



AIKIDO
INTERNATIONAL



AIKIDO

Workshop Proposal For University Students



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Introduction

Aikido, a modern Japanese martial art, offers a unique blend of physical, mental, and spiritual development for individuals of all ages. Aikido workshop is designed to introduce campus students to the principles and practices of Aikido, promoting physical fitness, self-confidence, and a healthy lifestyle.

合氣道





What is AIKIDO

Aikido is a holistic martial art that emphasizes circular movements, balance, and harmony with others. It is an excellent way to develop physical coordination, flexibility, and strength, while cultivating mental focus, discipline, and self-awareness.





Benefits

For University Students

Physical Fitness

Improves cardiovascular health, flexibility, and overall physical fitness

Self-Confidence

Aikido training enhanced self-esteem, confidence, and self-discipline

Drug Prevention

Promotes a healthy lifestyle, self-control, and resistance to substance abuse

Social Skills

Encourages teamwork, communication, and respect for others





AIKIDO and Drug Prevention



- Aikido promotes a healthy lifestyle and self-control, reducing the likelihood of substance abuse
- Aikido training enhances self-awareness, allowing students to make informed choices
- Aikido fosters a sense of community, providing support and encouragement for students to make positive choices





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AIKIDO

for Future Global Leaders

- Develops leadership skills, such as communication, teamwork, and problem-solving
- Enhances physical and mental resilience, essential for navigating global challenges
- Fosters a sense of empathy and understanding, promoting global citizenship





Agenda

- Introduction to Aikido principles and history
- Basic Aikido techniques and movements
- Interactive drills and exercises
- Q&A session and feedback
- Discussion on Aikido's role in promoting a healthy and positive campus culture





Proposal



We propose a series of Aikido workshops for campus students, tailored to their needs and interests. Our experienced instructors will lead the sessions, ensuring a safe and enjoyable experience for all participants.





GOALS



- Introduce students to the benefits of Aikido
- Promote physical fitness, self-confidence, and self-discipline
- Foster a positive and supportive learning environment
- Contribute to a healthy and positive campus culture

