



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

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

KARATE CLUB

ACTIVITIES

(2024 - 2025)

MEMBER NAME LIST		
S. No	Name	Designation/ Role
1	Dr. S. Rejina Assistant Professor in Tamil Ms. R. Aishwarya Assistant Professor in Computer Science	Co- Ordinator Member
2	S. Pandeewari-II BA Tamil	Secretary
3	N. Rupa – I BA Tamil	Joint Secretary
4	T. Kanchana – II BA Tamil	Students
5	M. Ratchika Sri – II BA Tamil	
6	Aishwarya – II BSc Maths	
7	T. Subiksha- I BA Tamil	

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM

2024 – 2025

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 - Defence Awareness Programme (Martial Arts) in the month of September.
- To conduct karate class twice a week.
- To organise Guest lecture on "Fitness for healthy life" in the month of October.
- To train the students continuously to perform Self - Defence 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 – 05.01.2025

The Karate Club of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, is organizing a special Karate Training Session on 7th February 2025 in St. Anne's Indoor Auditorium at 2.00 pm. The motivational and demo session will be led by Mr. Kyosh P. Nagarajan, Founder & Technical Director, Alan-Raj Shito-Ryu Karate School and Ms. Shihan Saranya Chief Instructor, Alan – Raj Shito-Ryu Karate School with her team. This training aims to enhance self-defence skills and physical fitness.

7.2.2026

REPORT

The Karate Club of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organized a special Karate Training Session on 7th February 2025 (Friday) from 2:00 PM. The motivational and demo session was given by Mr. Kosh P. Nagarajan and Ms. Shihan N. Saranya with her team, under the coordination of Dr. S. Rejina, Assistant Professor in Tamil. This training programme helped to improve self-defense skills and physical fitness of students.





**YOU ARE
INVITED**



**JAYARAJ
ANNAPACKIYAM
COLLEGE FOR WOMEN,
PERIYAKULAM**

KARATE CLUB



**MOTIVATION
PROGRAM
2025**

Date
21.01.2025 - 23.01.2025

Venue
Auditorium

**SPEAKER
P.NAGARAJAN
7 DAN BLACK BELT**

THANK YOU

21. 1.2025 to 23.1.25

Report

From January 21 to January 23, 2025, a karate training and coaching session was conducted under the leadership of Kyoshi P. Nagarajan (7th Dan Black Belt, Founder & Technical Director, Alan-Raj Shito-Ryu Karate School - India) and Shihan N. Saranya (5th Dan Black Belt, Chief Instructor, Alan-Raj Shito-Ryu Karate School - India)

The training focused on improving basic techniques, advanced katas, and self-defense skills. Students received guidance to refine their stances, punches, and movements. Special attention was given to sparring (kumite), discipline, and mental focus, which are important for both competitions and self-defense. In addition to physical training, there were discussions on karate values, respect, and the importance of hard work. The students showed great enthusiasm and dedication, making good progress over the three days.



Action Taken Report

Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, through its Karate Club, released a comprehensive Action Taken Report for the academic year 2024-2025, detailing a series of impactful events. From January 20th to 23rd, 2025, a significant Karate training and coaching session was successfully conducted under the expert guidance of Kyoshi P. Nagarajan, a 7th Dan Black Belt and Founder & Technical Director of Alan-Raj Shito-Ryu Karate School - India, alongside Shihan N. Saranya, a 5th Dan Black Belt and Chief Instructor from the same institution. Following this, the 54th Annual Sports Day on January 24th, 2025, featured a competitive Karate event where Ms. A. Aishwarya of II B.Sc. Maths secured the I Prize, Ms. S. Pandeewari of II B.A. Tamil earned the II Prize, and Ms. T. Kanchana, also from II B.A. Tamil, achieved the III Prize.

Looking ahead, the Karate Club is organizing a special Karate Training Session on February 7th, 2025, from 2:00 PM to 3:30 PM, aiming to bolster self-defense skills and physical fitness among students through motivational and demo sessions led by Mr. Kosh P. Nagarajan, Ms. Shihan N. Saranya, and their team, all coordinated by Dr. S. Rejina, with a strong encouragement for interested students to participate.