

Karate Coaching Camp 2019

A karate coaching camp was organised by the Department of Physical Education for the ten selected students of our college. The selection was based on their skills and technical advancement in the game of karate. The students thus selected were given a one week camp from 2nd of december to 7th of december. The camp was mainly focused on making further progression and advancement in their karate techniques and skills and thus moulding them for the upcoming university and state tournaments. The modified rules and regulations were discussed in the camp and more advanced intense training was given to them. The camp was led by Sensei Mr Azees, the karate instructor and the secretary of Palakkad Karate Association. The duration of the programme was 12 hours, in which 2 hours were allocated for a day. The students participated with great enthusiasm and developed their skills and abilities furthermore.

List of Students

Organised by : Department of Physical Education

Date : 02/12/2019 - 07/12/2019

Venue: CKMNSS School Chalakudy

Duration of the Programme : 12 Hrs

Resource Person : Mr Azees

List of participants:

Sl No.	Name of the student	Department	Signature/status
1.	Josna Jose	Economics	Present
2.	Anju M A	Economics	Present
3.	Aparna Anilkumar	Economics	Present
4.	Sneha Mary Sabu	English	Present
5.	Alphy Francis	Bcom	Present
6.	Anupriya	Zoology	Present
7.	Niya Babu	History	Present
8.	Krishna Nivedya	Bcom	Present
9.	Maya V P	Zoology	Present
10.	Nisreena	History	Present



Mr Azees taking the classes on the advanced skills and techniques of Karate



Students demonstrating the basics of kata

