

From Ar. Ashima A
Event Coordinator
TKMSA

To
The Principal
TKMSA

Subject: Kalari workshop

Dear Sir,

I am writing to seek permission to conduct a Kalari Workshop on 05-05-2022. This workshop will be conducted by Agasthyam Kalari organisation.

Course Details:

- **Title :** KALARI workshop
- **Instructor:** Agasthyam kalari team
- **Target Audience:** all Students
- **Duration:** 1 Day

We believe that Kalari program led by a professional team with esteemed background and experience would greatly benefit our students physically and mentally.

So kindly permit us to conduct the above workshop.

Sincerely,
Ar. Ashima A
Event Coordinator



Event Coordinator



Principal

03-05-2022



PRINCIPAL
T. K. M. School of
Architecture
Karuvellil P.O., - 691 505
Kollam Dist.



TKM SCHOOL OF ARCHITECTURE

Circular

Sub: Kalari Workshop

It is planned to conduct a Kalari Studio Workshop for S1 students. The workshop will commence on 09-11-2022 and will be held at TKMSA S1 Studio.

Students who are willing to attend can enrol their names to the event coordinator.

Workshop	Coordinator
Kalari workshop	Ar. Ashima A
Commencement of workshop is on 05-05-2022 Time - 2.00pm to 5.00pm	

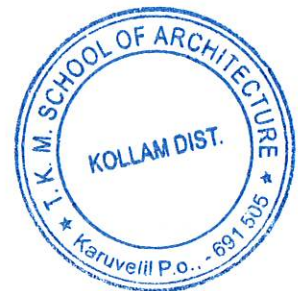

Event Coordinator


IQAC Coordinator


Principal

03-05-2022


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Kollam Dist.



KALARI

by Agasthyam kalari

05-05-2022

Agenda:

Introduction: Overview
of Kalari Payattu and its
history

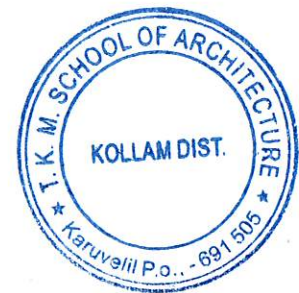
Warm-Up: Traditional
exercises to prepare the
body

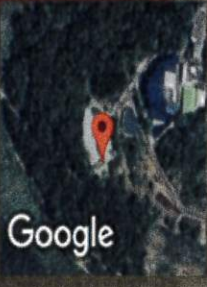
Basic Techniques:
Strikes, kicks, and
defensive moves




For more information: TKM SCHOOL OF ARCHITECTURE
Website: tkmsa.ac.in


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Kollam Dist.





Karipuram, Kerala, India
XMVV+499, Musaliar Hills- Karuvelil Road, Karipuram,
Kerala, 691505, India
Lat 8.993189°
Long 76.693362°1
5/05/22 3:00 PM GMT +05:30

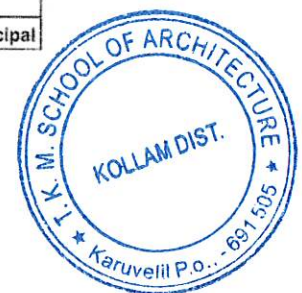

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Kollam Dist.



TKM SCHOOL OF ARCHITECTURE		
Musaliar Hills, Karuvellil P.O., Ezhukone, Kollam - 691505		
Ph: +91 474 2484666 Website: tkmsa.org E-mail: info@tkmsa.org		
Student Participation Attendance Sheet		
Program KALARI 2022		
Conducted By AGASTHYAM KALARI		
No.	NAME	ATTENDANCE
1	AARSHA BHADRA S	/
2	AKARSH A	/
3	AKHIL S	/
4	AKHILA LAKSHMANAN	/
5	ALOK SATHEESH K	/
6	ARAVIND R	/
7	ASHLIN K THOMAS	/
8	ASHNA A	/
9	BINEETTA SARA BINU	/
10	DEVIKA S LAL	/
11	FENLY THOMAS VARGHESE	/
12	GOURI LEKSHMI M	/
13	GOWRI B	/
14	HAFSA N	/
15	IVANA ANNIE BINOY	/
16	JASEEM JAFAR	/
17	JERIN K PANICKER	/
18	JERIN SHIBU VARGHESE	/
19	KHADEEJA RUSHIN	/
20	LIZA IRIS BIJU	/
21	MUHAMMAD SINAN A R	/
22	MUHAMMED NAVAF	/
23	NIDHAL MUSTHAFA NK	/
24	NUHA FATHIMA MOHAMMED BASHEER	/
25	PRANAV P	/
26	SHYAM MADHAV M	/
27	SIDHARTH HARI	/
28	SRADDHA K	/
29	SRIHARI KANNAN	/
30	STEFAN JOSE	/
31	TEENA T THAMPAN	/
32	VISHNU BHASI	/
33	VISHNU PRASAD	/
34		
35		
36		
37		

