



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited

think • innovate • transform

PROGRAMME REPORT ON

**Extension activity-Extension activity republic day
celebration in Adi Dravidar welfare primary school**

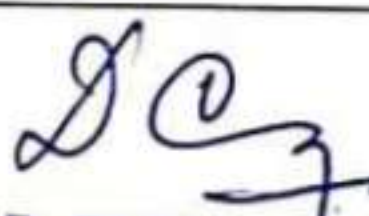
Resource Person

Ms. T. Logesh

Organized by

CA- PMIST

Name of the Event	Extension activity - Special Address on Good health and well-being (SDG's) Republic Day competition
Organized by:	Department of Computer Applications and in Association with Center for Rural Development
Date:	24-01-2025
Venue:	Aadi Dravidar Welfare Primary School, Sennampatti, Thanjavur.
No. of Participants	Beneficiary 48 school students and 21 of our university students were conducted the sports events.
Description of the Event/ Activities/ Competitions:	
<p>The Department of Computer Applications, in collaboration with the Periyar PURA Centre for Rural Development, conducted an extension activity.</p> <p>In view of Republic Day celebration, Competitions were held and delivered a special address on Good Health and well-being to the students of Adi Dravidar Welfare Primary School in Sennampatti, Thanjavur, received a</p> <p>Mr. G. Stalin, Headmaster of the school inaugurated the event. Welcome address was delivered by Mr. R. Harish, III BCA C. Ms. S. Jeevitha, Assistant Professor of Computer Applications honoured the school teachers.</p> <p>Ms. T. Logesh Assistant Professor, Department of Computer Application delivered the special address on Good health and Well-Being. The following points were highlighted which had great impact on the participants.</p> <p>Factors Affecting Health:</p> <ul style="list-style-type: none"> Nutrition and hydration Lifestyle choices (exercise, smoking, alcohol consumption) Access to healthcare services Environmental factors (clean air, safe drinking water) Mental health support <p>Ways to Improve Health and Well-being:</p> <ul style="list-style-type: none"> Have a balanced diet (rich in fruits, vegetables, and proteins) Exercise regularly (at least 30 minutes a day) Maintain proper sleep (7-8 hours daily) Manage stress through meditation or hobbies Stay hydrated and maintain personal hygiene Regular medical check-ups and vaccinations <p>The event concluded with a vote of thanks delivered by Mr. M. Anand, AP/CA.</p> <p>A total of 48 students enthusiastically participated in all activities, making it a meaningful and an engaging experience for the school children.</p>	


Dr. D. RUBY M.O.A., M.Phil., Ph.D
 Associate Professor
 Department of Computer Science and Applications
 Periyar Maniammai Institute of Science and Technology
 Vallam, Thanjavur - 613 403.

INAUGURATION



Mr.G. Stalin, Headmaster of the school Inaugurated the Event.

HONOURING SCHOOL STAFF MEMBERS



School Staff Members are honoured by Ms. S. Jeevitha, AP/CA

Ballon Blast



2nd Standard students are participated in the game Ballon Blast

Water filling



5th standard students are participated in the game water filling

Thirukkural Resitation



4th standed student Aariya Sathana - 10 Thirukural Resitatins

Running Race



1st standard students are participated in the Running Race Event

Frog Race



3rd Standard Students participated the Frog Race Event

Biscuit catching



2nd Standard Students are participated the Biscuit Catching Event

Broucher



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 - NAAC Accredited
think • innovate • transform



குடியரசு நாள் விழா விளையாட்டுப் போட்டிகள்

தேதி : 24/01/2025
நேரம் : 10.00 AM - 01.00 PM
**சிறப்புரை : நல்லஆரோக்கியம் மற்றும் நல்வாழ்வு
T.லோகேஷ், உதவிப் பேராசிரியர்**
இடம் : ஆதி திராவிடர் நல தொடக்கப்பள்ளி(ADWPS), சென்னம்பட்டி.

**கணினி பயன்பாட்டியல் துறை
பெரியார் புரா ஊரக வளர்ச்சி மையம்
பெரியார் மணியம்மை அறிவியல் மற்றும் தொழிநுட்ப நிறுவனம்
(நிகர்நிலை பல்கலைக்கழகம்)**

Program Schedule



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 - NAAC Accredited
think • innovate • transform

EVENT SCHEDULE

January 24, 2025

10:00 AM	Welcome Address
10:15 AM	Speical Speech
	Good Health and Well being T. Logesh AP/CA
11:00 AM- 12:00 PM	GAMES • FROG RACE • RUNNING RACE • SICAL CHAIR • THIRUKURAL RECITATION • RHYMES
12:45 PM	Vote of Thanks

 **Adi Dravidar Welfare Primary School,
Sennampatti**

Organized By
Department of Computer Applications &
Periyar PURA Centre for Rural Development
Periyar Maniyammai Institute of Science and
Technology, Thanjavur.

