



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

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

KARATE CLUB

ACTIVITIES

(2025 - 2026)

MEMBER NAME LIST		
S. No.	Name	Designation / Role
1	Dr.K. Sakaya Gracy , Assistant Professor in Tamil	Co – Ordinator
2	Ms. R. Aishwarya Assistant Professor in Com., Science	Member.
3	Ms. Ancy , Assistant Professor in commerce	Member.
4	T. Kanchana III B.A Tamil	Secretary
5	S.Iswarya III Maths (R)	Secretary

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM

KARATE CLUB

2025-2026

ACTION PLAN

- 1. To select the members from all the departments in the month of July.**
 - ▶ **Conduct a screening session to assess basic physical fitness and interest level.**
- 2. To give motivation classes for Karate students in the month of August.**
 - ▶ **Invite past achievers and alumni to share their journey and success stories.**
 - ▶ **All karate students will take a pledge to strengthen team spirit, dedication, and discipline**
- 3. To conduct Self-Defence Awareness Programme (Martial Arts) in the month of September.**
 - ▶ **Arrange a poster-making contest on “Women’s Safety and Self-Defence”.**
- 4. To conduct karate classes twice a week.**
 - ▶ **Introduce “Belt Progression Weeks” every two months to track improvement.**
- 5. To organize Guest Lecture on “Fitness for Healthy Life” in the month of October.**
 - ▶ **Host a quiz competition on health, fitness, and martial arts.**
- 6. To continuously train students in self-defence techniques for a confident and skilful performance during the Annual Sports Meet in December.**
 - ▶ **This regular training will enhance students’ confidence, safety awareness, and physical fitness through practical self-defence skills.**
- 7. To motivate the students to get the Black Belt by participating in National and International Karate competitions.**
 - ▶ **Provide special weekend coaching for advanced learners**

Old students demonstration

Karate Club Organization

Report - 03.09.2025

The Karate Club of Jayaraj Annapackiam College organized an **old students demonstration** program on **03.09.2025**. In this event, old students of the club gave a detailed Karate demonstration to the newly joined Karate Club students. Through their performance, the senior students showcased various Karate techniques, explained the importance of discipline, and motivated the newcomers to actively practice Karate. This session created a strong interest and enthusiasm among the new Karate Club members to learn Karate with dedication. from the Tamil Department and the Computer Science Department formed the new batch of Karate Club members and benefitted greatly from the guidance of their seniors. The program was successfully organized under the leadership of Convener **Dr.K. Sakaya Gracy** and the support of Organizing Secretary **Ms.R.Aishwarya**, who ensured smooth coordination. 82 participants benefitted from the programme



