



VELLALAR COLLEGE FOR WOMEN (Autonomous)

"COLLEGE WITH POTENTIAL FOR EXCELLENCE"

(Re-accredited with 'A' Grade by NAAC, Bengaluru & Affiliated to Bharathiar University, Coimbatore)

Thindal, Erode - 638 012. Tamil Nadu

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Dr. S.K. JAYANTHI, M.Sc., PGDCA., M.Phil., Ph.D.,

Principal

7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words

Institutional Distinctiveness - Martial Arts and Well-Being Practices

Our Institution has established *The Centre for Martial Arts* with a view to handle effectively stress-related problems and to create a sense of well-being. The Vision and Mission of HEI is Empowerment of Women. Most of the students are from nearby villages and they need to cross many in-roads which may require them to be alert to safeguard themselves from the wrongdoers. Today's world is becoming too severe for women and it necessitates training for women in self-defence, with the following objectives:

- To get sensitized to the preservation of the nation's intangible cultural heritage
- To practise wellness activities as entertainment as well as a means of spiritual development with a view to rationalise functions of the mind so that the body and mind can react immediately as a unit
- To practise Martial Arts as a part of philosophical and spiritual training
- To prepare students for Olympic Games as these arts are included as full medal sports

As Self-defence techniques are equally important as education and employment, *The Centre for Martial Arts* uniquely contributes towards providing mental and physical alertness and strength.

The Players who visit the institution for competitions, the Alumni, the Teachers on campus and their Friends, the Self-Help Groups who conduct bazaars in the institution and our own Students enrich the number of participants.



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Yoga and Swimming are also extended in addition to the Martial Arts like Silambam, Boxing, Karate, and Taekwondo.

Students are imparted training to ensure their coping skills, stress reduction and healthy development.

Justification:

The self-defense techniques are equally important for women as education and employment. The Centre for Martial Arts uniquely contributes towards proving mental and physical alertness and strength. Further, it is also extended to the community and a professional trainer is appointed to impart the skill. The Department of Physical Education maintains all the necessary evidences and supporting documents. Therefore, it is requested to consider increasing the score.




**PRINCIPAL
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