[Signature]
PRINCIPAL
T. K. M. School of
Architecture
Karuvellil P.O., - 691 505
Kollam Dist.

[Signature] Principal



From Ar.Vidya Kamath
Event Coordinator
TKMSA
To
The Principal
TKMSA

Subject: Kalari workshop

Dear Sir,

I am writing to seek permission to conduct a Kalari Workshop on 10-05-2023. This workshop will be conducted by Agasthyam Kalari organisation.

Course Details:

- **Title :** KALARI workshop
- **Instructor:** Agasthyam kalari team
- **Target Audience:** all Students
- **Duration:** 1 Day

We believe that the Kalari program led by a professional team with esteemed background and experience would greatly benefit our students physically and mentally.

So kindly permit us to conduct the above workshop.

Sincerely,

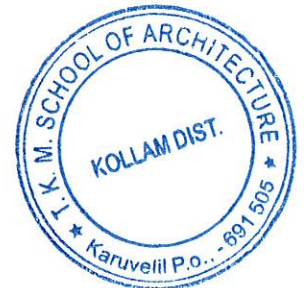
Ar.Vidya Kamath
Event Coordinator


Event Coordinator


Principal

03-05-2023


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Kollam Dist.



TKM SCHOOL OF ARCHITECTURE

Circular

Sub: Kalari Workshop

It is planned to conduct a Kalari Workshop for S1 students. The workshop will commence on 10-05-2023 and will be held at TKMSA S1 Studio.

Students who are willing to attend can enrol their names to the event coordinator.

Workshop	Coordinator
Kalari workshop	Ar. Vidya Kamath
Commencement of workshop is on 10-05-2023 Time - 2.00pm to 5.00pm	



Event Coordinator



IQAC Coordinator



Principal

03-05-2023



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Kollam Dist.



KALARI

Agasthyam kalari
10-05-2023

Participants will get to dive into the world of Kalari Payattu with this immersive one-day workshop. Learn essential techniques, understand the philosophy behind the art, and experience the physical and mental benefits of this ancient practice.


For further information visit
tkmsa.ac.in




Agasthyam The Traditional Master of

KALARIPAYATTU

The Mother of All Martial Arts



Karipuram, Kerala, India
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 Kerala, 691505, India
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 10/05/23 3:00 PM GMT +05:30


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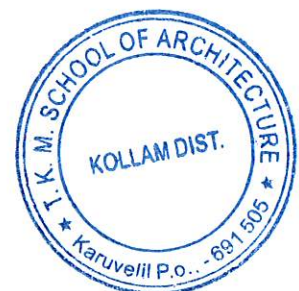
Feed back on 'Kalar' Workshop'

The Kalar Workshop was an entirely new experience for me personally. The session was engaging and the entire training team was very effective in teaching the basics of Kalar.

The session was informative too. I gained more confidence after the session. I am sure the whole batch enjoyed the workshop.



