

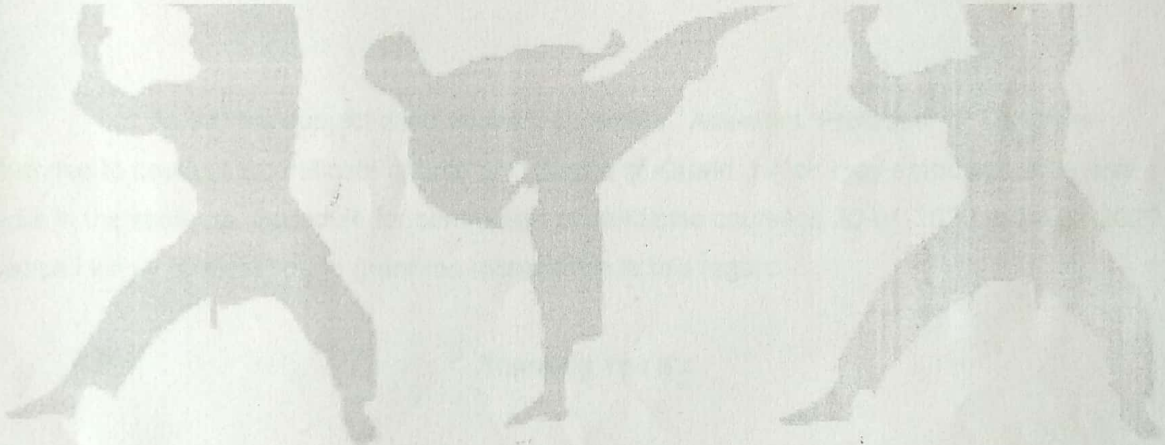


**Government Degree College, Luxettipet**

**Department of Telugu**

**“Certificate Course in Basics of Karate”**

**2019-2020**



GOVERNMENT DEGREE COLLEGE, LUXETTIPET

PERMISSION LETTER

Date:03-01-2020

To  
The Principal,  
Government Degree College  
Luxettipet

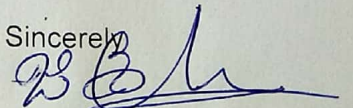
Respected Sir,

Sub: Request for grant of permission to conduct Certificate course on "Basics of Karate"-req-reg.

As per the subject cited above I, G. Srilata , Assistant Professor of Telugu is intended to conduct a certificate course on " Basics of Karate" which may empower defensive skills in the students. Schedule for conduction of certificate course is 20-01-2020 to 24-02-2020. Hence I kindly request you to grant me -permission in this regard.-

Thanking You Sir

Yours Sincerely



G.Srilata



**Government Degree College, Luxettipet**

**Department of Telugu**

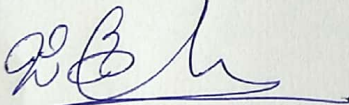
**“Certificate Course in Basics of Karate”**

**NOTICE**

Date: 06-01-2020

All the students are hereby informed that, Department of Telugu is planning to conduct a certificate course on “Basics of Karate” from 20-01-2020 to 24-02-2020 (30 Hours), which one is basically meant to learn self defense techniques. Enroll your names at Department of Telugu on or before 15-01-2020. For more details contact Instructor of the course Dr.M.Ramchander.

Head of the Department



G.Srilatha

7.1.2020  
PRINCIPAL  
Principal  
Govt. Degree College  
Luxettipet - 504 215

# **Government Degree College, Luxettipet**

## **Department of Telugu**

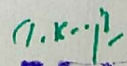
### **“Certificate Course in Basics of Karate”**

#### **Objectives of the Course**

The purpose and mission of Karate is to extend traditional karate-do to advanced practitioners and to further understand and develop physical and mental strength as seen through functional karate.

Our karate is based on Funakoshi/Nakayama JKA style with an extension of Indian karate. Our aim is to provide the far advanced karate concepts and techniques to our students particularly for girls. Moreover, we wish to help the students in their personality development and advancement so that they can grow to be better civilians.

Our karate family invites you to join us to develop the highest level of technical and philosophical skills in Traditional and Sport Karate. We welcome Individual, dojos, clubs, and other organizations to learn about our unique methods of teaching karate.



