



ST. ANN'S COLLEGE FOR WOMEN

(Affiliated to Acharya Nagarjuna University,

Recognized Under Section 2(f) of UGC Act 1956-New Delhi)

Amaravathi Road, Gorantla, Guntur – 522034 (A.P)

Email: st_anns_coll@yahoo.co.in Website: www.stannscollegeforwomen.org

DEPARTMENT OF PHYSICAL EDUCATION

CIRCULAR

Date: 25-10-2021.

The Department of Physical Education is going to organize a Training Programme on, **“Karate”** for all UG & PG students on 01-11-2021 at our college premises .All the students are advised to attend the Training Programme.



Dr. S. Felina

PRINCIPAL

Principal
St. Ann's College for Women
GORANTLA, GUNTUR-522 034



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DEPARTMENT OF PHYSICAL EDUCATION

Name of the Activity : ,“Karate”
Date : 01-11-2021
No. of Students Attended : All UG & PG students

Activity Objectives:

The following are the objectives and various qualities inculcated in a person who pursues Silambam:-

- Self-Discipline
- Improving Focus and concentration
- Sharpening the Memory
- Working as a Team, Control and Patience
- Physical Fitness
- Developing Physical, Mental and Emotional Balance
- Coordination of the mind and body
- Etiquette and Manners, Self Defense skills.

Report:

Principal Dr. Sr. Fatima Rani .P, had introduced self defence event of Karate to all UG & PG students. Mr. K. Suresh was appointed as trainer for this event and the Classes were commenced from this event from 1st November 2021 onwards.

Achivements:

Two of our Students named K . Sirisha (II MPC'S), Sk . Rahamtunnisa (II MPC) achived Gold medal and Silver medal in Sri Jawaharlal Nehru Memorial Interstate Invitational Karate Do Championship on 06-03-2022 held at Sri Venkateswara Vyshya Kalyanamandapam,Chilakaluripeta,Guntur.



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Two of our Students named K . Sirisha (II MPC'S),SK.Hussainbi (II B.Com) achieved Gold medal and Silver medal in 8th Inter State Open Karate Championship held at Agarwal Samithi Vijayawada on 13-03-2022 .



Two of our Students named TS.Ruthsophia (I BCA),K.Sirisa (III MPC'S) achieved Gold medal and Silver medal in CM Cup International Open Krate Championship on 04-12-2022 held at NTR Municipal Indoor Stadium, Guntur with assistance of Mr.G.Bala Show Reddy College Physical Director along with Mr.K.Suresh College Karate Master.



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GOLD and SILVER Medals



[Signature]

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