



(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/2023-24

Date : 25.04.2023

**ONE DAY NATIONAL LEVEL TAEKWONDO BLACK BELT EXAM 2023**

On 23<sup>rd</sup> April 2023 at Vivekanand Nagar Indoor Stadium, Near Chhatrapati Square, Nagpur.

**Under the Guideline**

University Grants Commission

(FIT India Movement, Physical Education & Sports, Health)

**Pramoted By**

Taekwondo Federation of India

**Organize by & Collaboration with**

Sports Taekwondo Association Nagpur

Seth Narsingdas Mor Arts, Commerce & Smt. G.D.Saraf Science College, Tumsar.

**Examiner :**

Dr. Santosh R. Chaudhar

Black Belt 4<sup>th</sup> Dan & National Class One Referee, Secretary, Sports Taekwondo Association, Nagpur.

**Co-Examiner :**

Mr. Pravin Dhande (NIS in Taekwondo) (PE Teacher in Narayana Vidyalayam, Nagpur &

Vice-President Sports Taekwondo Association, Nagpur

**Mr.P.N.Pangotra**, President Taekwondo Federation of India

**Mr.Prabhatkumar Sharma**, Secretary Taekwondo Federation of India

**Mr.Sanjay Sharma**, Vice -President Taekwondo Federation of India

**Mr.Sudhakar Kohale**, President Sports Taekwondo Association, Nagpur

**Mr.Daeven Dasture**, Vice-President Sports Taekwondo Association, Nagpur.

**Objectives:**

This National Level Taekwondo Black Belt Exam is organized for building and enhancing self-defense 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

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.

### Photo Gallery:

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**TAEKWONDO FEDERATION OF INDIA**

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**SPORTS TAEKWONDO ASSOCIATION NAGPUR**  
&  
**Gondia Education Society's**

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

**Chief Patrons**

**Hon'ble Shri Praful Patel**  
Member, Rajyasabha, Govt. of India

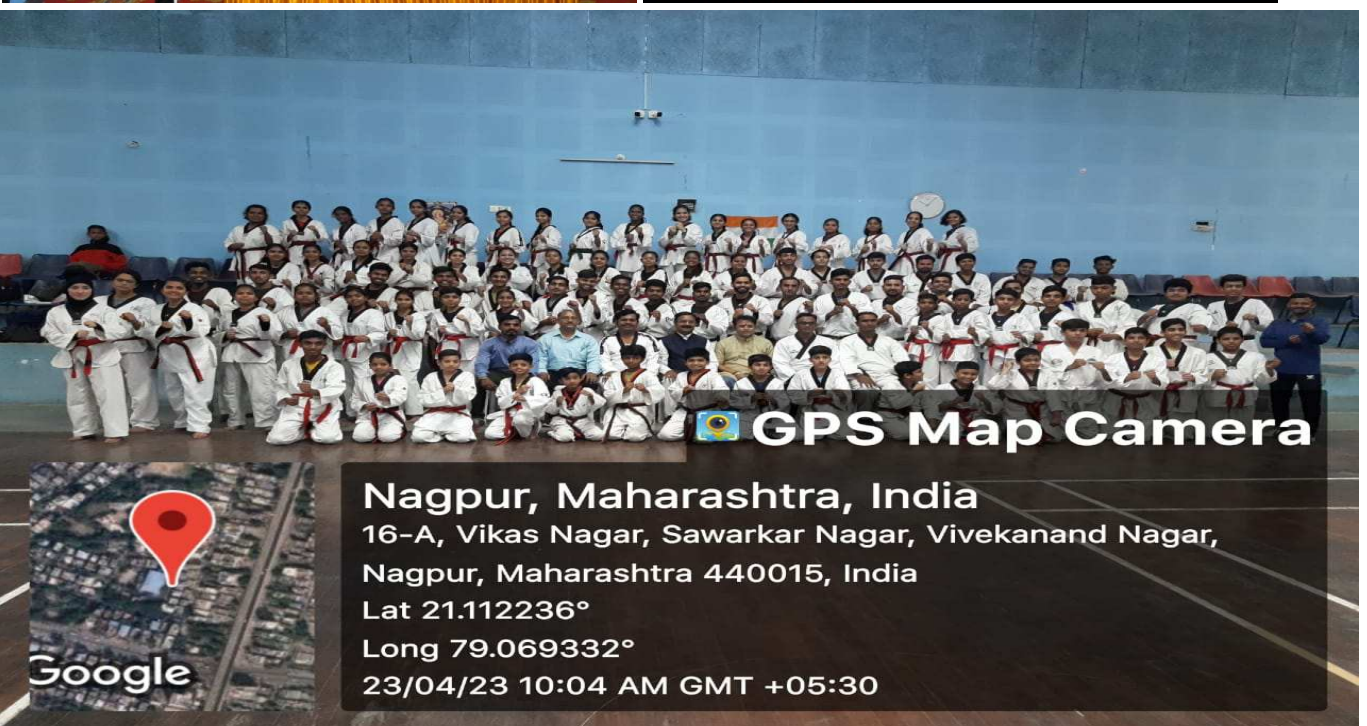
**Hon'ble Smt. Varsha Patel**  
President,  
Gondia Education Society, Gondia

**Hon'ble Shri Rajendra Jain**  
Secretary,  
Gondia Education Society, Gondia

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

To  
Shri/Smt. \_\_\_\_\_









**Coordinator**  
 Dr. S. R. Agashe  
 Head & Asstt. Director of  
 Physical Education

**Convener**  
 Dr. Chetankumar B. Masram  
 (Principal)