**Principal**

Govt. Degree College  
Luxettipet -504 215



**Government Degree College, Luxettipet**

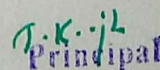
**Department of Telugu**  
**“Certificate Course in Basics of Karate”**

**Syllabus**

**Total 30 Hours**

**Karate self defense training**

1. Introduction of karate and use of karate. (Day one)
2. Basic worm up for muscle flexibility.(second day)
3. Punch training. (in first week two days)
4. Different type of punch (Jodan zuki, Chudan zuki, Gedan zuki) (first week three days)
5. Kick training.(second week two days)
6. Types of kick. (Jodan mai geri, Chudan mai geri, Gedan mai geri)(second week four days)
7. Use of blacks. (Third week two days)
8. Types of blacks. (Agi uke, Soth uke, Ich uke, Gedan uke, shuth uke) (third week four days)
9. Self defense training. (short stick attack, long stick attack, neck holding etc.) (fourth week one day)
10. kata introduction. (Fourth week second day)
11. kata training. (teki ki shodan kata) (fourth week two days)
12. sparing (fourth week last two days)

  
Principal  
Govt. Degree College  
Luxettipet -504 215



**GOVERNMENT DEGREE COLLEGE, LUXETTIPET**

DEPARTMENT OF TELUGU

LIST OF THE STUDENTS ENROLLED

**"Certificate Course in Basics of Karate"**

Date:

Sl. No	Name of the student	Hall Ticket number	Course and Year	Signature of the students
1	S.CHANDRANEELA	439203230	B.Z.C I YEAR	S.Chandraneele
2	BERA DIVYA	439203203	B.Z.C I YEAR	B. Divya
3	KOSARI MOUNIKA	439203218	B.Z.C I YEAR	K. Mounika
4	ANGA SUNITHA	439203001	B.Z.C I YEAR	A. Sunitha
5	BOLISHETTI SHIVANI	439202209	B.Com I YEAR	B. Shivani
6	ESLAVATH SREEJA	439203209	B.Z.C I YEAR	E. sreeja
7	MUDIMADUGULA ROHINI	439202231	B.Com I YEAR	M. Rohini
8	SALPALA YASHODHA	439202242	B.Com I YEAR	S. Yashodha
9	BADHAVATH ROJA	439201302	B.A I YEAR	B. Roja
10	MD ASMA	439202227	B.Com I YEAR	MD. Asma
11	ATHRAM VANI	439203202	B.Z.C I YEAR	A. Vani
12	MALOTH SHAILAJA	439204141	B.Sc MPCs I YEAR	Shailaja
13	SAMALA PRATHYUSHA	439203228	B.Z.C I YEAR	S. Prathyusha
14	GATTU BHAVANA	439203210	B.Z.C I YEAR	Bavana
15	PEESARI MANASA	439204151	B.Sc MPCs I YEAR	P. manasa
16	MAGGIDI THIRUMALA	439203220	B.Z.C I YEAR	M. Thirumala
17	SHANIGARAPU ANUSHA	439202024	B.Com I Year	Anusha
18	DUMALLA MEGHANA	439202010	B.Com I Year	Megana
19	ALAKONDA SHYLAJA	439201301	B.A I YEAR	S H Y L A J A
20	RATNAM RAMYA	439201132	B.A I YEAR	Ramya
21	BHUKYA KAVERI	439201304	B.A I YEAR	B. kaveri
22	MANTHRI MANJULA	439202225	B.Com I Year	M. Manjula
23	POLOJU ASRITHA	439202240	B.Com I Year	P. Ashritha
24	PALE POOJA	439202238	B.Com I Year	P. pooja
25	PAMBALA NANDINI	439203224	B.Z.C I YEAR	P. Nandini
26	KAMERA AMULYA	439203213	B.Z.C I YEAR	K. Amulya
27	KOLIPAKA SUPRIYA	439203216	B.Z.C I YEAR	K. Amulya
28	PALAJI SRUTHI	439204150	B.Sc MPCs I YEAR	P. sruthi
29	ODETI RAVALI	439204149	B.Sc MPCs I YEAR	O. Ravali
30	MAHAMMAD SAMRIN KHAN	439201312	B.A I YEAR	M. Samrin Khan