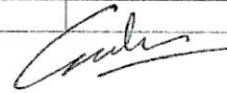
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TKM SCHOOL OF ARCHITECTURE		
Musaliar Hills, Karuvelil P.O., Ezhukone, Kollam - 691505		
Ph: +91 474 2484666 Website: tkmsa.org E-mail: info@tkmsa.org		
Student Participation - Attendance Sheet		
Program : KALARI 2023		
Conducted By : AGASTHYAM KALARI		
No.	NAME	ATTENDANCE
1	AABID MOHAMMED	✓
2	AADITHYA RAJEEVAN	✓
3	AAFREEN NAZER KOORIPARAMBIL T	✓
4	ADIL HYDER IBNU RASHEED	✓
5	AFYA M KHAN	✓
6	AISHA LAHAN	✓
7	AISHWARYA A	✓
8	ALEENA ACHAMMA CHERIAN	/
9	ALAN N K	/
10	ALTHAF P P	/
11	AMEENA HUSSAINU	/
12	ASWIN THOMAS P	/
13	ATHULYA LAKSHMI P P	/
14	CA BLESSY MARIA	/
15	FATHIMA MANAL	ABSENT
16	FATHIMA ZAHRA M M	✓
17	FAVAZ MUHAMMED	✓
18	GAYATHRI NANDAN	✓
19	GOURI LAKSHMI	✓
20	HAJARA MARYAM J	/
21	HANAA HARIS	/
22	HANA NIZAM	/
23	MAZIN MUHAMMED ALI	/
24	MINHA BINT SHAFI	/
25	MINTOO ARUN SIMNADAS	✓
26	MOHAMMED RAMI	/
27	MUHAMMED DILSHAD K	✓
28	PAVITHRA A	✓
29	SHANZA REEHA PADINHARAKAM	✓
30	SHARON SALMON	✓
31	SHREYAS RAJ CS	✓
32	SIVAKESH K P	✓
33	SOPHIA GRACE KOSHY	✓
34	SOUMYA T S	✓
35	SREEJITH AH	✓

Principal


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Architecture
Karuvelil P.O., - 691 505
Kollam Dist.





From Ar.Vidya Kamath
Event Coordinator
TKMSA

To
The Principal
TKMSA

Subject: Kalari workshop

Dear Sir,

I am writing to seek permission to conduct a Kalari Workshop on 15-05-2024. This workshop will be conducted by Agasthyam Kalari organisation.

Course Details:

- **Title :** KALARI workshop
- **Instructor:** Agasthyam kalari team
- **Target Audience:** all Students
- **Duration:** 1 Day

We believe that the Kalari program led by a professional team with esteemed background and experience would greatly benefit our students physically and mentally.

So kindly permit us to conduct the above workshop.


Sincerely,

Ar.Vidya Kamath
Event Coordinator


Event Coordinator


Principal

06-05-2024


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T. K. M. School of
Architecture
Karuvellil P.O., - 691 505
Kollam Dist.



TKM SCHOOL OF ARCHITECTURE

Circular

Sub: Kalari Workshop

It is planned to conduct a Kalari Workshop for S1 students. The workshop will commence on 15-05-2024 and will be held at TKMSA S1 Studio.

Students who are willing to attend can enrol their names to the event coordinator.

Workshop	Coordinator
Kalari workshop	Ar. Vidya Kamath
Commencement of workshop is on 15-05-2024 Time - 2.00pm to 5.00pm	

