



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

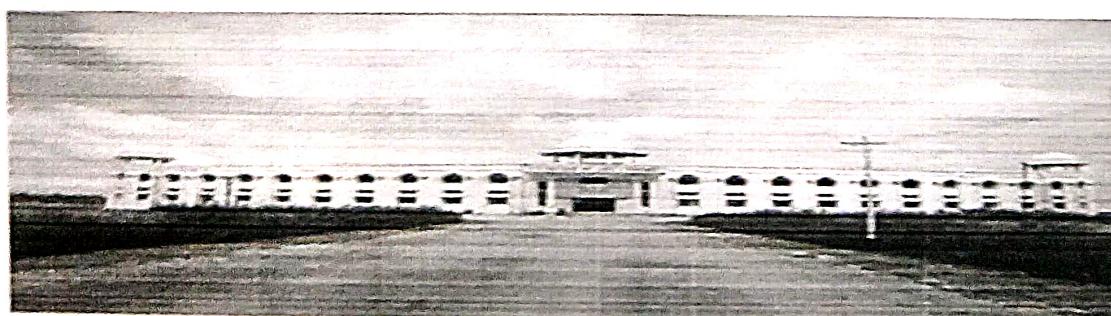
Dr. M. SANJIVKUMAR

Asst. Professor

Programme coordinator

Mrs. J. JEYARANI

Asst. Professor



1 min

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Thoothukudi - Dist.



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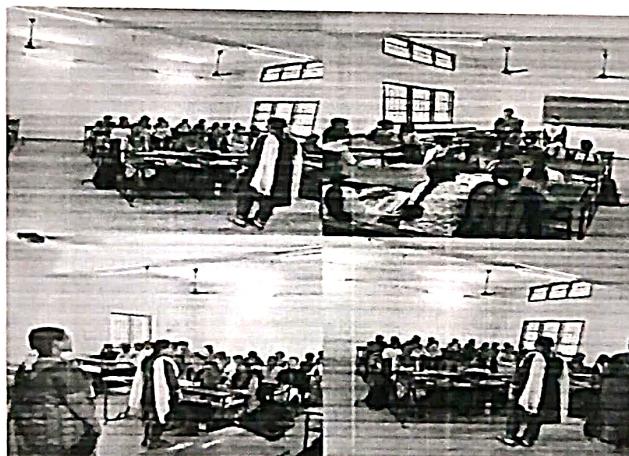
Venue: Mini Auditorium

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

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

S.No.	Name of the Participants	Class	Signature
21	KARPAGALAKSHMI S	III -YEAR	Karpagalakshmi .S
22	KATHEESWARI M	III -YEAR	Katheswari
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 Dharshini
30	MAHARASI M	III -YEAR	Maharasi -M
31	MAHESWARI D	III -YEAR	Maheswari D
32	MAHESWARI M	III -YEAR	Maheswari
33	MALAIYARASI A	III -YEAR	Malaiyarasai A
34	MARIESWARI M	III -YEAR	Marieswari M
35	MURUGALAKSHMI K	III- YEAR	K. Murugalakshmi
36	MADHU ANATHA DEVI D	III -YEAR	Madhu Anatha Devi D
37	NANTHINI C	III -YEAR	Nanthini .C
38	NIKITHA	III - YEAR	Nikitha .
39	NITHIYA SHREE A	III -YEAR	Nithiya Shree A
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	Rexlina Sujitha A

S. No.	Name of the Participants	III -YEAR	Signature
45	RUBA LAKSHMI V	III -YEAR	V. Rubalakshmi
46	RUDRA MAVAN S	III -YEAR	S. Rudramavan
47	SARANYA K	III -YEAR	K. Saranya
48	SELVA LAKSHMI AS	III -YEAR	A.S. Selvam
49	SIVA SAKTHI S	III -YEAR	S. Sivakalathi
50	SOUNDARYA R	III -YEAR	R. Soundarya
51	SUMATHI S	III -YEAR	S. Sumi
52	SWATHIKA M	III -YEAR	M. Swathi
53	THARANI K	III -YEAR	K. Tharani
54	VAI JEYANTHI M	III -YEAR	M. Vaiyant
55	VAISHNAVI R	III -YEAR	R. Vaishnavi
56	VANITHA M	III -YEAR	M. Vanitha
57	VEERA PAVITHRA M	III -YEAR	M. Veerapavithra
58	ELAKIYA BHARATHI E	III -YEAR	E. Elakiya Bharathi
	J. Jayarami		
	ALUMNI CO-ORDINATOR.		
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