Signature of the Instructor

Signature of the Principal

**Principal**

Govt. Degree College

Luxettipet - 504 716



## Certificates of the Instructor



*A.K. J.*  
Principal  
Govt. Degree College  
Luxettipet - 504 215



## Certificates of the Instructor

DEFENCE      DISCIPLINE      HEALTH

INTERNATIONAL

# SHOTOKAN KARATE

## 松涛館 ASSOCIATION

国際松涛館空手インドの協会  
INTERNATIONAL SHOTOKAN KARATE ASSOCIATION JAPAN OF INDIA  
Affiliated to: KARATE ASSOCIATION OF INDIA (KAI)  
Member of: World Karate Federation (WKF), Asian Karate Do Federation (AKF),  
Commonwealth Karate Federation (CKF) & South Asian Karate Do Federation (SAKF)  
Recognised by: GOVT OF INDIA MINISTRY OF YOUTH AFFAIRS & SPORTS  
Recognised by: INTERNATIONAL OLYMPIC COMMITTEE (IOC)  
Member of: International World Games Association (IWGA)

### Merit Certificate

This is certify that

**MERUGU RAMCHANDER**

In recognition of all the requirements for physical and mental prowess and knowledge he / she has fulfilled in the martial Art of Karate - do in accordance with conditions and regulations governing the training and examination of members is hereby promoted to the rank of **BLACK BELT - 1<sup>st</sup> Shodan** and is awarded this certificate of proficiency at India. We expect him/her to endeavour further progress in both skill and character building in future.

Date of Reg **11<sup>th</sup> Dec '2016** Registration No **328276**

  
**SUMAN (Cine Star)**

  
**N. MAHESHWAR**  
Hon'ble President

  
**ゴータムラオ**  
**GRAND MASTER**  
Zonal Chief Instructor  
**SENSEI DAYANAND KUMAR**  
Black Belt 5th DAN  
{KAI, JKA, AIKE (Diploma)}

The International Olympic Committee has recognised Karate-Do as an Olympic Sport



This certificate is issued by the official (Hqrs.) of ISKA with Branches and Affiliates throughout Asia, vide Affiliated No. - KAI/AC/072 Date : 01.05.2016

