



NATIONAL SERVICE SCHEME

Awareness Meeting on Physical and Mental Health

Venue: Valavadi Village, Tirupur District

Date: 10-01-2023

Time: 4.00 p.m.

REPORT

NSS SPECIAL CAMP – DAY 5

National Service Scheme of Sri G.V.G Visalakshi College for Women arranged an awareness meeting on physical and mental health on 10-01-2023. The guest speaker Dr. Parveen, Naturopathy Doctor, Amaravathy Nagar, Udumalpet stressed the following in her speech,

- ✚ Our health and fitness are more valued than our wealth. In fact, our elders were always been focused on the health and fitness part. They treasure it like wealth. The major reason ill health is the personal habit and living style of people.
- ✚ Physical activities play a crucial role in academic success. Regular physical activity can improve concentration and memory retention, reduce stress and anxiety, improve sleep quality, enhance creativity and problem-solving skills, and improve physical health.
- ✚ Maintaining mental health in check is crucial for overall well-being and quality of life. Mental health affects us all, directly or indirectly, and it's time to shed light on this vital aspect of our well-being. It is important to understand that mental health issues can affect anyone, regardless of age, gender, or background. Anxiety, depression, stress, and other mental health challenges can have a profound impact on our daily lives, relationships, and even physical health.
- ✚ One of the most effective ways to promote mental health is to practice self-care. This includes activities that help us relax and maintain a balance in our lives. This may mean taking a walk-in nature, spending quality time with family members, or simply unplugging from social media for a while. By doing so, we can reduce stress and anxiety, thereby nurturing our mental health.
- ✚ Moreover, creating awareness and sharing information about mental health is crucial. The more we educate ourselves and others, the better equipped we will be to identify when someone needs help and support.



PERMISSION LETTER

Udumalpet

03.01.2023

From

Dr.S. Sripriya
NSS Programme Officer
Assistant Professor
Department of Economics
Sri G.V.G Visalakshi College for Women (Autonomous)
Udumalpet

To

The Principal
Sri G.V.G Visalakshi College for Women (Autonomous)
Udumalpet

Respected Madam

I request you to grant permission to arrange the NSS Special Camp in the adopted villages (Valavadi, J.N.Palayam, Deepalapatti, Kodingium of Tirupur District) from 06.01.2023 to 12.01.2023. Kindly permit us to take the NSS volunteers for the same.

Yours Sincerely


(Dr.S. Sripriya)


Signature of the Principal
PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VERAYATEDA HILLS POST,
UDUMALPET - 692 128





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

National Service Scheme

GVGVC/NSS/CIR/2023/11

Circular

National Service Scheme is planned to arrange the Special Camp in the adopted villages from 06.01.2023 to 12.01.2023 and the volunteers are hereby informed to report in the college on 06.01.2023 by 9.00 a.m.

Date: 03.01.2023

Signature of the Convenor


Signature of the Principal

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



INVITATION



Sri G.V.G Visalakshi College for Women
(Autonomous), Udumalpet
Affiliated to Bharathiar University, Coimbatore
Accredited at A+ Grade by NAAC (fourth cycle)
An ISO 9001:2015 Certified Institution



National Service Scheme

Special Camp

Day - 5

Date: 10-01-2023

Time: 4.00 p.m.

**Awareness Meeting
on
Physical and Mental Health**

Guest Speaker

Dr. Parveen

Naturopathy Doctor

Amaravathy Nagar

Udumalpet



ATTENDANCE

Sri G.V.G Visalakshi College for Women (Autonomous), Udumalpet
National Service Scheme

