



Report on "Training program on KARATE for girls"

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

Coordinator	: Mrs.V.Swarna
Trainer	: Mr. K. Madhusudana Rao BLACK BELT 2nd DAN, 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 defense 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,



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establishes a positive personal image and further promotes confidence in life in general.



He gave the details of karate training centers for women existing at various places. Women's self-defense 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.

Professor In-Charge

PRINCIPAL