



NSEC TAEKWONDO INSTITUTE

A REPORT ON

TAEKOFEST 2023



The Premier Taekwondo Festival





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TAEKWONDO IS A KOREAN MARTIAL ART THAT FOCUSES ON STRIKING TECHNIQUES, INCLUDING KICKS, PUNCHES, AND BLOCKS. IT EMPHASIZES DISCIPLINE, SELF-CONTROL, AND PERSEVERANCE. TAEKWONDO PRACTITIONERS WEAR A UNIFORM CALLED A DOBOK AND PRACTICE POOMSAE (FORMS), KYORUGI (SPARRING), AND GYEOKPA (BREAKING).



SOCIAL INTERACTION: TRAINING IN TAEKWONDO OFTEN INVOLVES GROUP CLASSES, FOSTERING SOCIAL CONNECTIONS AND TEAMWORK.

OVERALL, TAEKWONDO PROVIDES PHYSICAL, MENTAL, AND SOCIAL BENEFITS THAT CONTRIBUTE TO A WELL-ROUNDED LIFESTYLE.





students from Netaji Subhash Engineering College (NSEC) showcased outstanding talent and determination at "Taekofest season 8," a prestigious taekwondo competition. The event witnessed fierce competition from participants across various institutions, but NSEC students stood out with their remarkable performances. Demonstrating exceptional skills, discipline, and sportsmanship, they secured multiple podium finishes, bringing pride to their college. Their success at Taekofest 23 reflects the dedication of both the students and their mentors, highlighting NSEC's commitment to promoting excellence in sports alongside academics.



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ATHL. SWAGATA BAG

FRESHERS 18+ F U-54KG

Swagata Bag, a student of NSEC College, achieved a remarkable feat by winning the silver medal in the women's category at "Taekofest 23," a prestigious taekwondo competition. Her exceptional performance showcased her dedication, skill, and determination in the sport, bringing pride to her college and inspiring fellow students.



ATHL. NIKHIL KUMAR

KYORUGI SR. U-74 KG

Nikhil kumar, a student of Netaji Subhash Engineering College (NSEC), achieved a remarkable milestone by winning the gold medal in the "Taekofest 23" taekwondo competition. This prestigious event showcased exceptional martial arts talent, and Suvam's dedication, skill, and hard work distinguished him as a champion. His outstanding performance not only brought pride to himself but also to his college, highlighting his excellence in both academics and sports.



ATHL. ABHISHEK YADAV

KYORUGI 18+ M U-54KG

Abhishek Yadav, a talented athlete and a dedicated student of NSEC College, achieved a remarkable milestone by winning the gold medal in the prestigious "Taekofest 23" Taekwondo competition. His success is a testament to his relentless hard work, discipline, and unwavering commitment to his craft.

Balancing academics and sports, Abhishek invested countless hours in rigorous training, honing his techniques and building physical and mental resilience. His journey was not without challenges, but his determination and passion for Taekwondo kept him focused. Guided by expert coaches and supported by his college and peers, Abhijit showcased exceptional skill and sportsmanship at the competition.



ATHL. SUVAM DULOI

FRESHERS 18+ M U-74KG

Suvam Duloi, a student of Netaji Subhash Engineering College (NSEC), achieved a remarkable milestone by winning the gold medal in the "Taekofest 23" taekwondo competition. This prestigious event showcased exceptional martial arts talent, and Suvam's dedication, skill, and hard work distinguished him as a champion. His outstanding performance not only brought pride to himself but also to his college, highlighting his excellence in both academics and sports.



ATHL. ISHAN SHAH

FRESHERS 18+ M U-63KG

Ishan Shah, a student of NSEC College, achieved a remarkable milestone by winning a gold medal in the prestigious "Taekofest 23" taekwondo competition. His exceptional skills, dedication, and hard work stood out among the participants, earning him this significant honor. This achievement not only highlights Ishan's talent but also brings pride to his college and serves as an inspiration to aspiring athletes.



