



ST. ANN'S COLLEGE FOR WOMEN

(Affiliated to Acharya Nagarjuna University,

Recognized Under Section 2(f) of UGC Act 1956-New Delhi)

Amaravathi Road, Gorantla, Guntur – 522034 (A.P)

Email: st_anns_coll@yahoo.co.in Website: www.stannscollegeforwomen.org

DEPARTMENT OF PHYSICAL EDUCATION CIRCULAR

Date:25-10-2022.

The Department of Physical Education is going to conduct a Training Programme on, “Silambam (karrasamu)” all UG & PG students from 01-11-2022 onwards college campus. All the students are advised to attend the Training Programme.



G. S. Reddy
PRINCIPAL
Principal
St. Ann's College for Women
GORANTLA, GUNTUR-522 034



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DEPARTMENT OF PHYSICAL EDUCATION

Name of the Activity : Programme on, “Silambam (Karrasamu)”
Date : 01-11-2022
No. of Students Attended : All UG & PG students

Activity Objectives:

The following are the objectives and various qualities inculcated in a person who pursues Silambam:-

- Self-Discipline
- Improving Focus and concentration
- Sharpening the Memory
- Working as a Team, Control and Patience
- Physical Fitness
- Developing Physical, Mental and Emotional Balance
- Coordination of the mind and body
- Etiquette and Manners, Self Defense skills.


Report:

Principal Dr. Sr. Fatima Rani .P had introduced another self defence events of Silambam (Karrasamu) to all UG & PG students. Mr. K. Venkat was appoint as trainer for this event and the Classes were commenced from this event from 1 st November 22 onwards.



Karrasamu practicing by students




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