08.09.2025

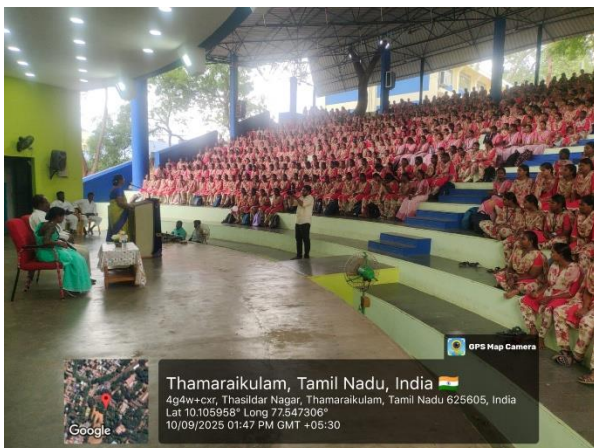
CIRCULAR

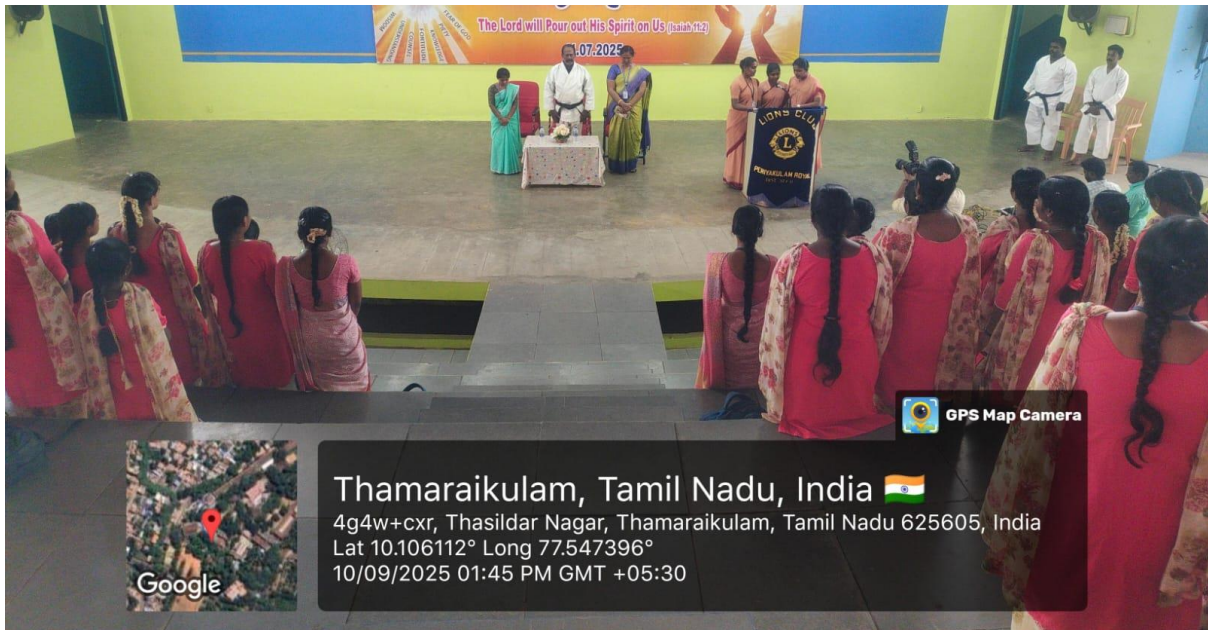
Karate Club of Jayaraj Annapackiam College For Women (Autonomous), Periyakulam, Organize an Awareness programme on "Martial Art" on 10.09.2025 in St. Anne's Indoor Auditorium at 1.30 pm. Kyoshi.P.Nagarajan and his team members of Alan Raj Shito- Ryu Karate School, Periyakulam will demonstrate and deliver the lecture.

10 .09.2025

Report

The Karate Club of JAC organized a Karate Demonstration Programme on **10.09.2025 at 1:30 PM** in the Open Auditorium. The programme began with a prayer. **Dr. K. Sakaya Gracy**, Karate Club Coordinator and Assistant Professor of Tamil, welcomed the gathering. The resource person, **Mr. P. Nagarajan**, Founder & Technical Director of Alan-Raj Shito Ryu Karate School and President of the Sports Karate Association, Theni District, created awareness among the students about the importance of karate. The demonstration included basic techniques, self-defense moves, and fitness training, enabling students to develop discipline, confidence, and awareness. Finally, **Ms. Ancy**, Member of the Karate Club and Assistant Professor of Commerce, proposed the vote of thanks. 1500 Students from all departments actively participated and benefited from the programme.





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Karate Training Class

23.10.2025

Jayaraj Annapackiam College for Women (Autonomous)
 (A unit of the Sisters of St. Anne of Tiruchirapalli)

Accredited with A+ Grade in 4 Cycle by NAAC
 DST-FIST Supported College
 Affiliated to Mother Teresa Women's University,
 Kodaikanal.