  
**Principal**  
Govt. Degree College  
Luxettinet -504 215



## Certificates of the Instructor

27688

証

### 審査の結果 参級に進む

公益社団法人 日本空手協会

会長 草原 克彦

首席師範 植木 政明

三十年 十月 二日

### Certificate

In honor of outstanding performance and dedication we gladly present

Name: Merugu Ramchander Registration No.: IND/2018/3/515

Nationality: Indian Date of Registration: 27/10/2018

With this Achievement Award for excellence in

Kyu-No : 3rd kyu

Japan Karate Association

K. Kusahara

Katsuhide Kusahara  
Chairman

M. Ueki

Masaaki Ueki  
Chief Instructor

Official Examiner

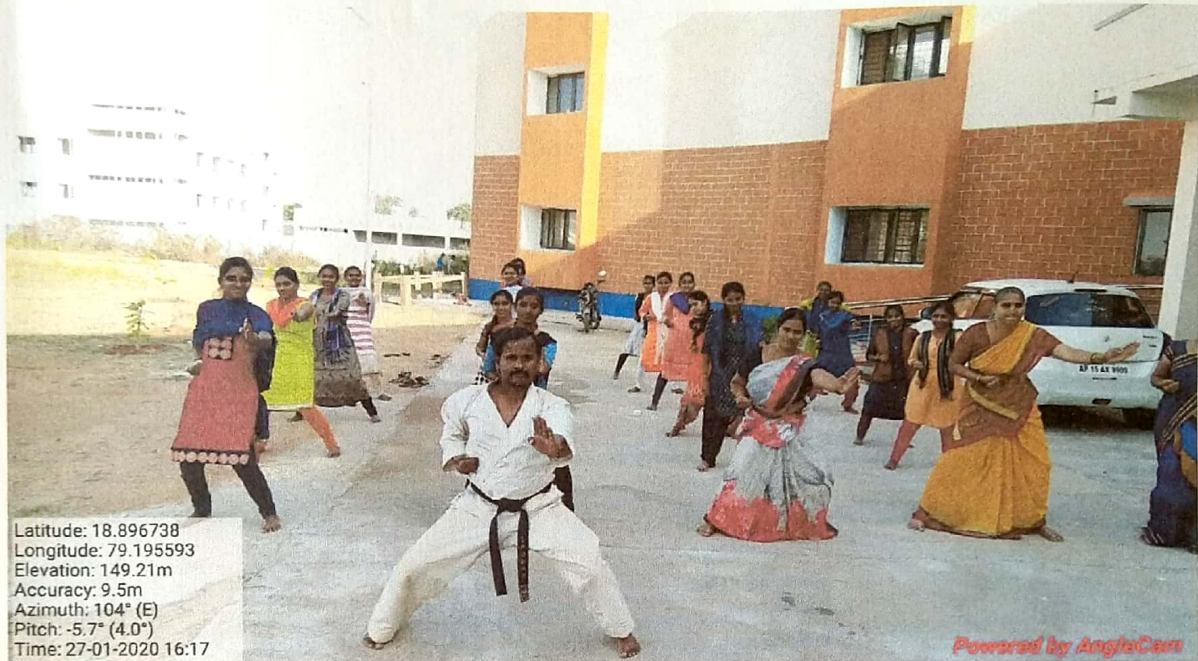
Anand Matua

Principal  
Govt. Degree College  
Luxettipet - 504 215



**Government Degree College, Luxettipet**  
**Department of Telugu**

**“Certificate Course in Basics of Karate”**



*అ.క. ఎల్*  
Principal  
Govt. Degree College  
Luxettipet -504 215



Government Degree College, Luxettipet  
Department of Telugu

"Certificate Course in Basics of Karate"



శ్రీ.కె.ఎల్.ఎస్.  
Principal  
Govt. Degree College  
Luxettipet -504 215



SL NO.	ADMISSION NUMBER	NAME OF THE STUDENT	AGE	CASTE	1	2	3	4	5	6	7	8	9	10	11	12
1		S Chandanveela			1	2	3	4	5	6	7	8	9	10		
2		B Divya			1	2	3	4	5	6	7	8	9	10		
3		K. Mounika			1	2	3	4	5	6	7	8	9	10	11	
4		A. Sunitha			1	2	3	4	5	6	7	8	9	10	11	
5		E. Steeja			1	2	3	4	5	6	6	7	8	9	10	
6		Shirani			1	1	2	3	4	5	6	7	8	9	10	11
7		M. Rehini			1	2	3	4	5	6	7	8	9	10	11	12
8		S. Yadada			1	2	3	4	5	6	7	8	9	10		
9	43926130	B. Raja			1	2	3	4	5	6	7	8	9	10		
10		MD. Asma			1	2	3	4	5	6	7	8	9	10	11	
11		A. Vani			1	2	3	4	5	6	7	8	9	10	11	
12		A. Shylaja			1	2	3	4	5	6	7	8	9	10	11	12
13		S. Parthysa			1	2	3	4	5	6	7	8	9	10		
14		K. Bhavani			1	2	3	4	5	6	7	8	9	10		
15		P. Manasa			1	1	2	3	4	5	6	7	8	9	10	
16		M. Thirumala			1	2	3	4	5	6	7	8	8	9		
17		S. Anusha			1	2	3	4	5	5	6	7	8	9	10	
18		D. Meghana			1	1	2	3	4	5	6	7	7	8	9	10
19		R. Ranga			1	2	3	4	4	5	5	6	6	7	7	
20		B. Kavasi			1	2	3	4	5	6	7	8	9	10	11	12
21		M. Manjula			1	1	2	3	4	5	5	6	6	7	7	
22		P. Anitha			1	2	3	4	5	6	7	8	9	9	10	
23		P. Preetha			1	2	3	4	5	6	7	8	9	9	10	
24		P. Haridini			1	2	3	3	4	5	6	7	8	9	9	
25		K. Anuradha			1	2	3	4	5	6	7	8	9	9	10	
26		K. Gunjala			1	2	3	4	5	5	6	6	7	7	8	
27		P. Gouthi			1	2	3	4	5	6	6	7	7	8		
28		C. Kavali			1	2	3	4	5	6	6	7	7	8		
29		M. S. Smita Khan			1	2	3	4	5	6	7	7	8	8	9	
30		K. Sivabai			1	2	3	4	5	6	7	8	9	10	11	12
Total of the Morning Attendance																
Total of the Afternoon Attendance																

