



Taekwondo Training for Students

Taekwondo, a traditional Korean martial art, has gained significant global recognition due to its emphasis on high, fast kicks and dynamic movements. In addition to its combat techniques, Taekwondo fosters discipline, respect, and physical fitness. As a key aspect of our college sports program, this report will highlight Taekwondo's impact, participation, and future prospects within the institution. Objectives of Taekwondo-

- Enhances cardiovascular endurance, flexibility, strength, and balance.
- Promotes self-discipline, concentration, and stress relief.
- Equips students with practical self-defence skills.
- Provides insight into Korean culture and history.

A training program on Taekwondo, organized on 04 March 2022 by Shri Lal Bahdur Shastri Degree College, Gonda. The program is led by certified Taekwondo masters **Pratush Raj** with years of experience in both competition and instruction. Chief Guest of Program was **Varsha Singh** (Vice president of SLBSDC, Gonda), **Shri. Umesh Shah** (secretary of college management committee). The program has seen steady growth, with over 100 students actively involved across various skill levels. Enthusiastic participation from both male, especially female students enhances team diversity and inclusiveness.

Benefits for Students:

Health & Fitness: Regular training in Taekwondo improves cardiovascular health, muscle endurance, and mental wellness.

Stress Relief: Many students report feeling more focused and relaxed after training, aiding them in managing the pressures of academic life.

Skill Development: Students acquire practical self-defence skills, which are invaluable in everyday life.

Leadership: Advanced students are given opportunities to teach lower ranks, promoting leadership and teaching skills.

Conclusion: Taekwondo is not just a sport; it is a way of life that promotes physical health, mental discipline, and cultural awareness. Our college Taekwondo program is an integral part of the sports department, providing numerous benefits to students and strengthening the institution's overall athletic offering. With continued support, the Taekwondo program will only grow in prominence and success, contributing to the holistic development of our students.


श्री लाल बहादुर शास्त्री डिग्री कालेज, गोण्डा


महिला सशक्तीकरण (Women Empowerment)
हेतु
ताइक्वांडो प्रशिक्षण कार्यक्रम का उद्घाटन
04 मार्च 2022 में
आप सभी का स्वागत है
मुख्य अतिथि- वर्षा सिंह , उपाध्यक्ष प्रबोध समिति


उमेश शाह **प्रो. आर. के. पाण्डेय** **डा. जीतेन्द्र सिंह** **प्रत्यूष राज**
 सचिव प्रबंध समिति प्राचार्य मुख्य नियन्ता अनंतप्रदीप सिलसुडी, राष्ट्रीय स्की
 श्री लाल बहादुर शास्त्री डिग्री कालेज, गोण्डा श्री लाल बहादुर शास्त्री डिग्री कालेज, गोण्डा सचिव गोण्डा ताइक्वांडो एसोसिएशन

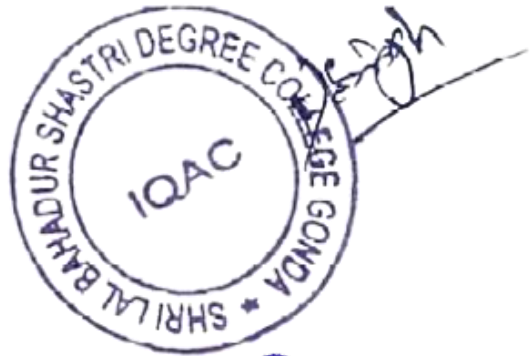



Name of Students

- Shashi Shukla
- Padmini Yadav
- Salony Shukla
- Anshika Bahskar
- Jyoti
- Laximi Devi
- Sarita Yadav
- Rubi Shukla
- Komal Maurya
- Karishma
- Muskan singh
- Ruksana
- Sonali
- Varsha Yadav
- Vijay Mishra
- Siddhant Singh and more


 Principal
 Shri Lal Bahadur Shastri Degree College
 Gonda


 Prof. Ravindra Kumar
 Principal




 Dr. R.B. Singh Baghel
 Coordinator