



Centurion University Technology and Management

Workshop on Taekwondo

Date: 15-11-2019 to 16-11-2019

No of Participants: 92

Resource Person: Rabi Narayan Routray

Taekwondo is a system of symmetrical body exercises or techniques designed for self defense and counterattack in unarmed combat, making use of the hands and feet as weapons and defenses. However, Taekwondo is not merely a physical skill, it is also a way of thought and life. Through strict discipline, Taekwondo trains both the body and the mind placing great emphasis on the development of moral character. In other words, control of the mind, self discipline, kindness, and humility must accompany physical grace.

Objective

- skillful application of punching, jumping, kicking, dodging, blocking, and sparring action
- rule of taekwondo
- physical fitness

Outcome

- Good health
- Better Physical posture
- Muscular strength
- Flexibility, increased energy, peripheral vision
- Concentration and the ability to avoid distractions.



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Organised by
Centurion University of
Technology and Management

Resource person:
Rabi Narayan Routray


centurion university of technology and management
Shaping Lives... Empowering Communities...

Brochure of
the event



Students during the session of Taekwondo

Participants list



Centurion University of Technology and Management

Workshop on "Taekwondo"

15-11-2019 to 16-11-2019

Attendance Sheet

SL NO	NAME OF PARTICIPANT	SIGNATURE
1	ATISHA MCHURBATNA	Atisha Mchurbatna
2	B. BRAJANANAN PATEL	B. Brajananan Patel
3	RABY SUBHASHREE DE NAPATY	Raby Subhashree De Napaty
4	BADR NARAYAN CHANDAN	Badr Narayan Chandan
5	BATYA BUDYINI	BATYA BUDYINI
6	BHABANI SHANKAR	Bhabani Shankar
7	BHAGYARANJAN NAYAK	Bhagyarajan Nayak
8	BHARAT BAIRI	Bharat Bairi
9	BISWAJEET SAHOO	Biswajeet Sahoo
10	CH SIMRAN SUBUDHI	Ch Simran Subudhi
11	CHANDAN BISOIYI	Chandhan Bisoiyi
12	DEEPAK PRASAD	Deepak Prasad
13	DEEPIKA KUMARI	Deepika Kumari
14	DEVEESMITA NANDY	Deveesmita Nandy
15	GURU KALYAN PRUSTY	Guru Kalyan Prusty
16	HARSH BARIYAR	Harsh Bariyar
17	JYOTIRMAYEE SAHU	Jyotirmayee Sahu
18	JYOTSHNA DALAI	Jyotshna Dalai
19	KARAN KUMAR JENA	Karan Kumar Jena
20	KRISHNA KUMARI JASHMUKH	Krishna Kumari Jashmukh
21	MADHUSMITA NAIK	Madhusmita Naik
22	MANISH KUMAR VERMA	Manish Kumar Verma
23	MANISHA DASH	Manisha Dash
24	NARAYANA BEHERA	Narayana Behera
25	NIKITA EKKA	Nikita Ekka
26	NIKITABGANERIWAK	Nikitabganeriwak

27	PRAGYAN PARAMITA SWAIN	PRAGYAN PARAMITA SWAIN
28	PRAJNA P. APARAJEETA	Prajna P. Aparajeta
29	PRALAYA KUMAR KHEMTIA	Pralaya Kumar Khemta
30	PRAMITA PRIYADARSHANI PANJA	Pramita Priyadarshini Panja
31	PRATIBHA NAIK	Pratibha Naik
32	PRATYUSHA BHUJABAI	Pratyusha Bhujabal
34	PRITI CHUDHARY	Priti Chudhary
35	PRİYANKA KARAN	Priyanka Karan
36	RAJASHREE DAS	Rajashree Das
37	RITUPARNA BARIK	Rituparna Barik
38	S. K. ADITYA	S. K. Aditya
39	SABHAYATA SAMBIT SAMAL	Sabhayata Sambit Samal
40	SADHANA SAHU	Sadhana Sahu
41	SAHIL KUMAR JENA	Sahil Kumar Jena
42	SANDHYA RANI PRUSTY	Sandhya Rani Prusty
43	SARITA MISHRA	Sarita Mishra
44	SATYABRAT SHAL	Satyabrata Shal
45	SHRABANEE TRIPATHY	Shrabanee Tripathy
46	SONAL SAGAR SAHOO	Sonal Sagar Sahoo
47	SOUBHYAGATI SINGH	Soubhyagati Singh
48	SUBHASHREE RATH	Subhashree Rath
49	SUSHREE LIPSA MEHER	Sushree Lipsa Meher
50	SUTAPA SUDIPTI PRADHAN	Sutapa Sudipti Pradhan
51	SWASTIK NANDA	Swastik Nanda
52	SWATISOUMYA SAHOO	Swatik Nanda
53	TWINKLE PRADHAN	Twinkle Pradhan
54	UTTKARSH UJJWAL	Uttkarsh Ujjwal
55	VIJAYALAXMI	Vijayalaxmi
56	ABHINASH SHAOO	Abhinash Sahoo
57	SOURAV CHAKRABARTTY	Sourav Chakrabartty
58	ABHIJEET MOHANTY	Abhijeet Mohanty
59	ABHINANDAN PRASAD BARIYAR	Abhinandan Prasad Bariyar
60	ABHISHEK KUMAR	Abhishek Kumar
61	ABHISHEK NAYAK	Abhishek Nayak

62	ALAN R. XALXO	Alan R. Xalxo
63	AMARESH ROUT	Amaresh Rout
64	ANANYA A. BEHERA	Ananya A. Behera
65	ANIKEL TRIPURA	Anikel Tripura
66	ANKIT KUMAR SINGH	Ankit Kumar Singh
67	APARNA PRIYADARSHANI	Aparna Priyadarshani
68	ARAVAPALLI. SANTOSH	Aravapalli. Santosh
69	ASHISH KUMAR MAHTO	Ashish Kumar Mahato
70	ASISH KUMAR BRAHMA	Asish Kumar Brahma
71	AVIJIT KARAN	Avijit Karan
72	AVINASH KUMAR	Avinash Kumar
73	B BIBHAS SUBUDHI	B. Bibhas Subudhi
74	BADRI PRASAD	Badri Prasad
75	BANOS KUMAR MISHRA	Banos Kumar Mishra
76	BASANT KUMAR MANDAL	Basant Kumar Mandal
77	BIJAYALAXMI JENA	Bijayalaxmi Jena
78	BIKASH KUMAR NAYAK	Bikash Kumar Nayak
79	BIKASH KUMAR NAYAK	Bikash Kumar Nayak
80	BIRANCHI PRASAD BARIK	Biranchi Prasad Barik
81	CHANDAN KUMAR	Chandan Kumar
82	CHINMAY MAHALIK	Chinmaya Mahalik
83	CHIRANJIB DAS	Chiranjib Das
84	DAMBARUDHAR PATEL	Dambarudhar Patel
85	DEEPAK RANA	Deepak Rana
86	DEEPANJALI ROUL	Deepanjali Roul
87	DURGA PRASAD BASKAY	Durga Prasad Baskay
88	GAGAN KUMAR DEY	Gagan Kumar Dey
89	GOURAV CHOWDHARY	Gourav Chowdhary
90	HARSH RAJ OJHA	Harsh Raj Ojha
91	HIMANSHU KUMAR	Himanshu Kumar
92	IRFAN PATHAN	Irfan Pathan



Prof. KVD Prakash
Dean - IIE & HRD



Dr. Prasanta Ku. Mohanty
Dean Academic