Sig of the Class Teacher

\* CERTIFICATE COURSE IN BASICS OF KARATE \*

CLASS		SECTION		WORKING DAYS		30		31		32		33		34		35		36		37		38		39		40		41		42		43		44		45		46		47		48		49		50		51		52		53		54		55		56		57		58		59		60		61		62		63		64		65		66		67		68		69		70		71		72		73		74		75		76		77		78		79		80		81		82		83		84		85		86		87		88		89		90		91		92		93		94		95		96		97		98		99		100		101		102		103		104		105		106		107		108		109		110		111		112		113		114		115		116		117		118		119		120		121		122		123		124		125		126		127		128		129		130		131		132		133		134		135		136		137		138		139		140		141		142		143		144		145		146		147		148		149		150		151		152		153		154		155		156		157		158		159		160		161		162		163		164		165		166		167		168		169		170		171		172		173		174		175		176		177		178		179		180		181		182		183		184		185		186		187		188		189		190		191		192		193		194		195		196		197		198		199		200		201		202		203		204		205		206		207		208		209		210		211		212		213		214		215		216		217		218		219		220		221		222		223		224		225		226		227		228		229		230		231		232		233		234		235		236		237		238		239		240		241		242		243		244		245		246		247		248		249		250		251		252		253		254		255		256		257		258		259		260		261		262		263		264		265		266		267		268		269		270		271		272		273		274		275		276		277		278		279		280		281		282		283		284		285		286		287		288		289		290		291		292		293		294		295		296		297		298		299		300		301		302		303		304		305		306		307		308		309		310		311		312		313		314		315		316		317		318		319		320		321		322		323		324		325		326		327		328		329		330		331		332		333		334		335		336		337		338		339		340		341		342		343		344		345		346		347		348		349		350		351		352		353		354		355		356		357		358		359		360		361		362		363		364		365		366		367		368		369		370		371		372		373		374		375		376		377		378		379		380		381		382		383		384		385		386		387		388		389		390		391		392		393		394		395		396		397		398		399		400		401		402		403		404		405		406		407		408		409		410		411		412		413		414		415		416		417		418		419		420		421		422		423		424		425		426		427		428		429		430		431		432		433		434		435		436		437		438		439		440		441		442		443		444		445		446		447		448		449		450		451		452		453		454		455		456		457		458		459		460		461		462		463		464		465		466		467		468		469		470		471		472		473		474		475		476		477		478		479		480		481		482		483		484		485		486		487		488		489		490		491		492		493		494		495		496		497		498		499		500		501		502		503		504		505		506		507		508		509		510		511		512		513		514		515		516		517		518		519		520		521		522		523		524		525		526		527		528		529		530		531		532		533		534		535		536		537		538		539		540		541		542		543		544		545		546		547		548		549		550		551		552		553		554		555		556		557		558		559		560		561		562		563		564		565		566		567		568		569		570		571		572		573		574		575		576		577		578		579		580		581		582		583		584		585		586		587		588		589		590		591		592		593		594		595		596		597		598		599		600		601		602		603		604		605		606		607		608		609		610		611		612		613		614		615		616		617		618		619		620		621		622		623		624		625		626		627		628		629		630		631		632		633		634		635		636		637		638		639		640		641		642		643		644		645		646		647		648		649		650		651		652		653		654		655		656		657		658		659		660		661		662		663		664		665		666		667		668		669		670		671		672		673		674		675		676		677		678		679		680		681		682		683		684		685		686		687		688		689		690		691		692		693		694		695		696		697		698		699		700		701		702		703		704		705		706		707		708		709		710		711		712		713		714		715		716		717		718		719		720		721		722		723		724		725		726		727		728		729		730		731		732		733		734		735		736		737		738		739		740		741		742		743		744		745		746		747		748		749		750		751		752		753		754		755		756		757		758		759		760		761		762		763		764		765		766		767		768		769		770		771		772		773		774		775		776		777		778		779		780		781		782		783		784		785		786		787		788		789		790		791		792		793		794		795		796		797		798		799		800		801		802		803		804		805		806		807		808		809		810		811		812		813		814		815		816		817		818		819		820		821		822		823		824		825		826		827		828		829		830		831		832		833		834		835		836		837		838		839		840		841		842		843		844		845		846		847		848		849		850		851		852		853		854		855		856		857		858		859		860		861		862		863		864		865		866		867		868		869		870		871		872		873		874		875		876		877		878		879		880		881		882		883		884		885		886		887		888		889		890		891		892		893		894		895		896		897		898		899		900		901		902		903		904		905		906		907		908		909		910		911		912		913		914		915		916		917		918		919		920		921		922		923		924		925		926		927		928		929		930		931		932		933		934		935		936		937		938		939		940		941		942		943		944		945		946		947		948		949		950		951		952		953		954		955		956		957		958		959		960		961		962		963		964		965		966		967		968		969		970		971		972		973		974		975		976		977		978		979		980		981		982		983		984		985		986		987		988		989		990		991		992		993		994		995		996		997		998		999		1000		1001		1002		1003		1004		1005		1006		1007		1008		1009		1010		1011		1012		1013		1014		1015		1016		1017		1018		1019		1020		1021		1022		1023		1024		1025		1026		1027		1028		1029		1030		1031		1032		1033		1034		1035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# **Government Degree College, Luxettipet**

