He urged the women students to be on the alert always and take care of their physical fitness by consuming nutritious food and cultivating healthy habits.
- He explained that self-defense techniques come handy of the helpless girls in times of risk to their lives and urged the students to make use of defense to save their lives and urged the students to make use of DISHA APP recently introduced by the state government.

It was followed by a few students' speeches. Prizes were distributed by the chief guest to the student speakers and then vote of thanks was proposed by Pawan Kumar III B.com (CA). Then the resource person and his trained students demonstrated a few defence techniques involving women students and finally the programme concluded with National Anthem.

OUTCOMES OF THE PROGRAMME

- The students got enlightened about self-defence techniques
- A good physical foundation is important for training in any martial arts or self-defence technique
- The students are now able to create awareness among their near and dear and the knowledge of self-defence provides a wide array of benefits to the practitioners.
- Students may be ready to tackle anything coming against them.

Photos



SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR

Activity: Awareness Program on Health and Fitness (30-01-2021)



Self defense techniques for women students by Suresh.