

Y.A GOVERNMENT COLLEGE (W), CHIRALA



INSTITUTIONAL DISTINCTIVENESS TAEKWONDO

SELF DEFENCE TECHNIQUES

Y.A. Govt. Degree College for Women has been established with the main aim of empowering women through educating them. The Women Empowerment cell of this college has taken it to a different level by conceiving a programme to teach self defence techniques to the students. The importance of self defence for women can not be overstated. Every day we learn about the incidents of attacks on women through the print and electronic media. The attacks are of many forms like eve teasing, stalking, molestation, rape and sexual harassment and gender based discrimination. So, there is an urgent need to train the young women to defend themselves from the perpetrators of the crimes against women. The WEC of this college has decided to give basic training in taekwondo to enhance the self confidence the students to face the world boldly.

The students showed lot of interest and enthusiasm when they came to know about the training. Most of them came forward to join the training programme.

The motto of the programme is that every student of should have the opportunity to participate in the programme. The programme runs through the whole of the academic year. The training is between 4 P.M. and 5 P.M. on all working days. The result of the training has been spectacular as illustrated by the following photographs.

The taekwondo training class..... the trainer Sk.Salamuddin giving practice in strength exercises.

2017-2018

The Women Empowerment Cell of this institution has taken initiative of offering free coaching-training in self-protection strategies particularly martial art like “TAEKWANDO”.

Ours college is only one in the state to give training in Self Defense techniques.



Students practicing Taekwondo





Students practicing Taekwondo





Practicing Jump Spin Kick



Practicing Front Kick –Ap chagi



❖ **Winners of Medals in state level - TAEKWANDO competitions held at Repalle, Guntur District, displaying their certificates and medals**



STATE MEET -TAEKWONDO AT REPALLE, GUNTUR DISTRICT

S.NO	NAME	CLASS	DATE	VENUE	PRIZE
1	V.DURGA KALYANI	I B.A	27-28/11/2017	REPALLE	GOLD MEDAL
2	P.MADHURI	I B.A	27-28/11/2017	REPALLE	GOLD MEDAL
3	B.NAGA LAKSHMI	I B.COM(CA)	27-28/11/2017	REPALLE	GOLD MEDAL
4	B.LAKSHMI MAMATHA	I B.COM GEN	27-28/11/2017	REPALLE	GOLD MEDAL
5	M.SANDHYA RANI	I B.COM GEN	27-28/11/2017	REPALLE	SILVER

Table showing the details of the Winner

❖ Details of the winners in the district level meet held in Chirala.5 Gold & 4 Silver Medal at District Level Taekwondo Champion Ship at chirala.

DISTRICT MEET - TAEKWANDO				
NAME	CLASS	DATE	VENUE	PRIZE
V.DURGA KALYANI	I B.A.	3/12/2017	CHIRALA	GOLD MEDAL
P.MADHURI	I B.A.	3/12/2017	CHIRALA	GOLD MEDAL
B.NAGALAKSHMI	I B.COM CA	3/12/2017	CHIRALA	GOLD MEDAL
B.LAKSHMI MAMATHA	I B.COM GEN.	3/12/2017	CHIRALA	GOLD MEDAL
P.HINDUJA	II B.COM GEN.	3/12/2017	CHIRALA	GOLD MEDAL
V.HARIKA	I B.COM CA	3/12/2017	CHIRALA	SILVER MEDAL
K.SIRISHA	I B.COM CA	3/12/2017	CHIRALA	SILVER MEDAL
M.SANDHYA RANI	I B.COM GEN.	3/12/2017	CHIRALA	SILVER MEDAL
S.SNEHASRI	I B.SC MPCs	3/12/2017	CHIRALA	SILVER MEDAL



The students proudly display the medals and certificates

❖ 3 Gold, 5 Silver and 1 Bronze at University level Taekwondo championship at Chilakaluripet.



Champions with taekwondo master

❖ Two members P.Madhuri, V.DurgaKalyani participated in All India Taekwondo Championship at Amritsar.



