



## 3. Life Skills

### 1. Free Athletic and Cricket Coaching Camp:

Name of the Programme	Free Athletic and Cricket Coaching Camp
Date of The Programme	14-12-2020
Organising Department	Department of Physical Education
Total Participants	150

#### Report on Guest lecture Programme:

The Sports training program was conducted by the Department of Physical Education for the interested children of neighbouring schools in Puttur taluk which was held at the college ground from 14<sup>th</sup> December 2020 onwards. Nearly 150 students attended in this camp.

Rev, Fr. Lawrence Mascarenhas Correspondent of our Institution Inaugurated this sports training camp Mai De Deus Church Vice president Mourice Mascarenhas was the chief guest and College Principal Prof. Leo Noronha well comes the gathering and PU Principal Fr Vijay Lobo present in this function.





## 2. Mission Fit Puttur:

Name of the Programme	Mission Fit Puttur
Date of The Programme	01-11-2020
Organising Department	Department of Physical Education
Total Participants	170



### Report on Guest lecture Programme:

In collaboration with Rotary Club Yuva Puttur, and St Philomena College jointly organized the most Successful program 'MISSION FIT PUTTUR' More than 170 Trainees attended in this program. The Department of Physical education take the initiative on conducting this program for 21 Days. The training has been conducted for all the age group category of Puttur to Build an awareness on **Fitness, Yoga and Nutrition**.

Beginning we conducted the test for all the inmates on Body composition like **BMI (Body Mass Index) Body weight, age, height, Blood Presser and Sugar level** and this score has been computed on the final day for the assessment. And all these training tests are **absolutely free of cost**.

The training session has been conducted morning 6.30 to 8 AM. First it was Stretching exercise and **Aerobics Zumba Dances**. Every day the training session has been concluded by half an hour **Yoga and Pranayama** exercise.

This Program has been inaugurated by Puttur SP Lakhan Singh. Presided by Rev. Fr Antony Prakash Monteiro. Rotary Yuva President Dr Harsh Kumar Rai Muliya Krishna Prasad are the guest for this function.

Presented by  
**Rotary Yuva** Rotary   Yuva

In association with  
**St.Philomena College, Puttur**

**FIT PUTTUR MISSION**  
21 Days Program

Walking  
Diet Awareness  
Yoga Therapy  
Aerobics  
Zumba

Starts from  
Nov 1

Time :  
6.30am to 7.30am

Place :  
St. Philomena College  
Darbe Puttur

For more information Cocontact :

» Rtn. Pashupathi Sharma  
Chairman  
98455 22020

» Rtn. Elias Pinto  
Fitness Coach  
94485 49616

» Rtn. Dr. Harsha Kumar Rai  
President

» Rtn. PHF. Umesh Nayak  
Secretary  
98444 01295

Past Presidents and Members of Rotary Club Puttur Yuva

All are requested to follow the Covid rules laid down by the govt.



# St Philomena College

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Philonagar, Darbe - 574202 Puttur  
Dakshina Kannada District  
Karnataka







### 3. Health - Cancer:

Name of the Programme	Webinar on "Health: Cancer"
Date of The Programme	02-10-2021
Organising Department	Social Work (PG)
Resource Person	Ms Saramma
Total Participants	25

#### Report on Guest lecture Programme:

I MSW students had taken the initiation to conduct the programme with the guidance of Social Work Department on October 2 2021. Here MS SARAMMA, Student of II MSW, Medical and Psychiatric Specialisation was the Resource person had spoken on the topic of **Cancer** for this Programme. Mr Albin had taken the responsibility of Master of Ceremony, Ms Anusha and Ms Chaithanya had proposed welcome and vote of thanks respectively. Totally, 25 Students had enrolled to this programme and get benefitted from this programme. Class Mentor and Faculty of the Department Mrs Prathibha K had guided the students to conduct this programme through online mode. On behalf of Department Co-ordinator Mrs Srimani had supported and guided for the smooth running of this programme.

Centre for PG Studies and Research  
**St Philomena College**  
Managed by the Catholic Board of Education, Mangalore  
Affiliate to Mangalore University | Re-Accredited by NAAC at 'A' Grade  
Philonagar, Darbe - 574202, Puttur, D.K, Karnataka

**Department of Master of Social Work**  
*Organises*  
**Webinar on the Topic**  
**"CANCER"**

RESOURCE PERSON

**Saramma T J**  
Student of 2nd year MSW  
St Philomena College, puttur

Oct - 2 - 2021  
SATURDAY  
10:30 am

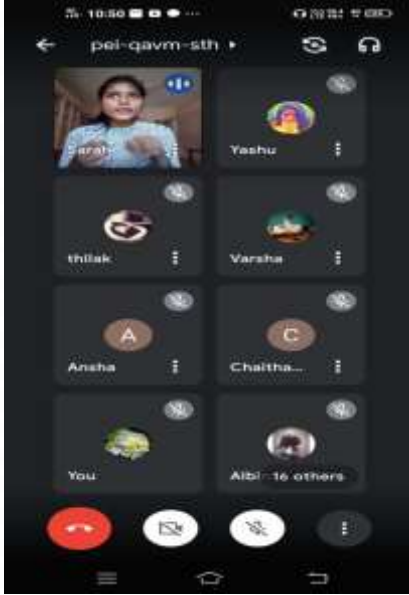
PLATFORM  
Google Meet



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### 3. Alternative Health Care: Yoga and Meditation:

Name of the Programme	Webinar on “Alternative Health Care: Yoga and Meditation”
Date of The Programme	06-10-2021
Organising Department	Social Work (PG)
Resource Person	<b>Ms Supreetha</b>
Total Participants	28

#### Report on Guest lecture Programme:

I MSW students had taken the initiation to conduct the Programmes with the guidance of social work department on October 6, 2021. Here **Ms Supreetha**, Student of II MSW, Medical and Psychiatric Specialisation was the Resource person had spoken on the topic of **Alternative Health Care: Yoga and Meditation** for this Programme. Ms Anusha had done the Master of Ceremony, Ms Harshith and Mr Vivek delivered the Welcome and Vote of Thanks. 28 Students had enrolled to this Programme and get benefitted from this programme. Class Mentor and Faculty of the Department Mrs Prathibha K had guided the students to conduct this programme through online mode. On behalf of Department Co-ordinator Mrs Srimani had supported and guided for the smooth running of this programme.

The poster is for a webinar organized by the PG Department of Social Work at St. Philomena College. It features the college's logo and name at the top, followed by the department name and the webinar topic: "ALTERNATIVE HEALTH CARE, YOGA AND MEDITATION". The resource person is Ms. Supreetha M S, a 2nd-year MSW student. The webinar is scheduled for October 6, 2021, at 10:30 am on Wednesday, via Google Meet.



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Philonagar, Darbe - 574202 Puttur  
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**Time**  
October 6, 2021 10:37

