



Sreekrishnapuram V. T. Bhattathiripad College

Training on Martial Arts


Title of the Programme	Training on Martial Arts
Organizing Department/Cell	Department of Physical Education
Number of Students Enrolled	15
Name of the Resource Person	Nikhila, Sensei, Master trainer Karate
Objectives of the Programme	To improve participants' skills and understanding of Karate techniques through practical and theoretical instruction.
Outcomes of the Programme	Participants developed enhanced proficiency in Karate techniques and gained practical experience in martial arts.

Report

On December 05, 2022, the Department of Physical Education hosted a "Training on Martial Arts" in the College Auditorium. This programme was designed to offer students a thorough understanding of martial arts techniques and principles. A total of 15 students enrolled in the session, reflecting a strong interest in enhancing their skills in this discipline. The training was conducted by Nikhila, a renowned Sensei and Master Trainer in Karate. with extensive experience in martial arts, Nikhila provided expert instruction that combined both theoretical knowledge and practical application. The session covered various aspects of Karate, including fundamental techniques, forms, and self-defense strategies. Dr. Sadeep K coordinated the programme, managing the event logistics and ensuring its smooth operation. His role



included overseeing the training setup and facilitating communication between the instructor and the students.



**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

TRAINING ON MARTIAL ARTS

Date : 05-12-2022 to 15-12-2022

Resource Person : Nikhila, Sensei, Master trainer Karate

Venue : College Auditorium

Coordinator : Dr. Sadeep K

Brochure of the Training Programme



Highlights of the Programme



List of Participants

Sl. No	Name of the Student	Programme
1.	Nishana Nasrin V	BCom
2.	Reshma R	BCom
3.	Revathy Krishna K U	BCom
4.	Krishnaja K	BBA
5.	Manya M	BBA
6.	Pradeepkumar K P	BBA
7.	Nandana K	BA Sanskrit
8.	Revathy K G	BA Sanskrit
9.	Sushama S	BA history
10.	Thameema K	BA history
11.	Noufiya Riswana K	BA Economics with Foreign Trade
12.	Pravitha K	BA Economics with Foreign Trade
13.	Mohammed Firoz P. A	BA Economics with Foreign Trade
14.	Muhammed Riyas	BA Economics with Foreign Trade
15.	Hareesh. K	BSC Mathematics



Principal


PRINCIPAL
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