INSTITUTION'S
 INNOVATION
 COUNCIL
(Member of IAC, Bangalore)

KARATE CLUB

Organizes
Training Sessions

Join us for an empowering martial arts
 training session

Mr. P. Nagaraj
 Karate Trainer

co-ordinater
Dr. K. Sakaya Gracy
 ASST.PROFESSOR OF TAMIL
Ms.R.Aishwarya
 Club Member
 Asst.Prof of CS

✔ Experienced Trainers

✔ Flexible Class Times

✔ Build Discipline & Strength

DATE :23.10.2025
TIME : 2.45 P.M TO 3.30
ALL ARE CORDIALLY INVITED

Made with PosterMyWall.com

Report

A Karate **Training Class** was organized by the **Karate Club** of Jayaraj Annapackiam College for Women (Autonomous) on **23.10.2025**. **Mr. P. Nagaraj** served as the trainer for the session and taught the students various **karate steps and self-defence techniques**. He trained the participants with great dedication and motivated them to develop discipline, focus, and confidence. Around **20 students from various departments** actively participated and showed keen interest in learning karate. The session helped them enhance their **physical fitness, self-defence awareness, and teamwork skills**. The program was **coordinated by Dr. K. Sakaya Gracy**, and **Ms. R. Aishwarya** served as the **club member**. Their efforts ensured the smooth and successful conduct of the event. Overall, the training session was **highly energetic, educational, and inspiring** for all the participants.





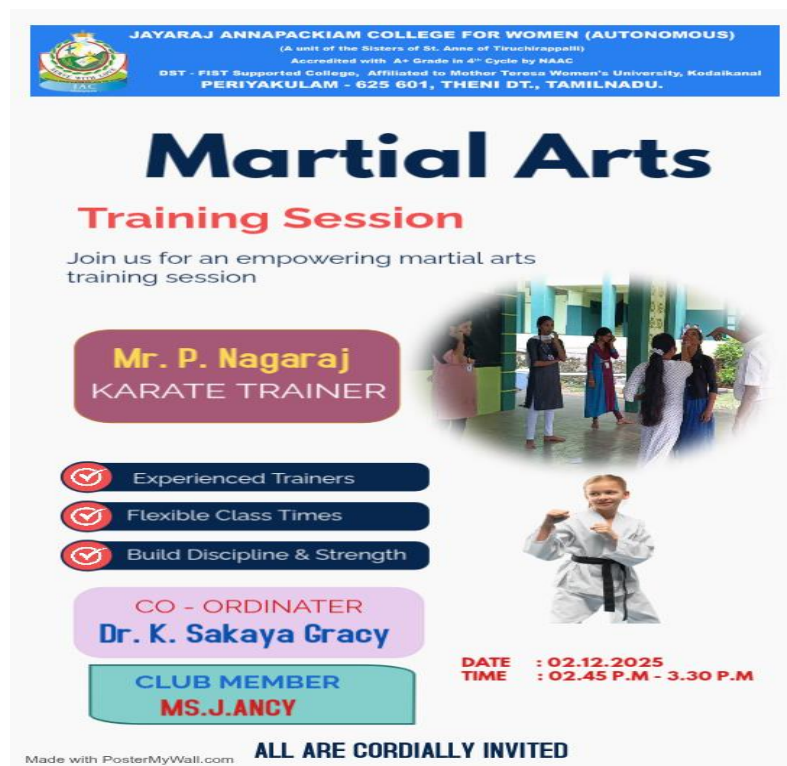
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625605, India
Lat 10.107442° Long 77.548454°
Wednesday, 22/10/2025 03:02 PM GMT +05:30



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625605, India
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Karate Training Class

02.12.2025



The poster is for a Karate Training Session. At the top, it features the logo of Jayaraj Annapackiam College for Women (Autonomous) and its accreditation details. The main title is 'Martial Arts Training Session' in large, bold letters. Below the title, it says 'Join us for an empowering martial arts training session'. The trainer is listed as Mr. P. Nagaraj, Karate Trainer. There are three bullet points: 'Experienced Trainers', 'Flexible Class Times', and 'Build Discipline & Strength'. The CO-ORDINATOR is Dr. K. Sakaya Gracy, and the CLUB MEMBER is MS.J.ANCY. The date is 02.12.2025 and the time is 02.45 P.M - 3.30 P.M. At the bottom, it says 'ALL ARE CORDIALLY INVITED'. There are two images: one showing a group of people in a martial arts dojo and another showing a young boy in a white karate gi with a black belt.

