



ANWARUL ULOOM COLLEGE (AUTONOMOUS)

(Accredited by NAAC with 'A' Grade & An ISO 9001:2015 Certified Institution)

(Affiliated to Osmania University, Hyderabad)

Ref. No.

Date: 28-08-2022

PROGRAM REPORT

Program Name : Self- Defence

Date : 27/08/2022

Organizing Department : Department of Sports

Number of Participants: 77 students

SELF- DEFENCE TRAINING: 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 time of distress.

OBJECTIVE :

- To empower girl students
- To until self confidence
- To enable the girl students to defend against physical assaults

IMPORTANCE:

- Self- defence helps women protect themselves
- self- defence builds confidence in women
- self -defence teaches women discipline and thee discipline transfers over to all other areas of their lives





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BENEFITS /ADVANTAGES OF LEARNING SELF DEFENCE:

- It helps to gain confidence and control over your fears and confidence.
- It improves focus and concentration
- Improving balance not only includes the physical balance of core muscles but also a mental balance for improving focus
- Self- defence helps to develop your social skills

Self -defence training aimed at creating awareness among the students girls about self- defence techniques It was organised by the department of sports on in Anwarul Uloom College.

INSTRUCTOR : Zafar Mohiuddin and MD. Azhar Shareef who imported students great tips of self defence.

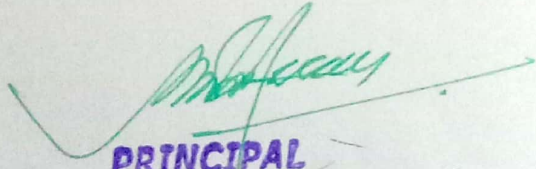
The tips they elaborated on how to self protect and defend are :-

- 1) Prevention is the best defence
- 2) Get loud and push back
- 3) Remember the most effective body parts to hit
- 4) Different techniques to self defend against different form of attack.

OUTCOME :

The learning outcome from the workshop on self defence programme are :

- The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- The students participants got different self – protection tips on how to avoid /defend by the attacker, when subjected to physical abuse, violence, crime, etc.
- The students have the chance to see the live demo of the self defence techniques as demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the time to come.


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Ref. No.

Date: 30-01-2021

PROGRAM REPORT

Program Name : Yoga

Date : 29/01/2021

Organizing Department : Department of Sports

Number of Participants : 80

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies.

OBJECTIVES:

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness

IMPORTANCE:

- Attainment of perfect equivalent and harmony
- Promotes self healing
- Remove negative blocks from the mind and toxins from the body
- Enhance personal power
- Increases self awareness

BENEFITS:

- Maintains healthy heart
- Builds Muscles strength
- Strengthens bones
- Bruce blood circulation
- Boost up immunity
- Reduce stress





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Date: 30-01-2021

The department of sports has organised the yoga practice for the undergraduate students. The instructor motivated the Participants and explained the importance of yoga. The session starts with Asanas . All participants actively participated. The session was very relaxing.

OUTCOMES:

The students will able to deal with their stress and bring back peace of mind.

Mohd. Ulysheeruddin

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Date: 1/3/2021

REPORT ON HEALTH CAMP

A health camp was organized by the Department of Nutrition and Dietetics and Department of Biotechnology on 6th March 2021. It started with an address to the gathering by head of Department of Nutrition and Dietetics Mrs. Nazia Mohammadi. This event was graced by the presence of our chief patron Mr. Ahmed Baig (Director, Anwarul Uloom Group of Institutions). The team from "Aware Gleneagles Global Hospital" consisted of Dr. Imran and his two nurses, and his two nurses, and three coordinators headed by Mr. Shiyat. It was a successful event, where height, weight and BMI were measured and calculated by the staff of Nutrition and Dietetics and Biotechnology. Blood pressure and Blood glucose levels were checked, an ECG was checked for the needed candidates. Height, Weight and BMI gives an idea on physical health and Blood pressure, Blood Glucose provides information on comorbidities. This is a collaborative effort of Nutrition and Biotechnology to Department to maintain the health profile of AUC staff.

