



# ST. JOSEPH'S COLLEGE FOR WOMEN

Kangeyam Road, Tirupur - 641 604.

Affiliated to Bharathiar University, Accredited with Grade "B+" by NAAC  
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## Major Dhyan Chand Club

The Sports Club aims to promote physical fitness, teamwork, and a spirit of healthy competition among students. It encourages participation in various sports and recreational activities, fostering an inclusive environment where students can develop their athletic skills, leadership qualities, and overall well-being. The club organizes sports events, training sessions, and intercollegiate competitions, enhancing the college's sports culture.

### Motto

*"Fitness, Teamwork, and Excellence in Sports."*

### Policies

- Open to all students enrolled in the college.
- Members must adhere to club rules, respect coaches, and participate actively in training sessions and events.
- Any form of misconduct, including foul play, abusive language, or disrespect towards officials, will result in disciplinary action.
- Regular practice sessions will be scheduled for various sports events.
- Attendance at training sessions is compulsory for team selection and participation in tournaments.
- The club provides access to sports facilities, including grounds, courts, and gymnasiums. Members are expected to use these facilities responsibly.
- Sports equipment issued to members must be handled with care. Any damage or loss must be reported immediately.
- Members are required to wear appropriate sports attire and safety gear during training and matches.
- The club will organize inter-departmental and intercollegiate tournaments to encourage competitive participation.







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- o Selection for college teams representing the institution at external competitions will be based on performance, discipline and regular attendance.

## Practices

- Organize fitness camps to enhance overall physical conditioning and stamina of the members.
- Conduct workshops on sports nutrition, injury prevention, and mental toughness to improve athletes' overall performance.
- Host an annual sports event to celebrate the spirit of sportsmanship and reward outstanding performers.
- Regular skill development sessions with professional coaches to enhance technical proficiency in various sports.

## Outcomes

- Regular training and participation in sports contribute to improved physical health and fitness among students.
- Sports activities foster teamwork, leadership, and communication skills among participants.
- The club's activities will boost students' confidence and readiness to represent the college in external tournaments.
- A vibrant sports culture on campus that encourages all students to engage in physical activities and lead a healthy lifestyle.



*PLH*  
**PRINCIPAL**  
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