

**Centurion University Technology and Management** 

# Workshop on Taekwondo

Date: 15-11-2019 to 16-11-2019

## No of Participants: 92

Resource Person: Rabi Narayan Routray

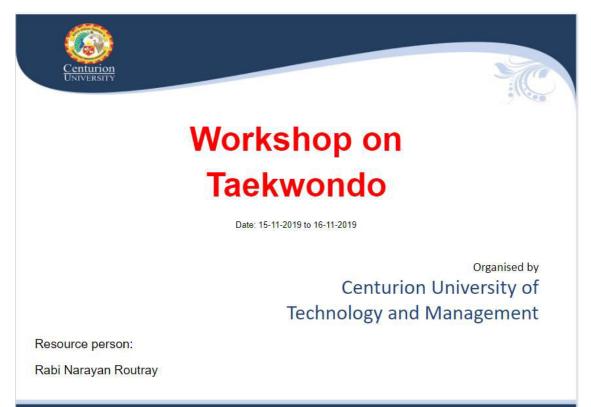
Taekwondo is a system of symmetrical body exercises or techniques designed for self defense and counterattack in unarmed combat, making use of the hands and feet as weapons and defenses. However, Taekwondo is not merely a physical skill, it is also a way of thought and life. Through strict discipline, Taekwondo trains both the body and the mind placing great emphasis on the development of moral character. In other words, control of the mind, self discipline, kindness, and humility must accompany physical grace.

Objective

- skillful application of punching, jumping, kicking, dodging, blocking, and sparring action
- rule of taekwondo
- physical fitness

Outcome

- Good health
- Better Physical posture
- Muscular strength
- Flexibility, increased energy, peripheral vision
- Concentration and the ability to avoid distractions.



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Brochure of the event



Students during the session of Taekwondo

## Participants list



Centurion University of Technology and Management

## workshop on or Taekwondo"

#### 15-11-2019 to 16-11-2019

#### Attendance Sheet

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Prof. KVD Prakash Dean - IIE & HRD

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Dr. Prasanta Ku. Mohanty Dean Academic