



CHARTER MARTIAL ARTS CLUB

About club:

Martial Arts exists to bring honor through an integrated program of physical, mental and spiritual training leading to increased physical, mental and spiritual fitness.

Developing balance, coordination, focus, respect, discipline, self-defense is well known features of every practice.

Martial arts club in SSU:

Martial arts gives you confidence that you can take control of bad situations and end them how you wish (flight or fight).

The training we provide is also intended for tournament or sport competition. Our program is intended to teach practical skills in self- defense.

The martial arts which we will train the students are Taekwondo, Karate and Pencak Silat.

Objective of the club:

- To create awareness regarding Martial-Arts in the campus.
- To participate in various University , state and National level championships.
- To understand the value of Physical Health.
- To represent our SSU in National University Games.
- To makes our students Confident through Self-defense program.

Vision and Mission:

"Our mission is to offer a center for mind and body development in pursuit of excellence through personal achievement and constant physical and mental improvement by maintaining the traditional martial arts training."

Memberships:

We have recently 20 members in our club.

We are looking forward to increase the number to more than 150 people (including female and male students ,faculty members, security people and staffs)

MENTORS:

MR. SACHITANAND SINGH

MS. AR SAEED ANISA

MS. SUVALAXMI PALEI

CONVENOR- PRASHANT ANAND TRIPATHI (B.Sc. Yogic Science 2nd Year)

CO-CONVENOR- ANNAPURNA KESHAV SHETTY (B.B.A. 2nd Year)