

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



DEPARTMENT : SKILL DEVELOPMENT PROGRAM

ACTIVITY : SILAMBAM COURSE

YEAR : 2023 - 2024

SKILL DEVELOPMENT PROGRAM

DATES	TIME	VENUE
01.08.2024	03:00 p.m. to 04:00 p.m.	Play Ground E.M.G. Yadava Women's College
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 - 09	

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SILAMBAM COURSE

The **Skill Development Coordinators** of E.M.G. Yadava Women's College, Madurai organized a **Certificate Program on Silambam**, a traditional martial art. This **engaging course** commenced on **01.08.2024**, with **09 students** participating. The sessions were conducted by **Mr. C. Murugan**, a seasoned Silambam instructor, who provided **expert guidance** throughout the training.

Objective:

The main goal of the Silambam program was to **familiarize participants with this ancient martial art** and develop skills that enhance **physical fitness, mental well-being, and self-discipline**.

Programme Outcomes:

The course successfully achieved the following results:

1. The **intense cardiovascular exercises** in Silambam improved **heart health** and promoted better **blood circulation**.
2. Consistent practice of Silambam helped participants **burn calories**, supporting **weight management and body toning**.
3. The **rhythmic movements and focused training** alleviated **stress, fatigue, and mental tension**.
4. Participants experienced improved **reflexes, joint mobility, muscle flexibility, and overall body coordination**.
5. The program encouraged an **appreciation for traditional martial arts**, contributing to **cultural preservation and pride**.

The Silambam course proved to be a **transformative initiative**, combining **physical fitness, cultural enrichment, and personal development**. Participants not only learned **practical martial art techniques** but also gained **holistic benefits**, including enhanced **physical health and mental clarity**. The dedication of the **Skill Development Coordinators** and the **expertise of Mr. C. Murugan** played a key role in the success of the program. The college continues to prioritize such initiatives to **empower students with diverse skills and promote holistic growth**.

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Photograph:



SILAMBAM COURSE on 01.08.2024

Enclosures:

Students Name List:

SILAMBAM COURSE- 01.08.2024		
S.NO	REG NO.	NAME
1.	24NAD45	P.Yogeswari
2.	I NAD	K.Nagalakshmi
3.	24NAD20	M.Mathivatana
4.	I ENG(R)	T.Hasmisri
5.	IBBA	T.Dharshini
6.	I BBA	A.Kishiba
7.	24ITA11	T.Harini
8.	IENG(R)	C.Priyadharsini
9.	IENG(R)	A.Savithasri