

Report on One Day Skill Development Program on “pencak silat”

1	Name of the Activity/Event	One Day Skill Development Program on “pencak silat”
2	Date of Activity/Event	17-05-2022
3	Organized	Department of Physical Education
4	Place of Activity/Event	NECN Ground
5	Resource person/ guest/ organization	Mr. P. Manoj Sai” South Zone Secretary of Pencak Silat
6	Type of activity/Event	pencak silat
7	Participation	62
9	Suggested Improvements	Improve the Practice
10	Enclosures	1. Circular to students 2. Schedule 3. Student signature forms 4. Report 5. Certificates

One day skill development program on “PENCAK SILAT” was organized by ‘Department of physical Education, on 17-05-2022 for the B.Tech, MBA and MCA Students by inviting “Mr. P. Manoj Sai” South Zone Secretary of Pencak Silat.



The inaugural ceremony of the one day skill development program on “PENCAK SILAT” commenced with the lighting of lamp by a group of dignitaries of Mr.Dr.P.Manoj Sai, Dr.A.V.S. Prasad Director NEPC, Dr. G.Sreenivasulu Reddy Principal, D.Prasad Physical Director, T.P.Vara Prasad Sports Convener of NECN.

Mr.D.PRASAD (HOD of Physical Director) formally welcomed all the dignitaries present on the dais and colleagues & students. The Programme was started with motivation speech by the Mr. P. Manoj sai, South Zone Secretary of Pencak Silat.

Mr. P.Manoj sai, mentioned about the significance of Pencak Silate. He said physical condition is one of the most important aspects of sports especially game like Pencak silate.



Physical condition is one of the indispensable requirements in an athlete's performance improvement efforts. Pencak silat is divided into two categories: combat and performance. In the combat event, the techniques of self-defense and attack play a decisive role.

Pencak Silat is a fighting sport which collectively encompasses martial arts of various

styles originating from Indonesia. This form of fighting involves, striking, grappling techniques, and throwing. In addition fighters are allowed to use certain types of weapons. Pencak Silat involves full-body fighting, where any part of the body can be used and any part of the body can be attacked. This form of fighting originated in Indonesia as a means of self-defense and turned into a competitive sport. The sport has currently spread to many South Asian countries.





There are several styles of Pencak Silat currently being practiced, of which the six most popular are Minangkabau, Sunda, Betawi, Java, Bali, and Maluku. Some of the offensive moves that are commonly used are punches and kicks. Strikes with feet, elbow and shoulder are also often used. For defense, the most commonly used move is blocking, using hands, forearms, elbows or shoulders. Dodging

and deflecting are also frequently used for defense. All the B.Tech and MBA students are interacting with Mr. P. Manoj sai, South Zone Secretary of Pencak Silat by asking various questions and solve it with effectively.

Mr.D.Prasad, HOD of Department of PHYSICAL DIRECTOR OF NARAYANA ENGINEERING COLLEGE NELLORE' closes the program with vote of thanks.

SPORTS CONVENER

PHYSICAL DIRECTOR

PRINCIPAL