



NARAYANA ENGINEERING COLLEGE :: GUDUR

(An ISO 9001:2008 Certified Institution, Approved by AICTE New Delhi & Permanently Affiliated to JNTUA, Ananthapuramu)

Date : 10-09-2018

A Report on

Self Defense Training (KARATE) Classes

Department of Physical Education has conducted Self Defense Training classes on KARATE for Girl Students on 07-09-2018. Mr. K.Madhusudhana Rao, Black Belt Second Dan, Secretary, Nellore District TAEKWONDO Association was the Resource person and Karate Trainer. Girl Students of various departments came forward and participated in Karate Training classes. Yoga Trainer stated that the importance of learning techniques in Karate for girls. The Karate Trainer conducted karate session to girl students. In total, 50 students have participated in this session.





Karate Trainer Mr. K. Madhusudhana Rao giving Demo on Karate