

KONGUNADU ARTS AND SCIENCE COLLEGE

(Autonomous)

Re-accredited by NAAC with A+ Grade (4th Cycle)

29th Rank among colleges in NIRF 2023

College of Excellence (UGC)

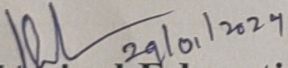
Coimbatore-641029

DEPARTMENT OF PHYSICAL EDUCATION

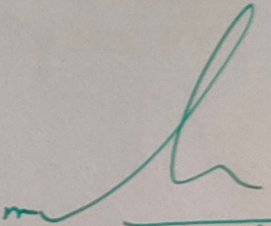
CIRCULAR-1

This is to inform that Department of Physical Education is organizing **5 STAR FITNESS PROGRAMME** for I year UG Students from **31.01.2024 to 03.02.2024**. In this regard all HODs are requested to follow the schedule enclosed to make the programme successful.

Students are asked to come in sports outfit (T-Shirt, Track pants and Shoes)


Director of Physical Education

Capt Dr.P.K.KAVITHASHRI M.P.Ed,M.Phil,P.H.D
Director of Physical Education
Kongunadu Arts & Science College
GN Mills, Coimbatore - 29


Principal

29/1/24
PRINCIPAL
KONGUNADU ARTS & SCIENCE COLLEGE
COIMBATORE-641 029.

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5 Star fitness Programme Schedule

Day 1 31.01.2024	MORNING SESSION	
	09.00 am to 11.00 am	B.COM CA (M & A)
	11.00 am to 12.00 pm	B. COM (A&F)
	12.00 pm to 01.00 pm	B.SC IT
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC MATHS (AIDED)
	03.00 pm to 04.00 pm	BIO-CHEMISTRY

Day 2 01.02.2024	MORNING SESSION	
	09.00 am to 11.00am	B. COM & B.COM (B&I)
	11.00 am to 12.00 pm	B.SC PHYSICS& B.SC BOTANY
	12.00 pm to 01.00pm	B.SC CS (AIDED)
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	BCA (Main)
	03.00 pm to 04.00 pm	BCA (Addl)

Day 3 02.02.2024	MORNING SESSION	
	09.00 am to 11.00am	B.COM PA & B.COM IT
	11.00 am to 12.00 pm	B.SC CT
	12.00 pm to 01.00pm	B.SC CS (S.F)
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	BA ENGLISH (AIDED)
	03.00 pm to 04.00 pm	B.SC CHEMISTRY

Day 4 03.02.2024	MORNING SESSION	
	09.00 am to 10.00 am	BBA CA
	10.00 am to 11.00 am	B.SC CDF & B.SC PSYCHOLOGY
	11.10 am to 01.00 pm	BIO-TECH & B.SC ZOOLOGY
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC CS with DA
	03.00 pm to 04.00 pm	B.SC AI & ML

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