

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM - 625 601, 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)



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Date: 16.06.2023

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) for the academic year 2023–2024 with the following members.

Chairperson

Dr. Sr. S. Jesu Rani
Principal

Coordinator

Dr. S. Little Flower
Assistant Professor
Department of Tamil

Member

Mrs. P. Muthupandeesaweri
Assistant Professor of Computer Science

The management is happy to note that the Karate Club continues to contribute positively to student development and well-being.

Purpose of the Karate Club

The Karate Club aims to enhance students' physical fitness, coordination and mental alertness through karate-based activities. The club also supports character building, self-discipline and awareness of personal safety among students.

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Activities of the Karate Club (2023–2024)

- ❖ Conducting structured Karate practice sessions focusing on posture and balance
- ❖ Introducing students to discipline-based movement and coordination exercises
- ❖ Organizing guided training sessions to improve stamina and flexibility
- ❖ Creating awareness on self-control, confidence and personal safety
- ❖ Encouraging regular student involvement in karate-related practice activities

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

This notification shall come into force with immediate effect.