

Queen Mary's College(A)

Report on Value-Added Silambam Courses

Introduction:

The **Value-Added Silambam courses** at Queen Mary's College aim to provide students with comprehensive training in martial arts, fostering physical and mental well-being among economically disadvantaged students. Conducted under the auspices of an MOU signed between Queen Mary's College and **B.A Mohammed Ali Silamba Koodam**, the courses have seen active participation from students across various departments.

Department oversight:

The MOU is monitored and controlled by the department of physical education, under the guidance of **Dr V. Sujitha, Head and Director of physical education**

Course Structure:

Duration: The course spans six months, with classes held twice weekly on Tuesdays and Thursdays from 7:30 AM to 8:30 AM.

Instructors: **Dr. B. Uma Maheshwari, Principal of Queen Mary's College**, and **Dr. J. Syed Hameed**, representing **B.A Mohammed Ali Silamba Koodam**, oversee the training sessions.

Participant Demographics: Approximately 50 students from diverse backgrounds, including economically disadvantaged individuals, actively participate in the program.

Objectives:

Physical Fitness: The course focuses on enhancing physical strength, agility, and coordination through rigorous Silambam training.

Mental Well-being: Alongside physical training, emphasis is placed on developing mental resilience and discipline among participants.

Empowerment: The program aims to empower women by promoting the concept of "strong women, sound body," encouraging female students to embrace their physical prowess.

Achievements:

State Tournament Participation: Several students have been selected to represent Queen Mary's College in state-level tournaments, where they have excelled and secured numerous prizes.

International Exposure: Participants have had the opportunity to attend international seminars and workshops, broadening their understanding of martial arts and holistic well-being.

Impact:

Community Outreach: The courses have positively impacted economically disadvantaged students, providing them with access to quality martial arts training that contributes to their overall physical and mental health.

Skill Development: Participants have honed their Silambam skills, contributing to their personal development and self-confidence.

Empowerment of Women: The emphasis on empowering women through physical fitness has resonated positively, fostering a sense of strength and independence among female participants.

Conclusion:

The Value-Added Silambam courses at Queen Mary's College have emerged as a cornerstone of physical and mental well-being for students, particularly those from economically disadvantaged backgrounds. Through rigorous training, participation in tournaments, and exposure to international events, students have not only enhanced their martial arts skills but also experienced personal growth and empowerment.

This report underscores the significance of such initiatives in promoting holistic development and inclusivity within educational institutions.

S. No	Name	Department
1	Madhumitha	I B. Sc Zoology
2	S. Arthi	III B. Sc Physics
3	G. Eswari	II B. Sc Physics
4	J. Mohana Priya	II M.A Tamil
5	K. Prithika	II B.A Tamil
6	M. Srilakshmi	I B.A Tamil
7	E.S. Pugazharasi	I B.A Tamil
8	S. Deepa	I B.A Tamil
9	S. Keerthana	I B.A Tamil
10	M. Subasri	I B.A Tamil
11	M. Dhanasri	II B.Sc. Mathematics
12	S. Surya	II B.Sc. Mathematics
13	N. Ramya	II B.Sc. Mathematics
14	S. Bhuvaneshwari	II B.Sc. Mathematics
15	V. Kaviya	II B.Sc. Home Science
16	K. Gopika	II B.Sc. Home Science
17	M. Gayathri	II B.Sc. Home Science
18	S. Abinaya	II B.Sc. Home Science
19	M. Dharani	II B.Sc. Home Science
20	Mythili	I B.Sc. Mathematics

21	S. Jamizh Elakkiya	I B.Sc. Home Science
22	V. Mahalakshimi	I B.Sc. Home Science
23	S. Ellammal	I B.Sc. Home Science
24	S. Preethi	I B.Sc. Home Science
25	D. Lakshmi	III B.A History
26	K. Rajalakshmi	III B.A History
27	R. Swetha	I B.A History
28	M. Gowri Shankari	I B.A History
29	R. Sindhiya	I B.A History
30	S. Sangeetha	I B.A History
31	K. Rajeshwari	II B.Sc. Geography
32	G.S. Ashwini	I B.Sc. PHS
33	Shakthi Priya	I B.Sc. PHS
34	P. Bharathi	II M.A Economics
35	T.V Kaniyamudhu	I B.A Economics
36	S. Praveena	II B.Sc. Computer Science
37	R. Sujitha	II B.Sc. Computer Science
38	S. Nathiya	II B.Sc. Computer Science
39	V. Prabarathi	II B.Sc. Computer Science
40	S. Kokila	III B.Sc. Computer Science
41	V. Monika	I B.Sc. Computer Science
42	V. Swetha	II B.Sc. Computer Science
43	M.K. Harini Devi	II B.Sc. Computer Science
44	A. Sneha	II B.Sc. Chemistry
45	D. Saraswathi	II B.Sc. Botany
46	S. Lavanya	II BCA
47	R. Roja	II BCA
48	V. Lavanya	II BCA
49	S. Bhavani	I BCA
50	R. Harini	I BCA
51	M. Sabitha	I BCA
52	V.R Vasundara	II B.Sc. Mathematics
53	P. Rithika	I B.A. Economics
54	S. Narpavi	II B.Sc. Computer Science



Queen Mary's College
24-01-2024

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QUEEN MARY'S COLLEGE (A), CHENNAI-600004.

