



**Jayaraj Annapackiam College for Women (Autonomous),  
Periyakulam**

**Accredited with 'A+' Grade in (Cycle 4) by NAAC**

**KARATE CLUB**

**ACTIVITIES**

**(2022 - 2023)**

|                        |   |
|------------------------|---|
| <b>STAFF INCHARGES</b> | <b>DR.T TAMIL SELVI , Co-ordinator</b>                |
| <b>SECRETARY</b>       | <b>A. Abinaya Saraswathi II B.A.,<br/>History T.M</b> |
| <b>JOIN SECRETARY</b>  | <b>N. Chellam II B.A., History T.M</b>                |

**JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)**

**PERIYAKULAM, THENI DISTRICT**

**KARATE CLUB  
2022-2023**

**ACTION PLAN**

To improve the student's self-confidence, martial arts are a great activity to do so. So Karate Club have some of the action plan for the holistic development of the students are as follows for the academic year 2022 – 2023.

- To organize inspiration and orientation classes for all the students.
- To sponsor an event in our NSS adopted villages to boost our brand image of the college.
- To hold a tournament on behalf of our college. It is a great opportunity to engage our students and challenge their skill level by competing with the people that they haven't previously sparred with.
- To boost fitness, health and calmness of our students, to increase enrollment in Karate.
- To offer free seminars and workshops to our students which will bring awareness to students about not only the benefits of martial arts but also the special classes we offer.
- Plan to train students continuously and make them perform self-defense activities in Annual sports meet.
- Plan to participate in National and International Karate championship during the super compensation period, and motivate the students to reach for the BLACK BELT.

### **Karate Club Name List**

|                          |                       |
|--------------------------|-----------------------|
| 1. A. Abinaya Saraswathi | II B.A., History T.M  |
| 2. N. Chellam            | II B.A., History T.M  |
| 3. M. Minitha            | II B.A., History T.M  |
| 4. K. Petchiyammal       | II B.A., History T.M  |
| 5. G. Priyadharshini     | II B.A., History T.M  |
| 6. M. Rajitha            | II B.A., History T.M  |
| 7. A. Ruthmagreen        | II B.A., History T.M  |
| 8. A. Sowndarya          | II B.A., History T.M  |
| 9. P. Switha             | II B.A., History T.M  |
| 10. M. Parthiba          | III B.A., History E.M |
| 11. R. Saranya           | III B.A., History E.M |
| 12. Sneka                | II B.Com              |
| 13. Rudhra               | III B.A., Tamil       |

### **CIRCULAR – 08.11.2022**

Karate Club is going to organize an awareness programme on “Self-Defence” at 3.00 p.m. in St. Joachim Open Auditorium on 14.11.2022. Kyoshi P. Nagarajan and his team members of Alan-Raj Shito-Ryu Karate School, Periyakulam will demonstrate and deliver the lecture.

All are Cordially Invited.

“Martial Art”

### **REPORT**

To improve the student's self-confidence, martial arts are a great activity to do so. Karate Club have functioning for the holistic development of the students. The following are the activities for the academic year 2022 – 2023.

To inspire the students, Karate Club organized orientation classes for the students on “Self – Defense” at 3.00 p.m in St. Joachim Open Auditorium on 11.11.2022. Kyoshi. P. Nagarajan and his team members of Alan-Raj Shito -Ryu Karate School, Periyakulam will demonstrate and deliver the lecture.



To boost fitness, health and calmness of our students, Karate Club of Jayaraj Annapackiam college and the Lion's Club of Periyakulam Royal jointly organized an awareness programme on "Martial Art". It was taken by Kyoshi. P. Nagarajan and his members of Alan-Raj Shito -Ryo Karate School, Peiryakulam to build the strength of our students both physically and mentally. They were trained to use their body to defend themselves by using various techniques.



Karate Club trained the students continuously and the students performed self-defense activities in Annual Sports Meet.



### **CIRCULAR – 21.01.2023**

Karate Club is going to organize an awareness programme on “Martial Art” at 1.30 p.m. in St. Anne’s Indoor Auditorium on 21.01.2023. Kyoshi P. Nagarajan and his team members of Alam-Raj Shito-Ryu Karate School, Periyakulam will demonstrate and deliver the lecture.

All are cordially invited.

### **Martial Art**

### **Self Defence REPORT**

**21.01.2023**

Karate Club of Jayaraj Annapackiam College and the Lion’s Club of Periyakulam Royal jointly organized an awareness programme on “Martial Art” on 21.01.2023. It was conducted by Kyoshi P. Nagarajan and his members of Alan-Raj Shito-Ryo Karate School, Periyakulam to build the strength of our students both physically and mentally. They were trained to use their body to defend themselves by using various techniques.

