

Women Empowerment Cell

Social Welfare Residential Govt. Degree College for
Girls
Kanchikacherla ,NTR District. A.P



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Kungfu training and certificate programme

Name of the Department	: Women Empowerment Cell
Date	: 15-02-2024
President	: Dr V Neeraja, Principal
Coordinators	: Smt P.Dhana Lakshmi
Organizers	: Dr K.Sudha Rani & Dr.Y Sumithra
Trainer:	: Syd Abdul Basid
Participants	: I,II BSc,Bcom students

Objective:.. The primary objective of the Kungfu training programme organized by the Staff and Women Empowerment Cell at SWRGDC [G] Kanchikacherla is:

1. to Promote Physical Fitness: Enhance the physical fitness levels of participants through structured kungfu training.
2. Cultural Awareness: Introduce participants to the cultural aspects and historical significance of kungfu as a martial art.
3. Self-Defense Skills: Equip participants with basic self-defense techniques that can be utilized in real-life situations.
4. Mental Discipline: Foster mental discipline and focus among participants through rigorous training and practice.

Description: The Kungfu Training Programme was organized by the Women Empowerment Cell and staff at SWRGDC [G], Kanchikacherla, on 21st February 2024. It is a 3 months certification programme. The event was aimed at both students and staff, focusing on the physical, mental, and social benefits of practicing kungfu. The training session was led by a certified kungfu instructor with extensive experience in martial arts. The programme began

with a warm-up session, followed by an introduction to the fundamental movements and techniques of kungfu. The instructor emphasized the importance of discipline, respect, and focus, which are core values in martial arts training. The session also included a brief history of kungfu, its principles, and how it can contribute to personal development.

Outcome : The training program was organized successfully. 20 girls were trained and got certificates. It help the students to build confidence in them.




IQAC Co-Ordinator
S.W.R.G.D.C. FOR GIRLS
KANCHIKACHERLA.


PRINCIPAL
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