Saheli – The Girls' Club of LBRCE organized an awareness programme on "Self Defence for Girl students" on 14th December 2017. Ms.M.Sai Rekha Authorized Karate Instructor and Mr. D.Sai Kiran karate coach from KHAMMAM BUDOKAN KARATE ASSOCIATION affiliated to BUDOKAN KARATE – DO INDIA are resource persons for this program. Mr.D. Sai Kiran spoke on the importance of karate for girl students for self-defence. Ms.M. Sai Rekha and her team demonstrated various lock stances. About 150 girl students and department coordinators attended the session.



Mr.D. Sai Kiran's address on 'Self defence' for girls.



Mr.D. Sai kiran's demonstration





Principal Dr. K.Appa Rao's inspirational address

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బానికలకు చదువుతో పాటు ఆత్మరక్షణ ముఖ్యమే



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వైయువరం, చేసులుతో 16 (దైద వర్మామ్): పాఠశులు చేసులతో పాలు అద్య రష్టు ರಾರ್ ಮಾಜ್ಯಮಿಸುತ್ತಿರುಕ್ಕಾರಿಸುತ್ತಿರುಕ್ಕಾರ್ ಪ್ರಕ್ರೀಕ್ಷೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರೀಕ್ಕೆ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಕಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ತಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ಷಿಸಿ ಪ್ರಕ್ಟಿಸಿ ಪ್ರಕ್ರಿಸಿ ಪ್ರಕ್ಟಿಸಿ stycker according to the server street server server to see tight gradients had you to droom as body or shall E entrant to price of the chief estimate of cities of THE COMPACTOR STATE STATE DESCRIPTION OF THE STATE OF THE were county and tops imposed types to be මස එකරීම පෞතිවය වනුවර එළුණුව

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స్టించరు. ముజర్ 16 అక్కరక్ల రాలు ఉమారాజీ అన్నారు. స్వారిక ఏర్పాలు చేశారు. తనకక్వులో అన్ని యై పిర్మానికులు ఆవగానాని కోమీగి ఎక్పిత్సువలో కోమారం దాలికుల అన్ని మాల్వామతా మృత్తి వరకూ తమక్రమే ಹಾರ್ಯದ ಸಮೇಲಿ ಸರ್ಲ್ಷ್ ಕ್ಷಕ್ಷ ಅರಣ್ಣದ ಪಕ್ಷ ಕ್ಷಾಪ್ ಅರ್ವೀಯ ನಡೆದ್ದರು. ಅರವುನ ಪ್ರಾಥಮ ಪ್ರಾಥಮ ಪ್ರಾಥಮ ಪ್ರಾಥಮ ಪ್ರಾಥಮ

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