Appreciation from Principal



V.DurgaKalyani



P.Madhuri

CERTIFICATES:

ACHARYA NAGARJUNA UNIVERSITY



PARTICIPATION CERTIFICATE
2017 - 2018

0004485



This is to certify that **V. Durga Kalyani**
son / daughter of **Subramayam** *studying* **I B.A** *class*
at **Y.A. Govt. College for Women, Chirala**
has represented Acharya Nagarjuna University in **Taekwondo**
in the **All India** **Inter-University Tournaments / Competitions held at**
Guru Nanak Dev University, Amritsar
from **20-Feb-18** *to* **22-Feb-18**


Director of Physical Education &
Secretary, Sports Board


Vice-Chancellor &
Chairman, Sports Board

ACHARYA NAGARJUNA UNIVERSITY



PARTICIPATION CERTIFICATE
2017 - 2018

0004487



This is to certify that **P. Madhuri**
son / daughter of **Srinivasa Reddy** *studying* **I B.A** *class*
at **Y.A. Govt. College for Women, Chirala**
has represented Acharya Nagarjuna University in **Taekwondo**
in the **All India** **Inter-University Tournaments / Competitions held at**
Guru Nanak Dev University, Amritsar
from **20-Feb-18** *to* **22-Feb-18**


Director of Physical Education &
Secretary, Sports Board

Received
my certificate
P. madhuri


Vice-Chancellor &
Chairman, Sports Board

2018-19

ALL INDIA TAEKWONDO MEET

Our students participated in University Level Taekwondo competitions held at Acharya Nagarjuna University and won All round Championship winning Six Gold Medals, Five Silver medals, Two Bronze Medals. Two students (V. Harika and K. Sireesha) are selected for All India Taekwondo meet which will be held at Rohtak, Haryana during March 09-17, 2019.

The list of winners are:

S. No	Name	Medal
01	V. Harika, II B.Com (CA)	Gold
02	K. Sireesha, II B.Com (CA)	Gold
03	M. sandhya Rani II B.Com (Gen)	Gold
04	P. Hinduja III B.Com (Gen)	Gold
05	B. Naga Lakshmi II B.Com (Gen)	Gold
06	P. Vijaya Anirudri I B. Sc	Gold
07	T. Yamini II B.Com (CA)	Silver
08	P. Durga Bhavani I B.Com (Gen)	Silver
09	N. Chandhana I B.Sc	Silver
10	P. Deepthi I B.Com (CA)	Silver
11	K. Kalyani I B.Com (CA)	Silver
12	A. Addankamma I B.Com (CA)	Bronze
13	D. Smily I B.Com (CA)	Bronze



Students practicing Taekwondo





University Level Taekwondo Winners



V. Harika



K. Sirish

2019-20

1stYSR MEMORIAL AP STATE INVITATIONAL

TAEKWONDO CUP - 2020




Our college students participated in 1stYSR Memorial AP State Invitational Taekwondo Cup - 2020 held at Dandamudi Rajagopal Rao Municipal Indoor stadium, Vijayawada, Krishna District.

State Level winners in First YSR Memorial AP State Invitational Taekwondo Cup – 2020

S. No	Name	Medal
01	J. Divya	Gold
02	Lavanya	Gold
03	S. Madhuri	Gold



CERTIFICATES:



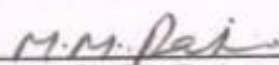
**1st YSR MEMORIAL AP STATE
INVITATIONAL TAEKWONDO CUP -2020**

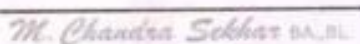
Organised by.
Taekwondo Association of Krishna District.


CERTIFICATE OF MERIT


YSR AP STC/20/806

This is to Certify that Master/Kan..... **J DIVYA**
of **PRAKASAM** has participated in the 1st YSR Memorial
AP state invitational taekwondo cup 2020 for **KYORUGI-SENIOR**
Boys or Girls in **UNDER 53** held on 7th,8th & 9th february of 2020 at
Dardamudi Rajagopala Rao Municipal Indoor Stadium, Vijayanada, Krishna district.
He/She secured **THIRD** Place. His/her date of birth is **30/08/2000**


M.M. Raju
Tournament
Organizing Committee
Chairman


M. Chandra Sekhar BA, BL
Tournament
Arbitration
Committee


K. Jagan Mohan Rao
Tournament
Organizing Committee
President


M. Pradeep
Tournament
Organizing
Discipline Committee

CERTIFICATE OF J.DIVYA



Students practicing Taekwondo



2021-22

ANU Intercollegiate Taekwondo (Men & women) tournament

Our college students participated in acharya nagarjuna university intercollegiate Taekwondo (Men & women) tournament held at university college of physical education & sport sciences nagarjuna nagar, Guntur on 25-02-2022.

