



NARAYANA

ENGINEERING COLLEGE :: GUDUR

Approved by UGC 2(f)& 12(B), Permanently Affiliated to JNTUA, Anantapuramu, Approved by AICTE, New Delhi
An ISO 9001:2008 certified institution, Dhoorjati Nagar, Gudur, SPSR Nellore Dt., Andhra Pradesh – 524101

Date : 02-05-2019

Report on "Training program on KARATE for girls"

Department of Physical Education of Narayana Engineering College has organized a Training program in association with Women's Forum on KARATE for girls on 30.04.2019.

Coordinator

: Mr. N. Kesava Rao

Trainer

: Mr. K. Madhusudana Rao

**BLACK BELT 2nd DON, Secretary,
Nellore District TAEKWONDO
Association**

Activity

: Training program

Venue

: ECE Seminar hall

No. of Participants attended

: 60 girl students



The Program started with a welcome note by Mrs. V. Swarna, Coordinator of NECG Women's forum. She introduced Mr. K. Madhusudana

Rao to the gathering. He started his session with the introduction of Importance of martial arts for personal defence for girl students. He gave the pros and cons of learning karate for girls. Karate is a sport that builds strength, speed, stamina, and endurance in girls, keeping them physically fit, establishes a positive personal image and further promotes confidence in life in general.



He gave the details of karate training centres for women existing at various places. Women's self-defence classes have an incredible positive impact on the participants and greatly change their lives for better in their self protection.

All the girl students very actively practiced in the demo during the program. They felt that it would be really useful for them. Some of the students expressed very good views in their feedback on the program.