



(ESTD. 1965)

Gondia Education Society's

**SETH NARSINGDAS MOR COLLEGE OF ARTS & COMMERCE &
SMT. G. D. SARAF SCIENCE COLLEGE**

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Ref. No. : SNMC/2022-23

Date : 25.04.2023

One Day National Level Taekwondo Black Belt Exam 2023

On 23rd April 2023 at Vivekanand Nagar indoor Stadium, near chhatrapati Square, Nagpur.

Taekwondo is a great martial art to practice, a martial art that might just come in handy in some rough situations. Of course one of the main purposes of Taekwondo is to teach you various different ways of defending yourself. Obviously one of the first rules of Taekwondo is to only use it for sport, for sparring, or for self-defense, but never for offensive purposes. Well, sometimes things go south and some people may threaten you. There are bullies and robbers all over this world, and sometimes the only way to deal with them is to physically defend yourself.

Taekwondo is an amazing thing to know in sticky situations and it is by far one of the best forms of martial arts that will allow you to defend yourself. When it comes to a life or death situation, when it is you versus them, Taekwondo will allow you to come away unscathed. Increasing your self esteem, goal setting & discipline, the ability to defend yourself strengthening your muscles, cardiovascular health, bettering your focus, increase your flexibility, making you feel happier & better.

Objectives:

This National Level Taekwondo Black Belt Exam is organized for building and enhancing self-defence Technique, physical fitness awareness and promote the Physical Education and Sports , Fit for self & improve physical fitness day by day.

Conclusion: Increasing the Ability to Defend Yourself

Photo Gallery:



ONE DAY NATIONAL LEVEL TAEKWONDO BLACK BELT EXAM 2023

Under the Guideline
University Grants Commission
(FIT India Movement, Physical Education & Sports, Health)

ON 23RD April 2023

Promoted by
TAEKWONDO FEDERATION OF INDIA

Organize by
SPORTS TAEKWONDO ASSOCIATION NAGPUR
&
Gondia Education Society's

**SETH NARSINGDAS MOR COLLEGE OF ARTS & COMMERCE &
SMT. G. D. SARAF SCIENCE COLLEGE**
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Gondia Education Society, Gondia


Hon'ble Shri Nikhil Jain
Director,
Gondia Education Society, Gondia

To
Shri/Smt. _____



BLACK BELT DAN PROMOTION TEST-2023
Date : 23rd April 2023
Vivekanand Nagar Indoor Hall, Chhatrapati Square, Nagpur

Promoted By
TAEKWONDO FEDERATION OF INDIA

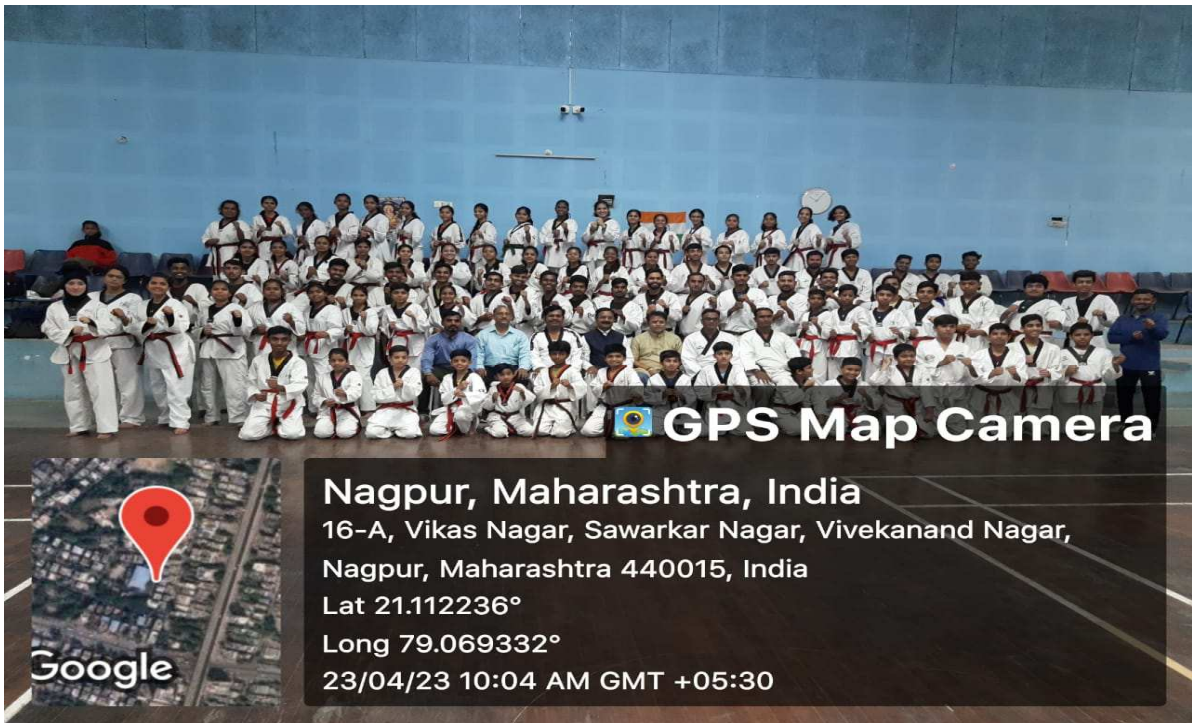
Organized by
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SETH NARSINGDAS MOR COLLEGE OF ARTS & COMMERCE & SMT. G. D. SARAF SCIENCE COLLEGE, TUMSAR, GONDIA.

GPS Map Camera

Nagpur, Maharashtra, भारत
Ring Rd, Chatrapati Chowk, Khamla, 19, Ring Rd, Central Excise Colony, New Sneh Nagar, Nagpur, Maharashtra 440015, भारत
Lat 21.110885°
Long 79.068919°
23/04/23 09:37 AM GMT +05:30







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