OBJECTIVES:

1. Awareness of general health of the staff.
2. Maintenance of health profile of teaching and non teaching staff.

OUTCOMES:

1. BMI recorded, Blood pressure and glucose levels was checked.
2. Counseling was conducted.
3. Diet plans were provided.

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Ref. No.

Date: 03-07-2018

PROGRAM REPORT

Program Name : Yoga

Date: 02/07/2018

Organizing Department : Department of Sports

Number of Participants : 200 students

A few minutes of yoga during the day can be of great importance to get rid of the stress that accumulates daily in body and the mind.

OBJECTIVES:

- To enable the students to have good health
- To practice mind hygiene
- To practice emotional stability
- To integrate moral values

IMPORTANCE:

- Ease stress and anxiety levels
- Improves strength balance and flexibility
- Boosts metabolism
- Increase blood flow
- Keep disease at bay

BENEFITS:

- Aid in weight loss
- Improve immunity
- Release stress and anxiety
- Increases flexibility and muscle strength





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Date: _____

The department of sports has organised the yoga practice for the undergraduate students. The session begins with Asanas and warming up, straightening by a series of padmasana, shukasana, tadasana, bhujangasana and ending with shavasna.

Professor Haji Sajjad motivated the students and explained the importance of yoga practice the session conclude with the integration between the instructor and the student in which the queries of the students where discussed. The session was refreshing reviving and relaxing.

OUTCOMES:

The participants will able to demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.

Wahid. Nazkeruddin

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Ref. No.

Date: 13/06/2018

PROGRAM REPORT

Program Name : Meditation

Date : 12/06/2018

Organizing Department: Department of Sports

Number of Participants : 200

Meditation is a practice in which an individual uses a technique such as mindfulness or focusing the mind on a particular object thought or active to train attention and awareness and achieve a mentally clear and emotionally clear and stable state

OBJECTIVES:

- To improve your mood and your ability to copy by practicing mindful living
- To describe what mindfulness is
- To practice a mindfulness exercise or meditation
- To discuss a way you want to work on

BENEFITS:

- Reduces stress
- Slows aging
- Positive thinking and emotional stability
- Improves health
- Controls anxiety
- Improves sleep

IMPORTANCE:

- It rains you to focus your mind attention
It allows you to take control on your thoughts emotions.
- It brings you mentally emotional clearly
- It can be used as a time to main feast what you desire





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The department of sports organised Meditation practice for the students. The main aim of Meditation Practice to help the students to increase both physically and mentally peace and calm which also helps them to learn how to leave more fully in the present.

Professor Haji Sajjad motivated the participants and conveyed the importance of meditation . All the participants calmly participated .The session concluded with an interactive session between the instructor and the participants . The session was very relaxing.

OUTCOME:-

This meditation can help the participants to visualize and manifest positive outcomes in their life.

Wahid. Nazheruddin

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PROGRAM REPORT

PROGRAM NAME: - HEALTH AND HYGENIC

DATE OF ACTIVITY: 14.08.2017

ORGANIZED BY: - DEPARTMENT OF NUTRITION AND DIETETICS.

NUMBER OF PARTICIPANTS:- 50

OBJECTIVES OF THE PROGRAM:

1. To conduct a health education program through counseling on health and hygiene.
2. To increase knowledge and develop positive intentions towards health and hygiene.
3. To provide better hygiene behaviour and a healthy environment in order to improve the quality of life of the future generation.
4. To understand the basic principles of health and hygiene.
5. To educate the students on proper health and hygiene practices.

TOPICS COVERED:

1. Introduction to health and hygiene
2. The importance of personal hygiene
3. Food hygiene
4. Medical hygiene
5. Nosocomial infections

Ushd. Ushkhandi

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OUTCOMES:

1. Students understood the importance of health and hygiene.
2. Students understood the importance of proper hygiene and how lack of it can result in communicable diseases, infections, food poisoning and allergic reactions.
3. Good and proper hygiene can improve cognitive ability as well as physical strength.

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