

# NEWSLETTER



## VISION

We strive to empower the students, especially women and children by imparting training of this traditional indigenous Martial art. Our aim and principle is to enhance the life of our students to become the better half of the community.



Kalarippayattu is the traditional and indigenous Martial arts of Kerala and is known to be in practise for more than 3000 years. It has been preserved for many centuries following the authentic tradition of Guru Shishya Parampara, It is a wholistic art, it not only knows to hurt but also to heal

CVN Kalari, Puthur is a centre for self defence and Kalari Marma Chikitsa headed by C Muralidharan Gurukkal of Palakkad district. This pioneering Institution was the first in Palakkad district which came forward with an idea of "Women Empowerment" and this made us to reach its peak by achieving the National Award from the Government of India in the year 2011



**OUR TRAINING CENTRE GIVES IMPORTANCE TO ETHICAL AND MORAL DISCIPLINE OF THE STUDENTS OF KALARI BY FOLLOWING THE NORTHERN STYLE AND TECHNIQUES. OUR MARTIAL ART TRAINING AIMS AT THE OVER ALL DEVELOPMENT OF AN INDIVIDUAL BEGINNING FROM PHYSICAL STRENGTH, MENTAL BALANCE AND PROGRESS IN SPIRITUAL UPLIFTMENT**