Student Name List

DEPARTMENT OF COMPUTER APPLICATIONS

Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India
Phone: +91 - 43262 - 264600 Fax: +91- 4362 - 264660
Email headnca@nmu.edu Web: www.nmu.edu



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
Dedicated • Inspiring • Transforming

**Department of Computer Applications
Republic Day Competition for School Students
Place: Adi Dravidar Welfare Primary School, Sennampatti,
Thanjavur
Date: 24.01.2025**

S. No	Reg.No	Name	Year/ Sec
1	1220121521089	Anbarasan.K	III – BCA A
2	1220121521088	Ahamed Yasin. A	
3	1220111521094	Durga Devi. A	
4	1220111521101	Jishna Joshi. V. A	
5	1220111521119	Priyatharshini. R	
6	1220111521141	Thanusri .T	
7	1220111521134	Srinathi .K	
8	1220111521200	Thirkka. R	III – BCA B
9	1220111521164	Hemalatha. R	
10	1220121521190	Santhosh Kumar. K	
11	1220121521204	Yogesh. M	
12	1220121521196	Siva Prakash. S	
13	1220121521186	Ramana. P	
14	1220121521160	Gokilanandu. S	
15	1220121521242	Rithivikk. V. S	III – BCA C
16	1220121521229	Krishna. S	
17	1220121521256	Tamilivanan. P	
18	1220121521220	Harish. S. M	
19	1220121521235	Mutharas. V	
20	1220121521234	Muthamil. M	
21	1220121521255	Syed Al Mohammed. S	


Dr. D. RUBY M.C.A., M.Phil., Ph.D
Associate Professor
Department of Computer Science and Applications
Periyar Maniammai Institute of Science and Technology
Vallam, Thanjavur - 613 403.

Attendance Sheet

DEPARTMENT OF COMPUTER APPLICATIONS

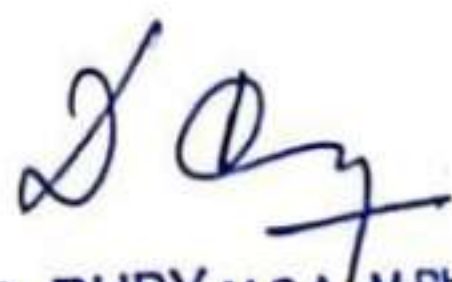
Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India
 Phone: +91 - 43262 - 264600 Fax: +91- 4362 - 264660
 Email headnca@nmu.edu Web: www. nmu.edu



**PERIYAR
 MANIAMMAI**
 INSTITUTE OF SCIENCE & TECHNOLOGY
 Vallam, Thanjavur - 613 403, Tamil Nadu, India
 Phone: +91 - 43262 - 264600 Fax: +91 - 4362 - 264660
 Email: headnca@nmu.edu Web: www.nmu.edu

Department of Computer Applications
Republic Day Competition for School Students
Place: Adi Dravidar Welfare Primary School, Sennampatti,
Thanjavur
Date: 24.01.2025

S. No	Reg.No	Name	Year/ Sec	Signature
1	1220121521089	Anbarasan.K	III - BCA A	Anbarasan.K
2	1220121521088	Ahamed Yasin. A		Ahamed Yasin. A
3	1220111521094	Durga Devi. A		Durga Devi. A
4	1220111521101	Jishna Joshi. V. A		Jishna Joshi. V. A
5	1220111521119	Priyatharshini. R		Priyatharshini. R
6	1220111521141	Thanusri .T		Thanusri .T
7	1220111521134	Srinathi .K		Srinathi .K
8	1220111521200	Thirkka. R	III - BCA B	Thirkka. R
9	1220111521164	Hemalatha. R		Hemalatha. R
10	1220121521190	Santhosh Kumar. K		Santhosh Kumar. K
11	1220121521204	Yogesh. M		Yogesh. M
12	1220121521196	Siva Prakash. S		Siva Prakash. S
13	1220121521186	Ramana. P		Ramana. P
14	1220121521160	Gokilanandu. S		Gokilanandu. S
15	1220121521242	Rithivikk. V. S	III - BCA C	Rithivikk. V. S
16	1220121521229	Krishna. S		Krishna. S
17	1220121521256	Tamilivanan. P		Tamilivanan. P
18	1220121521220	Harish. S. M		Harish. S. M
19	1220121521235	Mutharas. V		Mutharas. V
20	1220121521234	Muthamil. M		Muthamil. M
21	1220121521255	Syed Al Mohammed. S		Syed Al Mohammed. S


Dr. D. RUBY M.C.A., M.Phil., Ph.D
 Associate Professor
 Department of Computer Science and Applications
 Periyar Maniammai Institute of Science and Technology
 Vallam, Thanjavur - 613 403.

Winners List

Department of Computer Applications

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India
Phone: +91 - 4362 - 264600 Fax: +91- 4362 - 264660
Email: headmca@pmu.edu Web: www.pmu.edu



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India
Phone: +91 - 4362 - 264600 Fax: +91 - 4362 - 264660
Email: headmca@pmu.edu Web: www.pmu.edu
Think • Innovate • Transform

Extension Activity Republic day competition winners list

Running race

I –std

- I – Radhisha
- II – Sudharshana
- III – Dharnisha shree

Biscuit catching

I – Std

- I – Dharnisha sri
- II – Sudharshana
- III – Dhunihsha

Frog Race

II – Std (girls)

- I – Dhivya sri
- II – Dharani
- III - Sivaranjani

II – Std (boys)

- I – Dharshan
- II – Amudesh
- III – Kathiravan

Musical Chair

II - Std

- I – Dharshana. T

Balloon Blast

III - Std

- I - Vikashini, Rakshitha

Tirukural Orel

IV –Std

- I – Hercullin Jayana
- II – Aariya Sathana
- III – Deva Prabha

Water Filling

IV – Std

- I – Akilesh. T
- II – Herculin Jayana.S
- III – Dharani .V

Tirukural Orel


V – Std

- I – Dharshana. S
- II – Hearshavarthini. M
- III – Hemisanriya. N

Water filling

V – Std

- I – Raghvedhan. K
- II – Sriram. C
- III - Aashika


Dr. D. RUBY M.C.A., M.Phil., Ph.D
Associate Professor
Department of Computer Science and Applications
Periyar Maniammai Institute of Science and Technology
Vallam, Thanjavur - 613 403.


தலைமையாசிரியர், (Yc)
அரசு தொடக்கப் பள்ளி (ஆ.தி.ந)
சென்னை-613 403,
நடுகாடூர் மாவட்டம்.