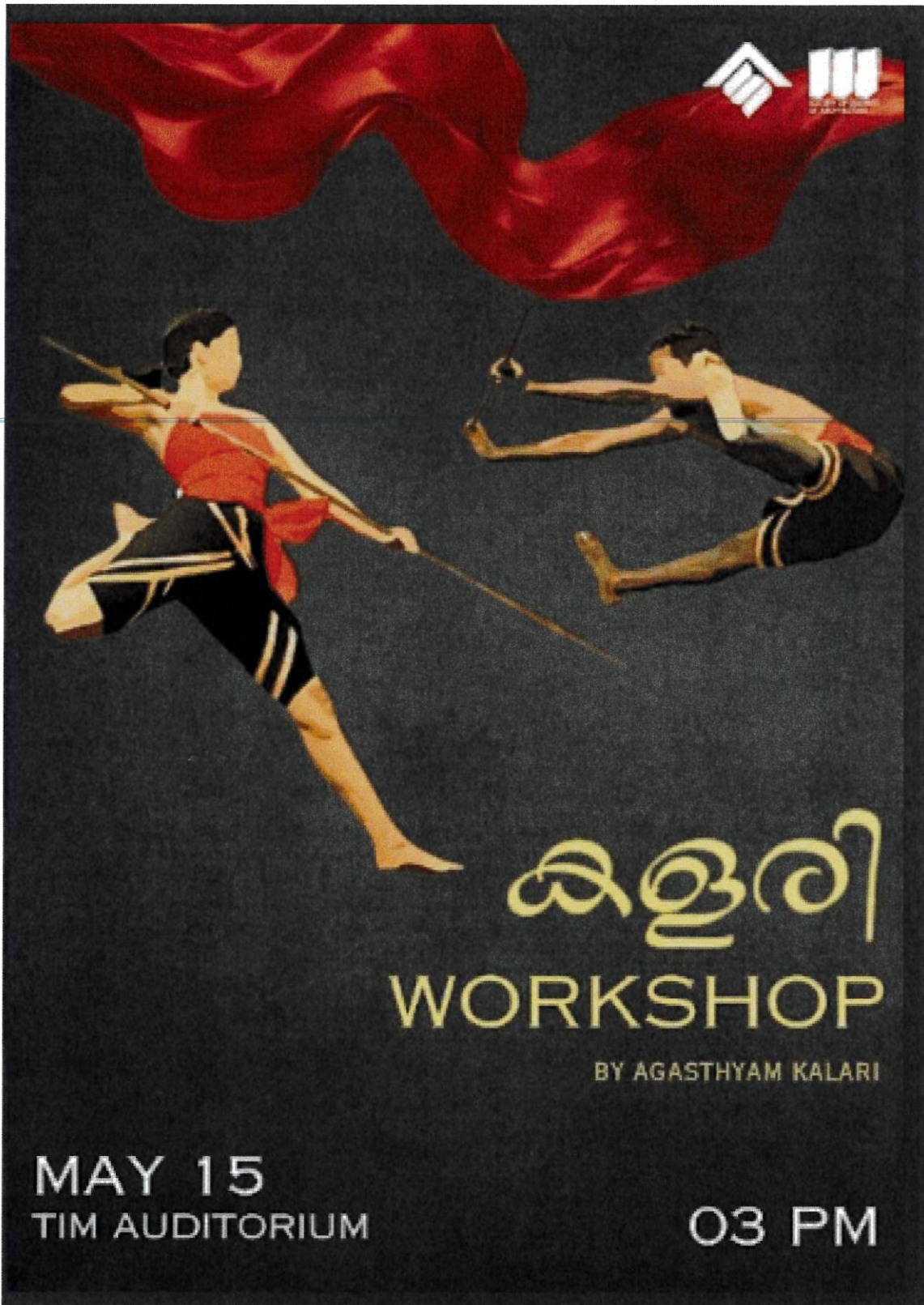

Event Coordinator



IQAC Coordinator


Principal
07-05-2024


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കളരി
WORKSHOP

BY AGASTHYAM KALARI

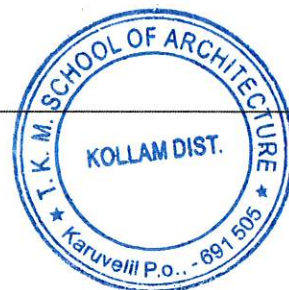
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TIM AUDITORIUM

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Musaliar Hills
Karuvellil P.O
Ezhukone, Kollam
PIN - 691505



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TKM SCHOOL OF ARCHITECTURE		
Musaliar Hills, Karuvellil P.O., Ezhukone, Kollam - 691505		
Ph: +91 474 2484666 Website: tkmsa.org E-mail: info@tkmsa.org		
Student Participation - Attendance Sheet		
Program	KALARI 2024	
Conducted By	AGASTHYAM KALARI	
No.	NAME	ATTENDANCE
1	AALIYA S	✓
2	ADITHYA NARAYANAN	✓
3	AISWARYA AJITH	✓
4	ALSAFA SHAFEEQUE	✓
5	ALWIN PAULSON	✓
6	ANANDHU BIJU	✓
7	ANGELIN MABY AUGUSTINE	✓
8	ARIJUN ANAND	✓
9	ASHTAMI RAJESH	✓
10	AVANDHIKA S NAIR	✓
11	AYSHA THAHANIYA	✓
12	B S KARUN NADH	✓
13	BEEMA M	✓
14	DEVA DATHAN R	✓
15	DHANUJA S	✓
16	FATHIMA THASLY K	✓
17	FOWSIYA SHANAVAS	- ABSENT -
18	GAURIKA RAJESH	✓
19	HANNAH ELIZABETH SABOR	✓
20	HIBA SULTHANA SHIYAD	✓
21	ISHA FATHIMA	✓
22	M K RUKIYA NIDA	✓
23	MERIN ANNA THOMAS	✓
24	MOHAMMED SINAN PP	✓
25	NEERADA KRISHNAKUMAR	✓
26	NISHAN AMAL K	✓
27	RIA SHAJU	✓
28	RITHIKA KARTHA	✓
29	RITIKA R	✓
30	SHERIN MONY JOHN	✓
31	SHERYL MARIAM MATHEW	✓
32	SIVANI S KRISHNA	✓
33	SREELEKSHMI SREEJA	✓
34	SREEPARVATHI R	✓
35	SYED ZAYAN H	✓
36	THAMANNA SHANOJE	✓
37		
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41		

Principal


PRINCIPAL
T. K. M. School of
Architecture
Karuvellil P.O., - 691 505
Kollam Dist.



