

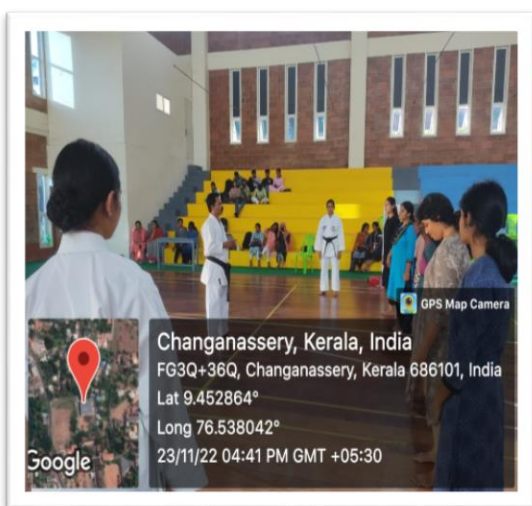


Training sessions for Karate

Karate Class is organised by women cell of St. Berchmans College, This class is available for Students as well as Teachers. This Self Defence training aims at developing the Physical Fitness of the Students and Teachers.

Benefits:

1. Improve Physical and Mental Health.
2. Build Self-esteem and strengthen self-confidence.
3. Learn and master self-defence techniques.





Training Session for Self Defence

