

UNION CHRISTIAN COLLEGE, ALUVA DISASTER MANAGEMENT CLUB INAUGURATION

The Union Christian College Aluva ,NCC units and the Dept of Physical Education formed a Disaster Management Club in association with the Ernakulam Disaster Management Authority. The formal inauguration of the 100 member club was done by Sri. N. S. K. Umesh IAS, Ernakulam District Collector. A one day workshop covering fire and rescue methods, first aid and basic life support skills and survival swimming techniques were given to club members.

SURVIVAL SWIMMING TECHNIQUES

"The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move."

Swimming is an essential skill that everyone should know. In this changing climatic conditions where we all experienced environmental disasters for the past years, including our pandemic time and the recent floods. The session conducted on the behalf of disaster management inauguration at UC college, The swimming expert SAJI VALLASSERI (Swimming club Aluva) the eminent person who apt the session with his swimming experiences as a trainer. In this changing climate conditions, we all have experienced various environmental disasters for the past years.

The idea of swimming gets widened as he has trained many differently abled persons. He shared his swimming techniques which also encouraged us. And he explained the importance of swimming for a healthy life, it is also an enjoyment which gives relaxation for the mind. The session was really fascinating and informative. Around 40 cadets attended the session.

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