## **Department of Telugu** **“Certificate Course in Basics of Karate”**

### **Evolution Procedure**

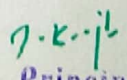
Department of Telugu is successfully organized a certificate course on “Basics of Karate” from 20-01-2020 to 24-02-2020 (30 Hours) with the permission of honorable Principal and with the support of all college staff, which one is basically meant to learn self defense techniques.

While coming to end of this certificate course, the evaluation may be practical which one will be given Grades (A, B, C) as per their performance on the day.

Grade A- Best Performance

Grade B- Better Performance

Grade C- Good Performance

  
Principal  
Govt. Degree College  
Luxettipet -504 215



GOVERNMENT DEGREE COLLEGE, LUXETTIPET

DEPARTMENT OF TELUGU

PERFORMANCE OF THE STUDENTS

"Certificate Course in Basics of Karate"

Date:

Sl. No	Name of the student	Hall Ticket number	Course and Year	Performance/Grade of the students
1	S.CHANDRANEELA	439203230	B.Z.C I YEAR	A
2	BERA DIVYA	439203203	B.Z.C I YEAR	A
3	KOSARI MOUNIKA	439203218	B.Z.C I YEAR	A
4	ANGA SUNITHA	439203001	B.Z.C I YEAR	A
5	BOLISHETTI SHIVANI	439202209	B.Com I YEAR	A
6	ESLAVATH SREEJA	439203209	B.Z.C I YEAR	A
7	MUDIMADUGULA ROHINI	439202231	B.Com I YEAR	A
8	SALPALA YASHODHA	439202242	B.Com I YEAR	A
9	BADHAVATH ROJA	439201302	B.A I YEAR	A
10	MD ASMA	439202227	B.Com I YEAR	A
11	ATHRAM VANI	439203202	B.Z.C I YEAR	B
12	MALOTH SHAILAJA	439204141	B.Sc MPCs I YEAR	A
13	SAMALA PRATHYUSHA	439203228	B.Z.C I YEAR	B
14	GATTU BHAVANA	439203210	B.Z.C I YEAR	B
15	PEESARI MANASA	439204151	B.Sc MPCs I YEAR	B
16	MAGGIDI THIRUMALA	439203220	B.Z.C I YEAR	B
17	SHANIGARAPU ANUSHA	439202024	B.Com I Year	B
18	DUMALLA MEGHANA	439202010	B.Com I Year	A
19	ALAKONDA SHYLAJA	439201301	B.A I YEAR	B
20	RATNAM RAMYA	439201132	B.A I YEAR	B
21	BHUKYA KAVERI	439201304	B.A I YEAR	B
22	MANTHRI MANJULA	439202225	B.Com I Year	A
23	POLOJU ASRITHA	439202240	B.Com I Year	B
24	PALE POOJA	439202238	B.Com I Year	A
25	PAMBALA NANDINI	439203224	B.Z.C I YEAR	B
26	KAMERA AMULYA	439203213	B.Z.C I YEAR	A
27	KOLIPAKA SUPRIYA	439203216	B.Z.C I YEAR	A
28	PALAJI SRUTHI	439204150	B.Sc MPCs I YEAR	A
29	ODETI RAVALI	439204149	B.Sc MPCs I YEAR	B
30	MAHAMMAD SAMRIN KHAN	439201312	B.A I YEAR	B

