



# NSEC TAEKWONDO

ESTD. 2023

AFFILIATED TO



NETAJI SUBHASH ENGINEERING COLLEGE



# INCEPTION OF NSEC TAEKWONDO

The emphasis lies on holistic development. Senior students play a crucial role as mentors, guiding younger trainees not only in technical skills but also in mental fortitude, discipline, and sportsmanship. This mentorship fosters a strong sense of community and shared responsibility within the institute.

The curriculum is meticulously designed with progressive stages catering to all levels, from beginners to advanced competitors. Regular participation in local, regional, and national tournaments is encouraged, providing invaluable real-world experience and boosting confidence.



NSEC Taekwondo Members (2023)

# ACTIVITIES AND TRAINING

Training sessions for NSEC Taekwondo happen three days a week during college days and also on weekends for about 2 hours or more in weekends. These sessions are held in the practice hall near the college gym beside the NSEC ground. The institute follows strict rules to maintain discipline.

- Members must bow to the instructor as a sign of respect when entering the practice hall.
- Everyone must wear the official **Dobok** (Taekwondo uniform) provided by the NSEC Taekwondo.
- Each and every player must arrive on time or before time for practice sessions.★

Each session includes:

## 1. Warm-up

### Exercises:

Running outside with proper shoes or full body stretching to get the body ready for practice and training session.



Stretching Session on NSEC Ground





Warming Up for training session

2. **Training:** Practicing different kicking techniques and other Taekwondo moves. Many Poomsae are also taught with perfection.

3. **Sparring:** At the end of each training session players round up and gear up for controlled sparring which is held between two players.



Sparring Session

# ENROLMENT PROCESS FOR TAEKWONDO INSTITUTE

In 2024, the club was introduced to first year students of NSEC in the induction program. This introduction brought a lot of attention, and many students showed great enthusiasm by enrolling in the institute.



Induction Program of 1st Year Students (2024)



First-year students who want to join the institute must go through an enrollment process. This includes:

1. **Written Exam:** A basic test to check their knowledge of Taekwondo and general aptitude.



2. **Interview:** An interaction to understand their interest and commitment.



After successfully passing both stages, students are enrolled in the institute for regular training and practice.

# AFFILIATIONS AND RECOGNITIONS

The NSEC Taekwondo club is proud to have notable affiliations and recognitions, which showcase its commitment to excellence and professionalism in martial arts. These include:

## 1. Affiliation with India Taekwondo

The club is officially affiliated with India Taekwondo, the national body governing Taekwondo in India. This ensures the club meets national standards and provides students with opportunities to participate in recognized tournaments.



## 2. Recognition from World Taekwondo

Recognition by World Taekwondo, the global governing body, highlights the club's adherence to international practices and rules.



## 3. Recognition from Bengal Taekwondo Association

The club's recognition from the Bengal Taekwondo Association connects it to the local Taekwondo community in West Bengal, offering exposure to state-level tournaments and events.



## Importance of These Affiliations

These affiliations ensure the club's training and activities meet national and international standards, providing members with competitive and learning opportunities. They also enhance the club's reputation, both within the college and in the larger sports community.



Certification of Recognition



# COMPETITIONS AND ACHIEVEMENTS

In 2023, many players from the club participated in **Taekofest** and won a number of medals, showcasing their skill and dedication. Additionally, a few members represented the club in state-level competitions, further establishing the club's presence in the competitive Taekwondo arena.



Winners in Taekofest 2023

Our Taekwondo team of four embarked on an exciting journey to Malda, West Bengal, to participate in the championship held at the prestigious BM Grand Hotel & Resort in Sahapur. The journey to Malda was an adventure in itself.

The competition was fierce, with talented athletes from across the region showcasing their skills. We faced challenging opponents, but our team spirit and dedication shone through.



Medal Winners in Malda



KYORUGI Winner's Trophy



In Principal's Office



# 2023 PLAYERS



The first batch of NSEC Taekwondo in 2023 of 50 members set a strong foundation for the club. These players, led by Abhishek Yadav, showcased exceptional dedication and team spirit. Despite being the first group, they achieved remarkable success, including winning multiple medals at **Taekofest** and championship in Malda and participating in prestigious state-level championships.

Their achievements not only brought recognition to the club but also inspired future batches to strive for excellence. As the pioneers, the 2023 players played a crucial role in establishing the club's culture of discipline, hard work, and sportsmanship.

