



K.R. COLLEGE OF ARTS & SCIENCE

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

K.R. NAGAR, KOVILPATTI- 628503



ALUMNI ASSOCIATION AND ENGLISH DEPARTMENT

JOINTLY ORGANISES

EXTRA CURRICULAR ACTIVITIES PROGRAMME – 2020-2023

Date:11.01.2023

Time:10.30AM-12.30PM

Venue: Mini Auditorium

RESOURCE PERSON



Ms.M. Kavithaprabha, M.A., B.Ed.

(ENGLISH ALUMNUS 2018-2021 BATCH)

Chief Patrons

Tmt. CHENNAMMAL RAMASAMY Chairman

Thiru. K.R.KRISHNAMOORTHY Vice-Chairman

Thiru. K.R. ARUNACHALAM Correspondent

Patrons

Dr.MATHIVANNAN

Principal

Convener & Organizing Secretary

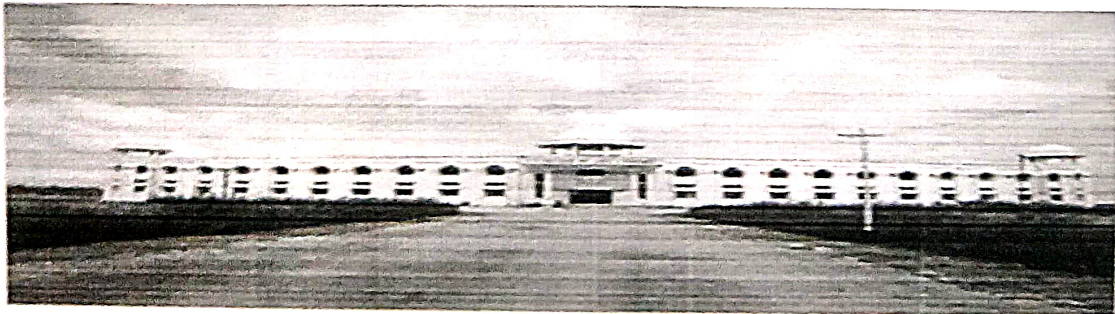
Dr. M. SANJIVKUMAR

Asst.Professor

Programme coordinator

Mrs. JJEYARANI

Asst.Professor



PRINCIPAL

K.R. College of Arts & Science

K.R. NAGAR,
KOVILPATTI - 628 503.
Thoothukudi - Dist.



K.R. COLLEGE OF ARTS & SCIENCE

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
K.R. NAGAR, KOVILPATTI- 628503

ALUMNI ASSOCIATION



Extra Curricular Activities Programme – 2020- 2023

Date: 11.01.2023

Time: 10.30AM - 12.30P.M.

Venue: Mini Auditorium

Resource person: Ms. M. Kavithaprabha, M.A., B.Ed.,

(Alumni, 2018-2021 batch)

Resource person: Ms. M. Kavithaprabha M.A., B.Ed. (Alumni 2018- 2021 batch). The program started by 10.30am with prayer song. Ms. J. Kavithaprabha an alumna of our college, is a Silambam trainer. She visited our college as resource person and motivated our students (2020-2023 batch) regarding silambam and the need of extra curricular activities. She told that silambam is an ancient south Indian weapon- based martial art which is a beneficial art, rendering physical and mental health. Regular practice promotes cardiovascular endurance, increased muscular strength, improved flexibility and better body co- ordination. She insisted on regular practice which supports weight management, boosts stamina, sharpens mental focus and aids in stress reduction. She enunciated about the numerous benefits of extra curricular activities. She told that it expands students social circle, fosters teamwork and leadership skills, encourages time management skills, promotes confidence and motivation, improves mental health, provides joy and fulfillment.

Our principal Dr.S.Mathivannan, Head of the Department Mr.J.Sathu Sundar Singh, Alumni co-ordinator Mrs.J.Jeyarani appreciated Ms. J. Kavithaprabha for her valuable presentation. The program concluded with the National Anthem.



