



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

**Periyakulam**

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

**KARATE CLUB**

**ACTIVITIES**

**(2023 - 2024)**

<b>STAFF INCHARGES</b>	<b>DR.S.LITTLE FLOWER , Co-ordinator</b>
<b>SECRETARY</b>	<b>K. Dhanalakshmi I BA Tamil</b>
<b>JOIN SECRETARY</b>	<b>R. Pavatharani I BA Tamil</b>

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

**PERIYAKULAM.**

**2023 – 2024**

**KARATE CLUB**

**ACTION PLAN**

To select the members from all the department in the month of July.

- To give motivation classes for Karate students in the month of August.
- To conduct Self - Defense Awareness Programme ( Martial Arts) in the month of September.
- To conduct karate class twice a week .
- To organize Guest lecture on “ Fitness for healthy life” in the month of October.
- To train the students continuously to perform Self – Defense activities in the Annual Sports meet in the month of December.
- To motivate the students to get the Black Belt by participating in National and International Karate competition.

**CIRCULAR-**

**17.07.2023**

Karate Club of Jayaraj Annapackiam College For Women (Autonomous), Periyakulam, Organize an awareness programme on “Martial Art” on 20.07.2023 in St. Anne’s Indoor Auditorium at 3.00 pm. 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**

**20.07.2023**

Karate Club of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam and the Royal Lion’s Club of Periyakulam jointly organized an awareness programme on “Martial Art” at 3.00pm in St.Anne’s

Auditorium on 20.07.2023. It was taken 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. About 82 participants benefitted from the programme.

### **Program Participants List**

**Program Name : Martial Art**

**Date & Time : 20.07.2023 & 3.00 pm**

#### **Participants Name Major**

1. K. Dhanalakshmi I BA Tamil
2. R. Pavatharani I BA Tamil
3. M. Nagajothi I BA Tamil
4. K. Kavipandeeswari I BA Tamil
5. S. Dharshini I BA Tamil
6. D. Dhanusiya I BA Tamil
7. A. Apsara Fathima I BA Tamil
8. J. Aadhila Banu I BA Tamil
9. R.K. Logasri I BA Tamil
10. R. Mathumitha I BA Tamil
11. P. Poorvika I BA Tamil
12. M. Poornima I BA Tamil
13. P. Premalatha I BA Tamil
14. P. Santhini I BA Tamil
15. P. Prathipa I BA Tamil
16. K. Pavitha I BSC Zoology
17. I. Pavitha I BSC Zoology
18. A. Mallika I BSC Zoology
19. S. Deepsheka I BSC Zoology
20. K. Priyadharshini I BSC Zoology
21. K. Priyadharshini I BSC Zoology  
Che
22. P. Ramya I BSC Zoology
23. D. Bavadharani I BSC Zoology
24. N. Nagajothi I BSC Zoology
25. K. Muthu Eswari I BSC Zoology
26. N. Krishnaprabha I BCA  
Zoology
27. M. Nasrin Banu I BCA
28. S. Prabha Lakshmi I BCA

#### **Participants Name Major**

42. K.Kohila Vani I BA English
43. M. Lathika I BA English
44. D. Jemita Austri I BA English
45. S. Nishale I BA English
46. S. Sivanandhini I BA English
47. M. Abirami I BA English
48. N. Dhanusha I BA English
49. K. Thamilarasi I BA English
50. R. Harini I BA English
51. D. Carnlin I BA English
52. S. Sharon I BA English
53. M. Dharshini devi I B.Sc Che
54. M. Renuga devi I B.Sc Che
55. A. Pavatharani I B.Sc Che
56. B. Praveena I B.Sc Che
57. M. Divya I B.Sc Che
58. K. Annalakshmi I B.Sc Che
59. R. Nivetha I B.Sc Che
60. S.Syedafröse Sulthana I B.Sc C
61. K. Keerthana I B.Sc Che
62. A. Sippana Fathima I B.Sc
63. K. Kopika I B.Sc Chemistry
64. S. Anuja I B.Sc Chemistry
65. S. Nivashini I B.Sc Chemistry
66. S. Merline I B.Sc Chemistry
67. A.Mariya Nevin Annam I BSC
68. V. Bavanimuthu I B Com(CA)
69. K. Lavanya II B Com (CA)

29. J. Sahina Safrin I BCA  
 30. P. Kiruba Varshini I BCA  
 31. S. Biruntha I BCA  
 32. S. Asiya Maryam I BCA  
 33. M. Kavya I BA English  
 34. S. Nivetha I BA English  
 35. S. Lathika I BA English  
 36. B. Subhulakshmi I BA English  
 37. S. Niraimathi I BA English  
 38. P. Thaniya Angel I BA English  
 39. M. Dayasiri I BA English  
 40. S. Malathi I BA English  
 41. M. Hemasri I BA English

70. A. Pracilla Ragavi I B Com (CA)  
 71. X. Manisha I B Com (CA)  
 72. P. Karthigai Eswari I B Com (CA)  
 73. S.R. Yagavi I B Com (CA)  
 74. S. Anandhapriya I B Com (CA)  
 75. E. Abinaya I B Com  
 76. R. Anu I B Com  
 77. P. Janani I B Com  
 78. C.Rajapriya I B Com  
 79. A. Harshini I BA Tamil  
 80. S. Deepa I B.Sc Maths  
 81. P. Abinaya I B.Sc Maths  
 82. S. Karthika I BA English



## **ACTION TAKEN REPORT**

Karate Club of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam and the Royal Lion's Club of Periyakulam jointly organized an awareness programme on "Martial Art" at 3.00pm in St.Anne's Auditorium on 20.07.2023. It was taken 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. About 82 participants benefitted from the programme.