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
(A unit of the Sisters of St. Anna of Tiruchirappalli)
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DST - FIST Supported College. Affiliated to Mother Teresa Women's University, Kodaikanal
PERIYAKULAM - 625 601, THENI DT., TAMILNADU.

Martial Arts

Training Session

Join us for an empowering martial arts training session

Mr. P. Nagaraj
KARATE TRAINER

- Experienced Trainers
- Flexible Class Times
- Build Discipline & Strength

CO - ORDINATOR
Dr. K. Sakaya Gracy

CLUB MEMBER
MS.J.ANCY

DATE : 02.12.2025
TIME : 02.45 P.M - 3.30 P.M

ALL ARE CORDIALLY INVITED

Made with PosterMyWall.com

Report

A Karate **Training Class** was organized by the **Karate Club** of Jayaraj Annapackiam College for Women (Autonomous) on **02.12.2025**. **Mr. P. Nagaraj** served as the trainer for the session and taught the students various **karate steps and self-defence techniques**. He trained the participants with great dedication and motivated them to develop discipline, focus, and confidence. Around **08 students from various departments** actively participated and showed keen interest in learning karate. The session helped them enhance their **physical fitness, self-defence awareness, and teamwork skills**. The program was **coordinated by Dr. K. Sakaya Gracy**, and **Ms.J.Ancy** served as the **club member**. Their efforts ensured the smooth and successful conduct of the event. Overall, the training session was **highly energetic, educational, and inspiring** for all the participants.



Sports Day Celebration - 24.01.2026

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Kodaikanal.

INSTITUTION'S INNOVATION COUNCIL
UNIVERSITY OF TAMIL NADU

SPORTS DAY CELEBRATIONS
IN
KARATE CLUB

Join us for an empowering martial arts training session

Mr. P. Nagaraj
Karate Trainer



co-ordinator
Dr. K. Sakaya Gracy
ASST.PROFESSOR OF Tamil

Ms. R. Aishwarya,
Ms. J. Ancy
Club Members, JAC.

4.01.2026
ALL ARE CORDIALLY INVITED

Experienced Trainers
Flexible Class Times
Build Discipline & Strength

Made with PosterMyWall.com

24.01.2026

Report

Jayaraj Annapackiam College for Women (Autonomous) celebrated its Sports Day with great enthusiasm on **24.01.2026**. As part of the celebration, the Karate Club organized a special karate training and self-defense program for the students. The programme aimed to promote physical fitness, discipline, self-confidence, and personal safety among women students. Mr. P. Nagaraj served as the trainer for the session. He trained the participants in running drills, basic karate steps, self-defense techniques, and stone-breaking demonstrations. During the session, he also introduced karate as a Japanese martial art and explained its importance in developing physical strength, mental focus, discipline, and self-control. The training was highly energetic and interactive, motivating students to actively participate. The program was coordinated by Dr. K. Sakaya Gracy, and Ms. R. Aishwarya and Ms. J. Ancy, club members, played a key role in organizing the event. Their dedicated efforts ensured the smooth and successful conduct of the programme.

🏆 Prize Winners (Karate Event):

1st Prize – Kanchana, III BA Tamil

2nd Prize – Pandeewari, III BA Tamil


3rd Prize – Rakshitha, III BA Tamil

Overall, the Sports Day karate training session was educational, inspiring, and empowering, encouraging students to adopt a healthy lifestyle and equipping them with essential self-defense skills.






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QUIZ COMPETITION
 ORGANIZES
KARATE CLUB

**“Health, Fitness and
 Martial Arts”**

co-ordinator
Dr. K. Sakaya Gracy
 ASST.PROFESSOR OF Tamil

Ms. R. Aishwarya,
Ms. J. Ancy
 Club Members, JAC.

