

## Sri Uma Pragathi First Grade College

Kyathsandra, Tumkur.

To  
The principal  
Sri Uma Pragathi First Grade College  
Kyathsandra,  
Tumkur.

Dated: 2/3/2020

Respected Sir

Sub: - Report on Implementation of Life Skills (**Yoga**) for the academic year 2019-20

Life Skills are Very Important in College Level to enable one to effectively deal with everyday Challenges of life. The terms of life Skills Refers to the skills you need to make the most out of life. Any Skill that is useful in your life can be considered a life skill. Broadly speaking, the term Life Skills is usually used for any of the skills needed to deal well and effectively with the challenges of life. We live in a Dynamic World, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope up with the increasing pace and change of modern life, students need new life skills such as the ability to deal with Stress and frustration.

One of the important life skills in **YOGA**. Yoga can help one navigate through social and emotional challenges of life. 11/07/2019 Every Thursday 1 Hour Class Between 2.00 To 3.00 PM. Once in a Week regular Practice of yoga was conducted in Indoor Hall and Certificate Course in Yoga was organized by Expert trainer in yoga Smt. **Vijayalakshmi C. Jawali**. Yoga Teacher from **Vigor Institute of Yogic Science and Studies (VIYSS)** Affiliated to Bangalore University, Kempegowda, Nagar, T.Dasarahalli, Bangalore – 57. Initiated

30 Classes with 45 Men & Women Students were enrolled. And Certificate was issued to the students at the time of Valedictory Function. And have benefited in the following Areas.

1. Introduction of Yoga
2. Benefits of Yoga
3. Types of Asanas
4. Pranayama
5. Self-awareness
6. Meditation

The Outcome of the above Life Skills Certificate Course our students were benefited by reduction of Stress and anxiety, Improved Memory, Positive Thinking, Promoted Mind fullness and peace of mind. It also helped our students in self Control, listening and good Physical Health.

Thanking You

Pandiyam T. Phy. Edu. Director.



PRINCIPAL

Sri Umapragathi First Grade College  
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To  
The principal  
Sri Uma Pragathi First Grade College  
Kyathsandra,  
Tumkur.

Dated: 2/3/2020

Respected Sir

Sub: - Report on Implementation of Life Skills (**Self Defence for Women**)  
For the academic year 2019-20

Life Skills are Very Important in College Level to enable one to effectively deal with everyday Challenges of life. The terms of life Skills Refers to the skills you need to make the most out of life. Any Skill that is useful in your life can be considered a life skill. Broadly speaking, the term Life Skills is usually used for any of the skills needed to deal well and effectively with the challenges of life. We live in a Dynamic World, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope up with the increasing pace and change of modern life, the women students need new life skills such as Self Defence to safeguard themselves. The women are failed to protect themselves when they are facing any kind of sexual violence and random attack. The main reason for the failure is fear.

Every day, either on social media or on Television, you are hearing about women being victimized. There are so many stories of women that are available and you can hear about sexual violence or a random attack by strangers as well as being abused in some way. The world is changing and becoming more unpredictable particularly for women. As such, self-defense training is one of the most needed and must for every woman's to-do list. In the crime world, self-defense training is suggested, so that the women can resist any kind of sexual assault as well as random attacks. Here are the reasons why self-defense is so important for women.

One of the important life skills is **Self Defence**. Self-defense for Women is to Stay fit to run fast. The women should check when walking on the empty road to avoid grouping and chain-snatching from behind. The most significant benefit that can be obtained from a self-Defence course is the women can learn how to physically defend her. This is the main reason why women are learning the self-defense course. Can helps one navigate through social and emotional challenges of life. Dated From 12/07/2019 Every Friday 1 Hour Class Between 2.00 to 3.00 PM. Once in a Week regular Practice of Self Defense was conducted in in Indoor Hall. And Certificate Course in Self Defence was organized by Expert trainer in National Black Belt, Smt. **Vijayalakshmi C. Jawali**. Self Defence Teacher. Conducted 30 Classes And enrolled 36 women Students. And Certificate was issued to the students at the time of Valedictory Function. And have benefited in the following Areas.



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## Advantages of learning Self Defence

1. Confidence
2. Improve Focus
3. Develop Skills
4. Physical Health
5. Street awareness
6. Learning something new
7. Overall fitness and Toned muscles
8. Balance
9. Self-discipline
10. Fighter's reflex
11. Social Skills

## Type of Self Defence Skills covered following area

1. Introduction of Self Defense
2. Taekwondo

The Outcome of the above Life Skills Certificate Course our students were benefited by reduction of Stress and anxiety, Confidence. Developed a Skills. Balance. Improved Memory, Positive Thinking, Promoted Mind fullness and peace of mind. It also helped our students in self Control, listening and good Physical Health.

Thanking You

Pandiyan T. Phy. Edu. Director.  
Co. Ordinator.

  
Principal

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