



## DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

### ACADEMIC YEAR 2021 - 2022 / ODD SEMESTER

#### REPORT

1. Name of the event : Awareness Talk on “Movement Health”
2. Date & Session : 02.10.2021 (10.30am – 11.30am)
3. Venue : YouTube([www.youtube.com/watch?v=G4F42M0IE4A](https://www.youtube.com/watch?v=G4F42M0IE4A))
4. Name of the Organizer : Mrs.G.Chandra Praba, AP/ CSE
5. Resource Person : Dr.D.Velavan, PT,  
HoD, Department of Life Style Science,  
Venketeshwara College of Physiotherapy, Gopichettypalayam.
6. Objective : To create an awareness about the Movement Health to all to keep everyone fit.

ECO club organized an awareness talk on “Movement Health” on October 02<sup>nd</sup> of 2021 with the objective of making all exposed to the techniques that have to be followed while moving our body. Around 130 students from our college attended the session and got exposed to the basics of movement health. The resource person Dr.D.Velavan elaborated the tips and techniques to be followed in all our day-to-day activities to maintain our body healthy in a well organized manner.

The session highlighted the following points:

- What is movement health?
- Why is it important?
- The right way to be in various positions and the tips that has to be followed.

**KINGS COLLEGE OF ENGINEERING** Awareness Programme on Health Movement

21 YEARS OF ACADEMIC EXCELLENCE

### DEEP SQUAT

1 Upper torso is parallel with floor or toward vertical | Thinner is below horizontal | Knees are aligned over feet | Heels are aligned over toes

2 Upper torso is parallel with floor or toward vertical | Thinner is below horizontal | Knees are aligned over feet | Heels are aligned over toes | Heels are elevated

3 Thigh and upper torso are not parallel | Thinner is not below horizontal | Knees are not aligned over feet | Ankle/heel distance is varied

The athlete receives a score of zero if pain is associated with any portion of this test.

Organized by Eco Club

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### INLINE LUNGE

1 Loss of balance is noted

2 Heel contacts not maintained | Heel does not remain vertical | Heel does not touch floor | Heel and foot do not remain in sagittal plane | Knees do not touch behind heel of front foot

3 Heel contacts maintained | Heel remains vertical | Heel does not touch floor | Heel and foot remain in sagittal plane | Heel touches floor behind heel of front foot

The athlete receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

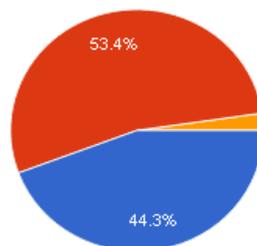
Organized by Eco Club

Screenshot of YouTube video during the Awareness Talk on “Movement Health”.

### Feedback from Participants

The session was very useful

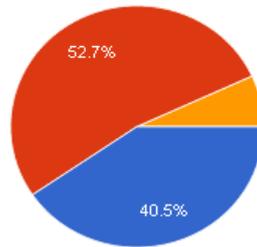
131 responses



- Strongly agree
- Agree
- Neutral
- Disagree

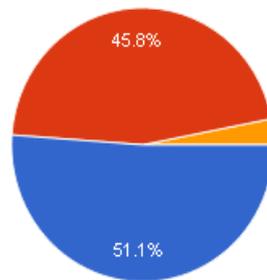
The talk met the expectations

131 responses



The knowledge of the resource person on the topic

131 responses



**Comments:**

- Very useful and informative session.
- The session was completely useful.
- It give many awareness.

**Outcome:**

The students and others would make use of this awareness talk to know the ways they have to follow when they are in various positions to keep them fit all along.

**SIGNATURE OF COORDINATOR**

**HOD/ CSE**

**PRINCIPAL**