

**AKHIL BHARTIYA MARATHA SHIKSHAN PARISHAD'S**  
**ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH**

PARVATI, PUNE -09

**NIRBHAY KANYA ABHIYAN**

TAEKWONDO TRAINING

“TAEKWONDO” workshop was organized by ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH in association with Savitribai phule Pune University. The program was conducted on 27 January 2018 in campus of APCOER, Pune.

The guest for the program was Mr. Pankaj Chikalthankar, Mr. Nikhil Walunj and Mr. Sunil working as an taekwondo instructor since last 6 years in Bhosale taekwondo academy .With presence of these three eminent personalities, Prof. Ganesh Kondhalkar, (SWO, APCOER, PUNE) inaugurated the program on 9.15 A.M. Welcome speech given by Prof. Vaishali Bhimte. Total 76 students from ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH attended this program. All students and Guest were provided breakfast on 10.15 A.M. and session was started at 11 A. M. The entire TAEKWONDO program was based on to create awareness about grievances, self defense.

Mr. Nikhil Walunj and his trainer conducted first session from 11 A.M. to 1.30 P.M. During this session they focused on self-defense using kicks and punches. Its quick, sharp actions involve snapping movements of the joints. They taught how to throw an attacker using balance and leverage and also taught self-control. Mr. Walunj advised girl's students to live with confidence because girl's needs to build an inner strength that cannot be questioned by anyone. They need a source of power that will carry them through life with humility and with proof of success built into their future.

All the students and guest were provided lunch on 1.30 P.M. and the next session was started on 2 P.M.

In the second session, Girls students were participated and also performed TAEKWONDO with lot of enthusiasm and curiosity.

At the end of program, the valedictory function was organized. Mr. Nikhil Walunj and Professor Ganesh Kondhalkar distribute certificates. Valedictory speech given by Prof. Snehal Veer, she extended heartfelt gratitude and thanks to all guest, our students and supporting faculty members. Students gave their feedback about program.

Photographs taken during this program are attached with this report. The program was well structured and conducted in live and interactive session. The program was coordinated by Prof. Snehal Veer under the guidance of Prof. Ganesh Kondhalkar. (SWO, APCOER PUNE)