

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM - 625 801, THENI DT.

(A Unit of Sister's of St. Anne's of Tiruchirappalli)

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

DST - FIST Supported College

(Affiliated to Mother Teresa Women's University, Kodaikanal)



Off : 04546 - 231482
Res : 04546 - 231382
Fax : 04546 - 231482

Website : www.annejac.ac.in

E-mail : principal@annejac.ac.in

Date: 10.07.2024

NOTIFICATION: KARATE CLUB

The Principal, on the recommendations of the Internal Quality Assurance Cell (IQAC) and as per the expectations of NAAC, is pleased to continue the already existing Karate Club of Jayaraj Annapackiam College for Women (Autonomous) with the following members.

Chairperson:

Dr. Sr. S. Jesu Rani
Principal

Coordinator:

Dr. S. Rejina
Assistant Professor in Tamil

Member:

Ms. R. Aishwarya
Assistant Professor in Computer Science

The management is happy to note that the Karate Club continues to function actively for the overall development of students.

Purpose of the Karate Club

The Karate Club aims to promote physical fitness, focus and self-discipline among students through karate-based activities. The club also supports students in developing confidence and awareness of personal safety.

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM - 625 801, THENI DT.

(A Unit of Sister's of St. Anne's of Tiruchirappalli)

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

DST - FIST Supported College

(Affiliated to Mother Teresa Women's University, Kodaikanal)



☎ Off : 04546 - 231482
Res : 04546 - 231382
Fax : 04546 - 231482

Website : www.annejac.ac.in

E-mail : principal@annejac.ac.in

- 2 -

Activities of the Karate Club (Changed – New Set)

- ❖ Conducting activity-based karate sessions focusing on movement and coordination
- ❖ Introducing stress-relief and focus-oriented physical exercises through Karate
- ❖ Organizing simple practice modules for beginners
- ❖ Promoting regular physical activity and healthy habits among students
- ❖ Encouraging student involvement in discipline-oriented co-curricular activities

The tenure of the Coordinator and Member shall be as per college norms.

This notification shall come into force with immediate effect.