



## **SRI GVG VISALASKHI COLLEGE FOR WOMEN**

Autonomous & Affiliated to Bharathiar University

Accredited at **A<sup>+</sup>** Grade by NAAC (4th Cycle)

An ISO 9001:2015 Certified Institution

Udumalpet - 642 128



**National cadet corps and Health and  
Hygiene Club jointly organized Personal  
Health Care Programme for students on**

**09.03.2021.**

## Permission Letter:

From

Lt.Dr.P.Karpagavalli,  
Associate NCC Officer  
Sri GVG Visalakshi College for women (Autonomous),  
Udumalpet-642128

To

The Principal,  
Sri GVG Visalakshi College for women (Autonomous),  
Udumalpet-642128

Respected Madam,

As per the instruction received from NCC Unit we have to conduct, **“Personal Health Care program”** in college campus to our NCC Cadets and hostel students. I request you to kindly grant permission for NCC Cadets to participate in Health Care Program on 09.03.2021.

Thanking you

Station: Udumalpet

Date: 04.03.2021

Yours Sincerely

*P.Karpagavalli*

**Circular:**

**Sri G.V.G Visalakshi College for Women (Autonomous), Udumalpet**

**National Cadet Corps**

**Circular**



As per the instruction received from 5TN Girls BN NCC Unit, we are planning to organize, "**Personal Health Care program**" in college campus to our NCC Cadets and hostel students with the support of Bella Premier Private Ltd, Dindukkal. All the NCC Cadets and hostel students are hereby informed to report in our Indoor Stadium at 10.00am on 09.03.2021.

Date: 04.03.2021





*R. Sampagavalli*  
Signature of the ANO

*Rajivani*  
4.3.21  
Signature of the Principal  
PRINCIPAL  
SRI GVG VISALAKSHI COLLEGE  
FOR WOMEN (AUTONOMOUS)  
VENKATESA MILLS POST,  
UDUMALPET - 642 128

## Invitation:



**SRI GVG VISALAKSHI COLLEGE FOR WOMEN**  
**(Autonomous)**  
Affiliated to Bharathiar University,  
Accredited at A+ Grade by NAAC,  
An ISO 9001 - 2015 Certified Institution, Udumalpet



**GVGVC**  
&  
**5 TN GIRLS BATTALION  
COIMBATORE GROUP,  
NATIONAL CADET CORPS**

**ORGANIZES**

**Personal Health Care Programme for  
Girls**  
On **09.03.2021**

**Lt.Dr.P.Karpagavalli**  
**CONVENOR**

**Dr.N.Rajeswari**  
**CHIEF PATRON**

## Report:

Sri G.V.G Visalakshi College for Women<sup>9</sup>  
(Autonomous), Udumalpet

National Cadet Corps

Date: 09.03.2021

Time: 11.00am to 12.30pm

Venue: Indoor Stadium (offline)

Topic:-

"Personal Menstrual Health Care"

Objective:-

Now a days adolescent girls hesitate to share their personal health related issues with their teachers and even parents too.

To consider the significance of physical and mental health of the students, we organized the programme for the welfare of the students.

Resource Persons:-

1. Mrs. Penninah  
Executive Manager,
2. Mrs. Pavithra  
Company Trainer  
Bella Premier Pvt. Ltd., Dindukkal.

The programme, started with the formal welcome address given by Associate NCC officer, Lt. Dr. P. Karpagavalli, and she introduced the Resource Persons.

Both the resource persons explained various types of problems arising due to the carelessness of the students. They gave many tips to avoid the problems and prevent them

from the problems. They gave awareness on various types of Napkins and proper usage of that.

They provided more than 300 free samples of Bella products to the students. Many students raised questions to clarify their doubts.

Finally Dr. Vaishnavi, Asst. Prof. of chemistry proposed vote of thanks. Really it is an eye opener session for the students beyond their imagination.

*P. Karpagavalli*

**Lt. Dr. P. KARPAGAVALLI**  
NCC/14310115, 5 (TN) Girls Bn.  
Associate NCC Officer,  
Asst. Professor of History,  
Sri GVG Visalakshi College for Women,  
Udumalpet - 642 128.

(Associate NCC officer)

*Rajivani*

Signature of the Principal

PRINCIPAL  
SRI GVG VISALAKSHI COLLEGE  
FOR WOMEN (AUTONOMOUS)  
VENKATESA MILLS POST,  
UDUMALPET - 642 128



**Photos:**



