

REPORT

National Sports Day

Live Session: Martial Arts for Self Defence

Date: 29 August 2020 (Saturday)

Platform: Google Meet

Time-9-10 am

“Martial Arts is about discovering the path between Self-protection and Self-perfection”

The **National Sports Day or Rashtriya Khel Divas** in India is celebrated on **29th August** every year with a lot of enthusiasm and sportsmanship. **ITL Public School** celebrated this day by organising an Online Martial Arts session for the students. **Mr. Pranav Sharma, the Karate Champion** who represents India in National and International Championships, was the Resource person for the day. He demonstrated various Karate techniques and postures for self-defence and protection. All the students also practiced Karate under his guidance.

The interactive session helped to spread awareness among the students about the role of sports in their life. They learnt that sports help to develop physical toughness, team spirit, focus, respect, confidence. The session included elements of fitness, technique, application and context, strength and flexibility drills.

The session taught the students:

- Respect & Resilience: teaching children to look others in the eye, to stand up straight and try their best!
- Bullying in any form is not acceptable.
- Strength, Flexibility and Control all while improving Fitness.
- How to use their voice and hold their body, to show their confidence.
- Self-defence techniques and when and when not to use them.

In the end, Mr. Pranav answered all the queries of the students and motivated them for being a disciplined sportsman and for practicing Karate. All the students thoroughly enjoyed the enriching session and understood the benefits of physical activity, sports and overall health.