J. Jeyarani
Alumni Co-ordinator

J. Jeyarani
Principal
K.R. College of Arts & Science
K.R. NAGAR,
KOVILPATTI - 628 503.
Thoothukudi - Dist.



K.R. COLLEGE OF ARTS & SCIENCE

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
K.R. NAGAR, KOVILPATTI- 628503



ALUMNI ASSOCIATION
KRCAS

ALUMNI ASSOCIATION

Extra Curricular Activities programme – 2020-2023

Date: 11.01.2023

Time: 10.AM-12.30P.M.

Venue: Mini Auditorium

S. No.	Name of the Participants	Class	Signature
1	ABHI SHANMUKH PRIYA M	III - YEAR	Abhishek Priya M.
2	ABIRAMI P	III -YEAR	Abirami P.
3	ALAGU MUTHUMARI S	III -YEAR	Alagu Muthumari S.
4	ANGAYARKANNI S	III -YEAR	Angayarkanni S.
5	ANISH FATHIMA M	III -YEAR	Anish Fathima M.
6	ANITHA ROHINI M	III -YEAR	M. Anitha Rohini
7	ANNAPOORANI K	III -YEAR	K. Annapoorani
8	ARUN KUMAR C	III -YEAR	C. Arunkumar
9	ASHWIN R	III -YEAR	R. Ashwin
10	ASHWINI S	III -YEAR	Ashwini S.
11	AVSHA SHEERINA M	III -YEAR	M. Avsha Sheerina
12	BHUVANA T	III -YEAR	T. Bhuvana
13	CHANDRA KALA S	III -YEAR	S. Chandrakala
14	DHANAESWARI M	III -YEAR	M. Dhanaeswari
15	DHARSHIKA S	III -YEAR	S. Dharsika
16	DINESH R	III -YEAR	R. Dinesh
17	DIVYA D	III -YEAR	Divya D.
18	ESWARI K.A	III -YEAR	A.K. Eswari
19	JOTHI RUBINI S	III -YEAR	S. Jothi Rubini
20	KALIESWARI M	III -YEAR	M. Kalieswari

S.No.	Name of the Participants	Class	Signature
21	KARPAGALAKSHMI S	III -YEAR	Karpagalakshmi.S
22	KATHEESWARI M	III -YEAR	Kathy
23	KARTHIK K	III -YEAR	k.karthik.
24	KATHIKA S	III -YEAR	S. kathika.
25	KAVITHA M	III -YEAR	Kavitha.M
26	KEERTHANA S	III -YEAR	S.keerthana.
27	LATHA A	III -YEAR	Latha.A
28	MADHU BALA M	III -YEAR	Madhu Bala.M
29	MAHA DHARSHINI M	III -YEAR	Maha
30	MAHARASI M	III -YEAR	maharasi.M
31	MAHESWARI D	III -YEAR	Maheswari.D
32	MAHESWARI M	III -YEAR	Maheswari.M
33	MALAIYARASI A	III -YEAR	Malaiyarasi.A
34	MARIESWARI M	III -YEAR	Marieswari.M
35	MURUGALAKSHMI K	III -YEAR	K.Murugalakshmi.
36	MADHU ANATHA DEVI D	III -YEAR	Madhu.A.D
37	NANTHINI C	III -YEAR	Nanthini.C
38	NIKITHA	III -YEAR	Nikitha.
39	NITHIYA SHREE A	III -YEAR	Nithiya
40	PADMAVATHI M	III -YEAR	PadmaVathi.M
41	PONRANJITHA M	III -YEAR	Ponranjitha.M
42	PONSUDHAKAR S	III -YEAR	Ponsudhakar.S
43	PRIYA DHARSHINI S	III -YEAR	S.priya dharshini.S.
44	REXLIN SUJITHA A	III -YEAR	Rexlin

[illegible]