- ✔ Experienced Trainers
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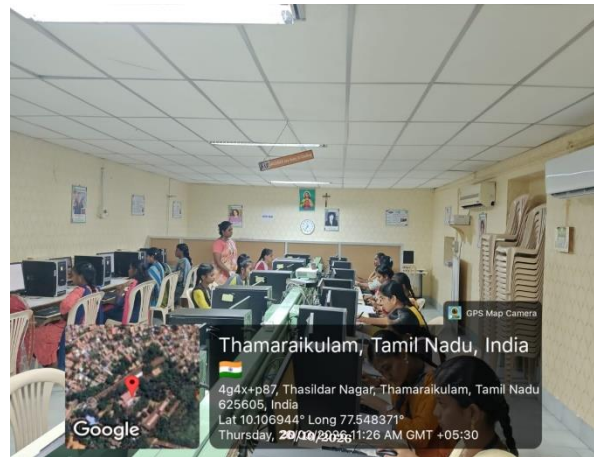
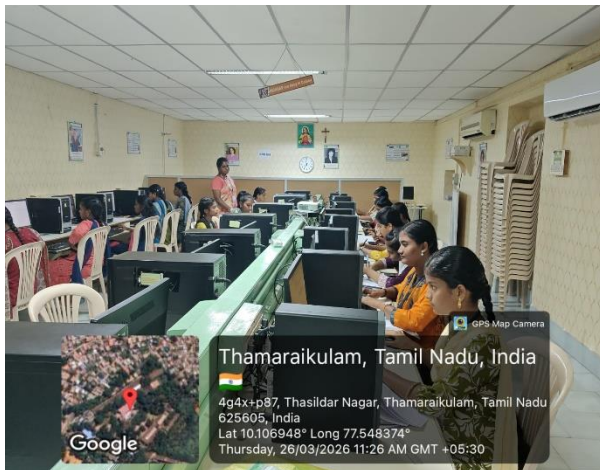
DATE : 26.03.2026
 ALL ARE CORDIALLY INVITED

KARATE CLUB – QUIZ COMPETITION

REPORT

26.03.2026

The Karate Club of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organized a **Quiz Competition on “Health, Fitness and Martial Arts”** on 26.03.2026 at 2.30 PM in **Room No. 32**. The objective of the programme was to create awareness among students about healthy lifestyle practices, physical fitness, and the importance of martial arts and self-defence. Many students actively participated in the competition and demonstrated their knowledge and enthusiasm. The programme helped students to improve their understanding of health, fitness, and karate principles



Karate Club – Action Taken Report (2025–2026)

1. Selection of Members (July 2025)

Interested students were selected from all departments during July 2025. Students showing interest in karate and physical fitness were enrolled as club members.

2. Old Students Demonstration

An old students' karate demonstration programme was conducted on **03.09.2025** at **2.45 PM** in **Room No. 32**. A total of **38 students actively participated** and gained motivation from the demonstration.

3. Martial Arts Awareness Programme

A Martial Arts Awareness Programme was organized on **10.09.2025** at **1.30 PM** in **St. Anne's Indoor Auditorium**. **Kyoshi P. Nagarajan and team members** delivered a lecture and demonstrated self-defence techniques, creating awareness about women's safety and martial arts training.

4. Regular Karate Classes (2025–2026)

Karate classes were conducted twice a week to improve students' physical fitness and self-defence skills.

5. College Annual Sports Meet

Karate Club students actively participated in the **College Annual Sports Meet** conducted on **24.01.2026**. The event encouraged students to showcase their physical fitness, discipline, and sportsmanship developed through regular karate training.

Prize winners : Ist Prize - T.Kanchana ,

II nd Prize - S.Pandeeswari ,

III rd Prize - M.Ratchika.

6. Quiz Competition

A quiz competition on **Health, Fitness, and Martial Arts** was conducted on **26.03.2026** to improve students' knowledge about healthy lifestyle practices and karate.

I st Prize - Dhanalakshmi, I B.Sc Physics ,

II nd Prize -V. Pradeepa, I B.A Tamil