From Ar.Vidya Kamath
Event Coordinator
TKMSA
To
The Principal
TKMSA

Subject: Stress Management workshop

Dear Sir,

I am writing to seek permission to conduct a Stress Management Workshop on 29-05-2024. This workshop will be conducted by Harsha K Viswam.

Course Details:

- **Title :** Stress Management workshop
- **Instructor:** Harsha K Viswam
- **Target Audience:** all Students
- **Duration:** 1 Day

We believe that the Stress Management program led by a professional team with esteemed background and experience would greatly benefit our students physically and mentally.

So kindly permit us to conduct the above workshop.

Sincerely,

Ar.Vidya Kamath
Event Coordinator



Event Coordinator

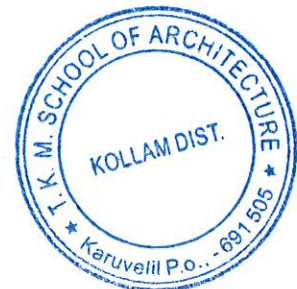


Principal

20-05-2024



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Kollam Dist.



TKM SCHOOL OF ARCHITECTURE

Circular

Sub: Stress Management Workshop

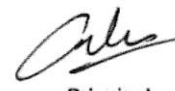
It is planned to conduct a Stress Management Workshop for S1 students. The workshop will commence on 29-05-2024 and will be held at TKMSA S1 Studio.


Students who are willing to attend can enrol their names to the event coordinator.

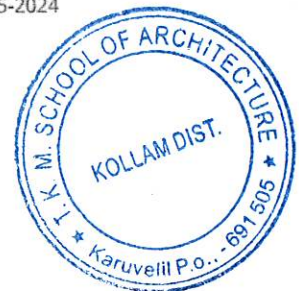
Workshop	Coordinator
Stress Management workshop	Ar. Vidya Kamath
Commencement of workshop is on 29-05-2024 Time - 2.00pm to 5.00pm	

