

TAGORE GOVERNMENT ARTS AND SCIENCE COLLEGE

RUSA sponsored 20 day Training on “Self-Defense (Karate) Classes for Girls”

Self Defence Training – Taekwondo/Karate

30-11-2022 to 21-12-2022

Objective:

Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.

Training:

50 students underwent training in basic moves of self-defence employing hand strikes and kicks to disable opponents

Topic:	RUSA sponsored 20 day Training on “Self-Defense (Karate) Classes for Girls”
Conducted by	Department of Physical Education ,TGASC
Date:	30-11-2022 to 21-12-2022
Venue:	Open Ground
Resource person:	YuvasriKalaikoodam, Puducherry
Participants:	Girl Students
No. of Participants:	25

PRINCIPAL
TAGORE GOVT. ARTS & SCIENCE COLLEGE
PUDUCHERRY-605 003

TAGORE GOVERNMENT ARTS AND SCIENCE COLLEGE

LIFE SKILLS

RUSA Sponsored 20 day Training on “Self-Defense (Taekwondo) Classes for Girls”

30-11-2022 to 21-12-2022



Topic:	RUSA Sponsored -Self-Defense (Taekwondo) Classes for Girls
Conducted by	Department of Physical Education, TGASC
Date:	30-11-2022 to 21-12-2022
Venue:	Open Ground
Resource person:	Mr. Manjunathan, MAGICLEG Taekwondo Martial Art Club, Puducherry
Participants:	Girl Students
No. of Participants:	25


PRINCIPAL
TAGORE GOVT. ARTS & SCIENCE COLLEGE
PUDUCHERRY-605 003

TAGORE GOVERNMENT ARTS AND SCIENCE COLLEGE

22-12-2021

LIFE SKILLS

One Day "Hands On Training Programme on Making of Terracotta Sculptures"



Topic:	One Day "Hands on Training Programme on Making of Terracotta Sculptures",
Conducted by	CECA, TGASC.
Date:	22 nd December 2021
Time:	10:00 A.M. to 11.30 A.M.
Venue:	Open Classroom of TGASC
Resource person:	Padma Shri. Mr. V. K. Munusamy, Terracotta Artist
No. of Participants:	105 Students

PRINCIPAL
TAGORE GOVT. ARTS & SCIENCE COLLEGE
PUDUCHERRY-605 008

Topic:	Yoga for Health
Conducted by	Department of Computer Science, TGASC.
Date:	20 th June 2021
Time:	11:00A.M. to 1:00P.M.
Venue:	Virtual Meet
Resource person:	Mr.S.Prasath Siva Subramanian
Designation:	Assistant Professor of Computer Science
No. of Participants:	85 Students



PRINCIPAL
TAGORE GOVT. ARTS & SCIENCE COLLEGE
PUDUCHERRY-605 005.

LIFE SKILLS

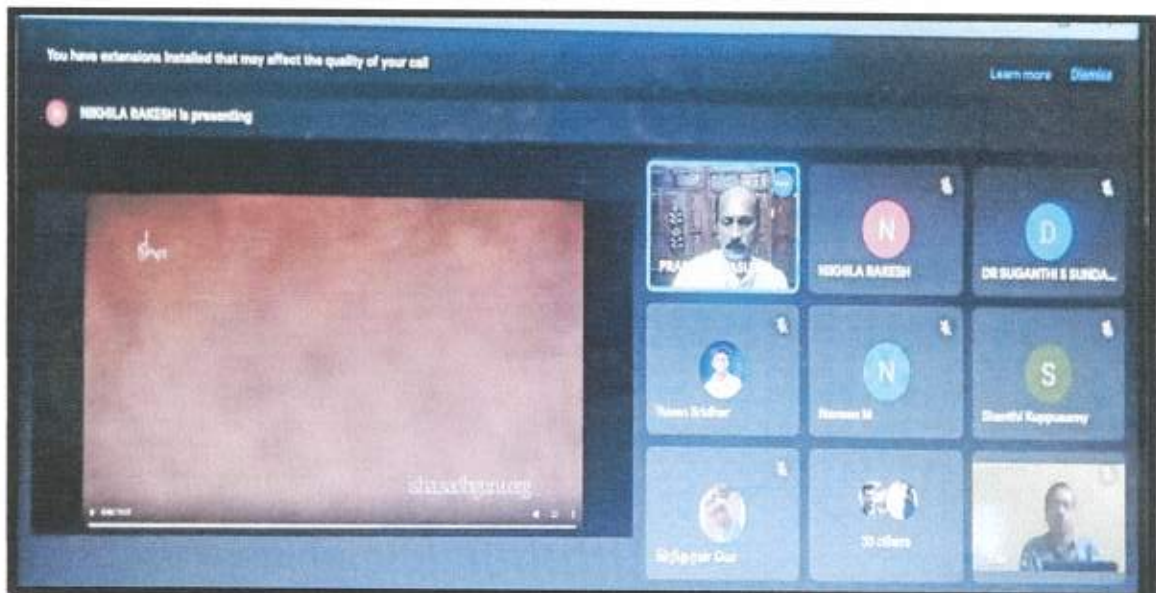
Yoga for Health

20-6-2021

The Department of Computer Science conducted a program "YOGA FOR HEALTH". Dr.S.Prasath Siva Subramanian, Assistant Professor of Computer Science delivered a speech on the importance of Yoga practices during the pandemic situation.

Students were given a demonstration of 4 simple yogic practices namely Sastang, Makarasana, SimhaKriya&Yoga Namaskar.

These practices are proven to improve one's lung capacity and oxygen levels and also strengthens the spine. Eighty Five students attended and they found it very useful




PRINCIPAL
TAGORE GOVT. ARTS & SCIENCE COLLEGE
PUDUCHERRY-605 005.

YOGA TRAINING PROGRAM-INTERNATIONAL YOGA DAY-



Topic:	INTERNATIONAL YOGA DAY - 2018
Conducted by	NSS Unit, TGASC.
Date:	21 st June, 2018
Duration: ,	3 hours
Venue:	Bharathiar Conference Hall, TGASC
Resource person:	Dr. Kannan and Dr.Kovalan,NSS Officers
Presided over by :	Dr. SasiKanta Dash, TGASC.
No. of Participants:	138 NSS Volunteers,TGASC.


PRINCIPAL
TAGORE GOVT ARTS & SCIENCE COLLEGE
PUJUCHERRY-605 008