Signature of the Instructor

Signature of the Principal

Principal  
Govt. Degree College  
Luxettipet - 504 215





**Government Degree College, Luxettipet**  
**Dist: Mancherial**



Date:

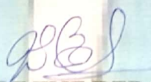
**Certificate**

This is to certify that P. Shreethi ..... Studying M. P. Cs

At this college completed the certificate course on "Certificate Course in Basics of Karate"

Offered by Department of Telugu for academic year 2019-20 with A grade.

  
INSTRUCTOR

  
HEAD OF THE DEPARTMENT

  
PRINCIPAL

BACK KICK





J.K.J.  
Principal  
Govt. Degree College  
Luxettipat 2013



**Government Degree College, Luxettipet**  
**Department of Telugu**

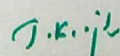
**"Certificate Course in Basics of Karate"**

**FEEDBACK FORM**

Date: 26.02.2020.

Name of the student	B. Divya
Course and Academic year	BZC I yr. 2019-20
Name of the program	Certificate Course in Basics of Karate
Questionnaire for the Program	
1. Are you satisfied by the program	Yes
2. What did you learn from the Program	Defense Techniques.
3. Is it useful to improve your skills	Yes
4. Can you apply this in generating self employment	Yes
5. Any suggestions by you regarding the program	Continue <sup>this</sup> for every year

  
PROGRAM COORDINATOR

  
PRINCIPAL  
Principal  
Govt. Degree College  
Luxettipet - 504 215



## Feedback Analysis on the Course

Department of Telugu is successfully organized a certificate course on "Basics of Karate" from 20-01-2020 to 24-02-2020 (30 Hours) with the permission of honorable Principal and with the support of all college staff, which one is basically meant to learn self defense techniques.

30 Students participated in the course. Most of them have been attended regularly as an average percentage is above Ninety. Students are very enthusiastic while learning.

Their feedback gives us an immersive pleasure and encouragement to continue programs like this. Students satisfied well. The course improved their moral strength and confidence.

  
Instructor

  
Principal  
Govt. Degree College  
Luxettipet -504 215



# **Government Degree College, Luxettipet**

## **Department of Telugu** **“Certificate Course in Basics of Karate”**

### **SUMMARY REPORT**

#### **OBJECTIVE OF THE COURSE:**

The purpose and mission of Karate is to extend traditional karate-do to advanced practitioners and to further understand and develop physical and mental strength as seen through functional karate.

Our karate is based on Funakoshi/Nakayama JKA style with an extension of Indian karate. Our aim is to provide the far advanced karate concepts and techniques to our students particularly for girls. Moreover, we wish to help the students in their personality development and advancement so that they can grow to be better civilians.

#### **ENROLLMENT:**

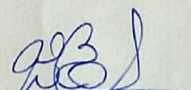
30 Students have been enrolled in the course.

#### **STUDENTS PROGRESS.**

Course has been completed with 30hrs of classes. While coming to end of this certificate course, the evaluation may be practical which one will be given Grades (A, B, C) as per their performance on the day. out of 30 students 30 students have taken their exam and almost all the students have passed .

#### **COURSE OUTCOMES**

With this course students have learnt skills in an Introduction to karate which one is basically meant to learn self defense techniques .This knowledge is very important which is helpful in developing their personal protection.

  
**DEPARTMENT OF TELUGU**