



INSTITUTE OF EXCELLENCE

KMS College of IT and Management

Affiliated with I.K. Gujral Punjab Technical University, Jalandhar (Pb.)

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Reference No: KMS/N/2023/37

Date: 04-10-2023

NOTICE

Karate Class for Girls

Date of Meeting : 5th October 2023
Time : 1:00 pm – 2:00 pm
Location : Meeting room

This notice is to inform all concerned parties of the upcoming meeting regarding the introduction of Karate classes specifically designed for girls. The details of the meeting are as follows:

Agenda:

- Introduction of Karate Class Program: The meeting will begin with an overview of the proposed Karate class program, highlighting its objectives and structure.
- Discussion on Class Schedule and Curriculum: Attendees will discuss the schedule and curriculum of the Karate classes, ensuring alignment with the needs and interests of the participants.
- Addressing Safety and Security Measures: Safety and security measures pertaining to the Karate classes will be deliberated upon to ensure a safe learning environment for all participants.



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KMS College of IT & Man
Dasuya (Hoshiarpur)

(PRINCIPAL)

KMS College of IT and Management

MINUTES OF THE MEETING

The meeting regarding the implementation of Karate classes specifically for girls was held on 5th October 2023 from 1:00 pm to 2:00 pm in the meeting room. The purpose of the meeting was to explore the feasibility and logistics of introducing Karate as a self-defense and physical fitness activity for female students.

1. Introduction to the Proposal.
2. Discussion on Benefits.
3. Planning the Curriculum and Schedule: Plans for the curriculum and schedule of the Karate classes were discussed.
4. Logistical and Administrative Issues
5. Interest and Participation

The suggestions and decisions were unanimously approved by the members present.

Co-Ordinators:

Asst. Prof. Manpreet Kaur- Department of IT

Asst. Prof. Manjit Kaur - Department of Fashion Design

Asst. Prof. Gurjit Kaur- Department of Commerce

Asst. Prof. Gurinderjit Kaur- Department of Agriculture

Asst. Prof. Jagroop Kaur- Department of Medical Lab Science



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Karate Class for Girls at KMS College

KMS College introduced a Karate Class exclusively for girls, aiming to promote physical fitness, self-defense skills, and empowerment among female students. Led by experienced instructors, the classes provided a safe and supportive environment for girls to learn and practice martial arts.

The Karate Class sessions covered various techniques, including basic strikes, blocks, and kicks. Students enthusiastically embraced the opportunity to learn Karate, recognizing its potential to enhance their physical and mental well-being. The program received positive feedback from participants, who appreciated the practical skills gained and the sense of empowerment it instilled.

By offering Karate classes for girls, KMS College reaffirms its commitment to promoting holistic development and equipping students with valuable life skills. The initiative not only fosters physical fitness but also empowers young women to navigate challenges with confidence and strength.



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