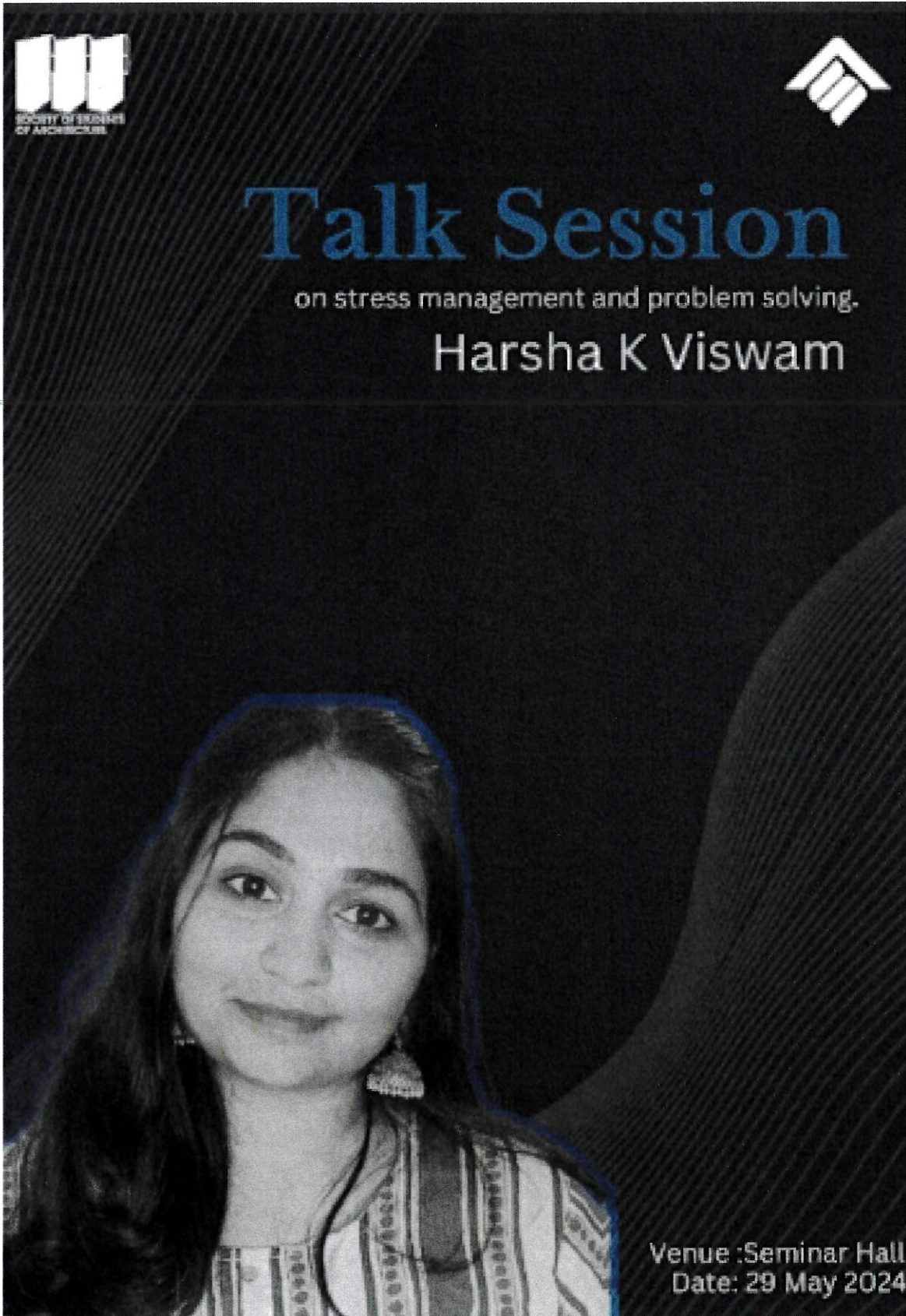

Event Coordinator


IQAC Coordinator


Principal
21-05-2024



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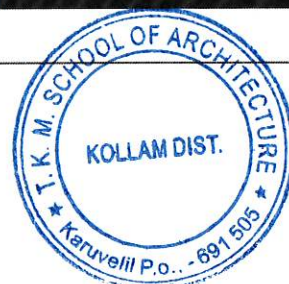
Talk Session
on stress management and problem solving.
Harsha K Viswam

Venue :Seminar Hall
Date: 29 May 2024



Musalier Hills
Karuvellil P.O
Ezhukone Kollam
PIN - 691505


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www.tkmsa.org



GUEST SPEAKER: HARSHA K VISWAM

DATE: 29th MAY 2024

DAY: WEDNESDAY

TOPIC: Stress management and problem solving

About:

Harsha K. Viswam is consultant psychologist based in Alappuzha. She did her bachelors in Psychology in Mother Arts and Science College, Pottattai and her masters from Calicut university. She has work experiences for about 4 years. She has worked as the coordinator and consultant at the Psychological Council of India (PCI)

Review:

GA talk session by Harsha K Viswam was conducted on the 29th of May 2024. The topic for the session was 'Stress management and problem solving'. The session was an interactive session between Harsha and the students. The session started with a basic introduction about different types of stresses in one's life and how to overcome it. The session continued with different methods for problem solving and personal doubts the students had.



TKM SCHOOL OF ARCHITECTURE		
Musalliar Hills, Karuvelil P.O., Ezhukone, Kollam - 691505		
Ph: +91 474 2484666 Website: tkmsa.org E-mail: info@tkmsa.org		
Student Participation - Attendance Sheet		
Program : STRESS MANAGEMENT 2024		
Conducted By : Prasanth T.S		
No.	NAME	ATTENDANCE
1	AALIYA S	✓
2	ADITHYA NARAYANAN	✓
3	AISWARYA AJITH	✓
4	ALSAFA SHAFEEQUE	✓
5	ALWIN PAULSON	✓
6	ANANDHU BIJU	✓
7	ANGELIN MABY AUGUSTINE	✓
8	ARIJUN ANAND	✓
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Principal


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