DEPARTMENT OF PHYSICAL EDUCATION

And

Dr. J.SYED HAMEED, B.A

MOHAMMED ALI SILAMBA KOODAM -

No.19/1-37, RAJA STREET, VILLIVAKKAM, CHENNAI-600049.

For BLACK BELT SILAMBAM

INTERNATIONAL PLAYER AND NATIONAL REFEREE

SECRETARY - SILAMBAM CHENNAI DISTRICT ASSOCIATION

TECHNICAL DIRECTOR - SIA

Memorandum of Understanding

MEMORANDUM OF UNDERSTANDING DATED 24 JAN 2024

Between

Queen Mary's College (A), Chennai 600001 represent by Dr.B.Umamaheswari, Principal (by designation) having her office at Kamarajar salai, Mylapore, Chennai -600004, Tamilnadu, hereinafter called the First party

And

The MOHAMMED ALI SILAMBA KOODAM, No.19/1-37,RAJA STREET, VILLIVAKKAM, CHENNAI, India represented by

Dr. J.SYED HAMEED, having his office at Villivakkam, Chennai hereinafter called the Second party do hereby agree to the following:

The Memorandum of Undertaking (MoU) between Queen Mary's College (A), Chennai 600004, and MOHAMMED ALI SILAMBA KOODAM, No.19/1-37,RAJA STREET, VILLIVAKKAM, CHENNAI-600049 sets forth the agreement of the parties with respect to mutually benefit initiative to strength the training system and facilitate to train the students to use Silambam as a Self – Defence training system to meet out the social challenges through academic and offer them value added certification course.

1. Objective and role of partnership

1.1 Queen Mary's College (A), Chennai 600004 and

1.2 Dr. J.SYED HAMEED partnership is constituted through mutual consultation based on the overwhelming positive response to train the students in using Silambam as a Self Defence training system to address social challenges through academic and offer them a value added certification course. This training collaboration is for the mutual benefit of both parties involve in the partnership.

1.3 The Primary Objective of the partnership is to provide a platform for Students to undergo martial arts training at our college premises and catalyse joint initiatives to launch silambam as a Self Defence training system / value added certification course for undergraduate students at

1.6 The primary objective of the partnership is to provide a platform to facilitate Skill set building and sharing.

Hence the methods of functioning will be as follows:-

(i) Help the process of Silambam as a Self Defence training system skill development of students and enhancing their personality development to become a stronger individual.

Provide physical and mental stamina and strength to meet the society with self-confidence.

(iii) Build entrepreneurship qualities to become a trainer in future.

2. Member of the partnership committee

2.1 The partnership committee will comprise, Principal, Queen Mary's College(A), Chennai 4 and Head, Department of Physical Education, Queen Mary's College (A), Chennai 4 and trainers associated with **Dr. J.SYED HAMEED** for a term of one year with subsequent renewals and modifications for a further period of one year, subject to renewal of this MoU.

Principal, Queen Mary's College (A), Chennai 4

And

Chief Skill person Dr. J.SYED HAMEED

2.2 Partnership Norms

The partnership Committee will meet once a year to access progress and provide directions for implementing various classes.

Queen Mary's College (A), Chennai 4 will provide a location at the premises, create a time table and schedule hours for the training sessions and **Dr. J.SYED HAMEED** would arrange for dedicated faculty/ trainers / examiners to impart skill to students from various departments of the institution.

The Physical Director of Department of Physical Education, Queen Mary's College (A), Chennai will be the coordinators for the Partnership Committee, or each party will designate an individual to oversee and facilitate the successful training and certification completion.

Mutual recognition, including the use of term, "Technical partner" on websites and other promotional materials may be pursued.

Commitment to making best efforts to co-operate and collaborate on various activities, i.e. Conducting higher level certificate courses, Diplomas, advanced Diplomas and other co-scholastic projects.

Commitment not to engage in any activities that may damage the other party or the partnership shall be adhered to.

Except for loss or damage caused through gross negligence or intent, the parties shall have no liability to each other hereunder.

This MoU shall be construed as a statement of purpose to promote a genuine and mutually beneficial collaboration between the parties. Nothing in this MoU shall create any legal relationship between the parties.

2.3 The Agreement shall commence on 24.01.2024 and shall continue in force until terminated by mutual consent after prior written notice by either party. The termination will be subject to compliance with the completion of all commitments made. Notwithstanding any such termination, both parties shall ensure that all activities in progress are completed successfully.

2.4 This MoU will be valid for a period of one year from the date of signing of this MoU. Upon the expiry of this period, the MoU may be extended for further three years based on mutual interest

General:

This document is a statement of understanding and is not intended to create any binding legal and financial obligations on either party.

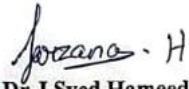
Both parties hereby affixed their signature's

Authorized Signatory

For Dr. J.SYED HAMEED

For Queen Mary's College(A)

CHENNAI-600049.



Dr.J.Syed Hameed

No.19/1-37,RAJA STREET, VILLIVAKKAM

Chennai-600017.

600004.




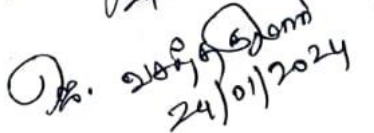
Dr.B.Umaheswari

Principal

Queen Mary's College(A)

Mylapore, Chennai-

WITNESS :-

- 
24/11/2024.
- 
24/01/2024











