



Avinuty Fitness Club

2

Mastering Silambam

To equip students & staff with practical self defence skills

Outcomes

- Enhanced Reflexes & Sharper focus
- Safety Awareness & Empowerment
- Movement Synchronization
- Motor Skill Refinement
- Weapon Handling

M. Venmathi, Silambam Trainer, Avinuty Alumna
Subramaniya Aasan Silambam Koodam

Classes begin on **27 January 2025**



Payment



Registration

**Rs 350
Per Month**

**Campus II
Students
&
Staff**

**Venue : Campus - II
3 Days a Week / Weekends**

School of

**Education
Engineering
Self Finance**