# PLAYER DATA 2023

Sl. No.	PLAYERS NAME	DEPARTMENT	D.O.B	CONTACT INFO
1	Abhishek Yadav	ME	02-05-2004	7003133102
2	Aditi Dey	BME	03-09-2004	8370856891
3	Aditya Kashyap	AIML	25-10-200	9955544829
4	Anisha Pramanik	CSE	20-06-2005	6296233803
5	Anjali Kumari	CSE	06-08-2004	9123875362
6	Ashutosh Kumar	ECE		8409301766
7	Debosmita Ray	CSE	21-01-2005	7863936242
8	Debraj Das	AIML	26-07-2004	9046712000
9	Ishan Saha	CSE	27-07-2004	9123702554
10	Mainak Majumder	CSE	18-04-2004	9153812297
11	Md. Mustafa	CSE	26-04-2006	9836234203
12	Murlidhar Mahato	ECE	13-09-2004	6296730448
13	<u>Shamizer Hussain</u>	IT	06-03-2005	8292302033
14	<u>Shrijan Kumar</u>	IT	16-03-2004	7870508135
15	<u>Somatish Ghosh</u>	IT	29-11-2005	7872852063
16	<u>Suvam Das</u>	BME	12-11-2005	8617797156
17	<u>Suvam Dolui</u>	IT	12-11-2005	6295072064
18	Swagata Bag	BME	04-04-2004	8768087818



# 2024 PLAYERS



the institute prioritizes overall athleticism. Rigorous physical conditioning, including strength training, cardio, and agility exercises, complements the technical training. Mental training techniques like meditation and visualization are incorporated to enhance focus, reduce stress, and build mental resilience, crucial aspects for high-level competition.

The institute maintains a state-of-the-art facility with ample space, safety equipment, and a conducive learning environment. Open communication channels are maintained with students and parents, ensuring regular feedback and addressing concerns promptly.

# PLAYER DATA 2024

Adarsh Kumar Ojha	CSE(AI ML)	1ST	13/10/2005	50kg		7255870959
Manami Saha	CSE(AIML)	1ST	22/04/2005		58	7384062212
Anshu singh	Information technology	1ST	08/12/2003		76	9450372201
Anubhav Jha	AI+DS	1ST	11/11/2006		65	8757371451
Aman Kumar Jalan	IT	1ST	28/03/2005		67	9155039785
Shuvabrata Acharya	ECE	1ST	27/03/2006	68kg		9679333564
Probaha Goswami	Mechanical Engineering	2ND	20/11/2004		74	7980596205
Manik Manna	Electronics and communi	1ST	02/08/2005		55	9064534576
Aviroop Dutta	ME	2ND	11/08/2005		76	7044773653
Puskar Paul	Csbs	1ST	28/12/2005		60	9339519560
DIPANSHU RANJAN	CSE - AIML	1ST	10/11/2006	52 kg		9341286873
Deeptanshu Nag	AEIE	1ST	17/10/2005	66 kg		6290852258
Yukta Chowdhury	ECE	1ST	17/07/2006	66 kg		8017865220
Sumit Saha	CSE	1ST	30/03/2005	78 Kg		7908920583
SAIMA AHMED	IT	1ST	21/09/2003	52kgs		6291872297
Sonali Tiwari	Computer science and en	1ST	30/07/2006	57.8 kg		8240749080
Aditya Basu	CSE AIML	1ST	29/09/2004		98	9874292226
Mohammad Shadab	Mechanical engineering	1ST	25/12/2005		50	8252335823
Ansh raj Mishra	Information technology	1ST	13/03/2006		70	8340469326
Soumya Bera	Artificial intelligence and I	1ST	28/04/2005		65	8918458976
Anik kundu	IT	1ST	24/10/2003	53 kg		7602804086
Nitish Kumar	CSBS	1ST	01/01/2005		60	7633827759
Ritabrata Chakladar	Computer science and en	1ST	10/01/2005		100	8240021885
Satyam kumar	Cse core	1ST	08/03/2004		61	7004887627

Aditya Mishra	Cse (AIML)	1ST	08/06/2006		71	8481026770
Arnab De Sarkar	CSE	1ST	13/11/2005		52	9474138040
Avipsa Ghosh	CSE	1ST	08/04/2006		56	9674532756
Aishwariya Basu	BCA	1ST	18/03/2005		62.5	8240380939
Ayush shaw	Cse	1ST	07/05/2006		60	9831946830
Om Raj Pal	CSE(AIML)	1ST	13/05/2006		70	8340508366
Kingsuk Ghosh	CSE	1ST	09/05/2006	~80kgs		9830259492
Sunami Nandi	Cse	1ST	12/03/2005		55	7810994578
Aditya Kumar Mishra	Information technology	1ST	22/08/2024	58kg		8809857359
SK IMRAN	CSE AI ML	1ST	05/08/2006		60	9832217140
Surojit Tanti	CSE(AI&ML)	1ST	12/12/2005		62	7029457744
Riya Thakur	Csbs	1ST	23/03/2007		59	8299727043
Sonam Gupta	CSBS	1ST	23/11/2006		44	9508064102
Gyan jyoti	Ece	1ST	26/07/2006		43	9153774104
Nidhi	CSE(AI ML)	1ST	30/06/2005		45	7979030491
Paromita Adak	CSE(aiml)	1ST	11/05/2006		60	9163431860
Sonali tiwari	Computer science and en	1ST	30/07/2006		58	7003979316