- Students got 3 Gold Medals at University Level, Guntur.

S.No.	Name of the player	Class	place	Medal
1	T.Sireesha Rani	I B.A	First place	Gold
2	J.Divya	III B.Sc	First place	Gold
3	V.Vineetha	I M.Com	First place	Gold

K. Sireesha and V. Vineetha are selected for All India Taekwondo Competitions, at Kurukeshthra University, Kurukshethra held from 28-Mar to 31-Mar 2022



T.SIREESHA RANI



V.VINEETHA



Taekwondo practicing activities at open air auditorium



ACHARYA NAGARJUNA UNIVERSITY
Department of Physical Education & Sports Sciences

Prof.P.JOHNSON
Director of Physical Education i/c
and
Secretary, Sports Board



Nagarjunanagar -522 510
Phone Office: 0863 2346218
Mobile: 9440221334

Dt: 07.11.2022

Jo
P.D.
2
28/11

To
The Principal,
Y.A.Govt. Degree College for Women,
Chirala

Sir,

Please find herewith enclosed the participation certificates of the players of your college who participated in the Inter-University Tournaments during the year 2021-22. You are requested to issue the certificates to the following players and maintain the issue register. Please acknowledge the receipt of the following certificates:

SN	Certificate Number and Name	Class	Event
1	0005526 P. Gayathri	I B.Com	Cross Country
2	0005527 V. Chenna Neela	II B.Sc	Cross Country
3	0005528 Sk. Sharmila	II B.Sc	Cross Country
4	0005529 D. Triveni	I B.A	Cross Country
5	0005718 T. Sirisha Rani	I B.A	Taekwondo
6	0005719 V. Vineetha	I M.Com	Taekwondo

67

28/11/22

Thank You,

Yours faithfully

Copy to:
The Lecturer in Physical Education,
Y.A.Govt. Degree College for Women,
Chirala

(P.JOHNSON)
Dr. P. JOHNSON
Director of Physical Education i/c
Acharya Nagarjuna University
Nagarjuna Nagar-522 510

Participation certificates of the players

CERTIFICATES:

ACHARYA NAGARJUNA UNIVERSITY

PARTICIPATION CERTIFICATE
2021 - 2022

0005719



This is to certify that **V. Vineetha**
son / daughter of **Sudhakar** *studying* **I M.Com** *class*
at **Y.A.Govt. Degree College for Women, Chirala**
has represented Acharya Nagarjuna University in **Taekwondo**
in the **All India** *Inter-University Tournaments / Competitions held at*
Kurukshetra University, Kurukshetra
from **28-Mar-21** *to* **31-Mar-22**

*Director of Physical Education &
Secretary, Sports Board*

*Vice-Chancellor &
Chairman, Sports Board*

ACHARYA NAGARJUNA UNIVERSITY

PARTICIPATION CERTIFICATE
2021 - 2022

0005718



This is to certify that **T. Sirisha Rani**
son / daughter of **Anjaiah** *studying* **I B.A** *class*
at **Y.A.Govt. Degree College for Women, Chirala**
has represented Acharya Nagarjuna University in **Taekwondo**
in the **All India** *Inter-University Tournaments / Competitions held at*
Kurukshetra University, Kurukshetra
from **28-Mar-21** *to* **31-Mar-22**

*Director of Physical Education &
Secretary, Sports Board*

*Vice-Chancellor &
Chairman, Sports Board*

ACHARYA NAGARJUNA UNIVERSITY

0004966




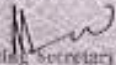
CERTIFICATE


21 - 2022

This is to certify that J. DIVYA
son / daughter of J. RAMESH BABU studying III BSc class
at Y.A. Govt Degree college for women CHIRALA
has secured FIRST Place in U-57 Kgs in the
Acharya Nagarjuna University Inter-Collegiate JAEKWONDO Competition
held at D.P.E. ANU from 25-02-2022 -

Time/Distance/
Height/Weight


Director of Physical Education &
Secretary, Sports Board


Organizing Secretary


Vice-Chancellor &
Chairman, Sports Board

