



# Vidyasagar University

**Skill Development Course**  
3 months Certificate Course in

## **Martial Arts –A Way of Life**

**From Vulnerability to Empowerment**



**Registration Link**

# **Admission Open**

**Duration: 3 months**

Intake Capacity: 50 (On a First-Come, First-Served Basis)

Course Fees: ₹ 600

Coordinator- Prof. Nilanjana Das Chatterjee

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Bank A/c Details- Skill development centre

Bank Name- UCO Bank

Account no-17480110108031

IFSC-UCBA0001748



### **Benefits**

- Learn practical techniques to protect yourself in real-life situations.
- Builds confidence, especially for women's safety and empowerment
- Reduces stress and boosts mental clarity.
- Develops leadership qualities, courage, and respect for others.
- Enhances strength, flexibility, balance, and stamina.
- Helps in weight control and overall body conditioning