Special Camp – 06.01.2023 to 12.01.2023

Volunteers Involved

S. No	Name of the Volunteer	Class
1.	S.Maha Navinya	II B.Sc Physics
2.	Kiruthika k	II B.Sc Physics
3.	S. Dharshini	II BBA
4.	M Srividhya	II BCA
5.	V.Niroja	II B.Sc Zoology
6.	Renuga deviM.K	II B.Sc Physics
7.	S. Rajashree	II English SF
8.	R. Sajira	II B.Sc Physics
9.	Kavitha.N	II B.Sc Physics
10.	P. Amirtha varsini	II BBA
11.	Dhivyamariyammal S	II B.Sc Zoology
12.	Sivapriyadharshini.G	II B.Sc Zoology
13.	K.Sujitha	II BBA
14.	Roshiya M	II B.Sc Zoology
15.	Angu Megha A	II BCA
16.	M.Rubasree	II B.Sc Physics
17.	Sureka D	II BBA
18.	S.Kokila	II English SF
19.	Thowlath	II B.Sc Zoology
20.	Vinotha T	II B.Sc Zoology
21.	Dhivya S	II B.Sc Zoology
22.	Bhuvaneshwari S	II B.Sc Zoology
23.	Srimadhumathi. D	II BBA
24.	N. Abarna	II BBA
25.	Shanmugapriya.S	II B.Sc Physics
26.	Sri Harini.k	II BBA
27.	Sangeetha S	II B.Sc Zoology
28.	P.Varshini	II BBA
29.	K.Rithanya	II B.Sc Physics
30.	Pavithna. S	II B.Sc Zoology
31.	Vanishree. S	II B.Sc Physics
32.	R.Priyadharshini	II B.Sc Physics
33.	E.Gogularani	II B.Sc Physics
34.	Boomathi K	II BBA
35.	Aruna S	II BBA
36.	Sivaranjani.R	II B.Sc Physics
37.	Sowndarya S	II BBA
38.	E. Priya Dharshini	II English SF



39.	Abinayasri S	II BBA
40.	K Bharathi	II B.Sc Physics
41.	Mohanadarshini.M	II BBA
42.	Kavisree K	II BBA
43.	Sri madhumathi	II BBA
44.	Avila N	II B.Sc Zoology
45.	Thowlath.	II B.Sc Zoology
46.	P.Dharshini	II B.Sc Zoology
47.	G.Aarthi	II B.Sc Zoology
48.	Priyadarshini.V	II B.Sc Mathematics
49.	Dharshini P	II B.Sc Mathematics
50.	Mahadevi K P	II B.Sc Mathematics
51.	K.Swathi	II Bcom Ecommerce
52.	S.Suji	II Bcom Ecommerce
53.	S.Nivetha	II Bcom Ecommerce
54.	D.Dhanya	II Bcom Ecommerce
55.	A.Guru prada	II BA Economics
56.	S.Brindha	II BA Economics
57.	P.Muthuvivetha	II BA Economics
58.	N.Deepika	II BA Economics
59.	A.Menaga	II BA Economics
60.	K.Dharshini	II BA Economics
61.	C.Kaleeswari	II BA Economics
62.	G.Mahalakshmi	II BA Economics
63.	M.Bavithra	II BA Economics
64.	S.P.Divyabharathi	II BA Economics
65.	D.Geethanjali	II B.Sc Chemistry
66.	B.M.Sukirtha	II B.Sc Chemistry
67.	I.Ramya	II B.Sc Chemistry
68.	S.Yamuna	II B.Sc Chemistry
69.	S.Varshinivel	II B.Sc Chemistry
70.	S Muneera parveen	II B.Sc Chemistry
71.	R.Kaleeswari	II B.Sc Chemistry
72.	P.Logeswari	II B.Sc Chemistry
73.	B.Vinumitha	II B.Sc Chemistry
74.	N.Varshini	II B.Sc Chemistry
75.	S.Shreevarshini	II BA Economics
76.	S.Tamizharasi	II BSC Artificial intelligence
77.	M.Nakshathra	II BSC Artificial intelligence
78.	M.Vishnu varthini	II BSC Computer Science
79.	C.Rasika	II BSC Computer Science
80.	A.Roopa sri	II BSC Computer Science
81.	S.Vidhya Lakshmi	II BSC Computer Science
82.	N.Revathi	II BSC Computer Science
83.	P.Navitha	II BSC Computer Science



84.	M.Gopika	II BSC Computer Science
85.	R.Dharshini	II BSC Computer Science
86.	R.Dharshana	II BSC Computer Science
87.	P.Varshini	II BSC Computer Science
88.	B.Nafila Begum	II BSC Computer Science
89.	P.Dharshini	II BSC Computer Science
90.	S.Karthiga	II BSC Computer Science
91.	E.Shakila Devi	II BSC Computer Science
92.	K.Farhana Shaliha	II Bcom BA
93.	S.Roshima	II Bcom BA
94.	R.Divya	II BSC Computer Science
95.	Boomika J	II B.Sc Physics
96.	M Saranya	II B.Sc Zoology
97.	Shrilekha S	II B.Sc Zoology
98.	K.Elamathi	II BCA
99.	Anushya.A	II English SF
100.	K.sujitha	II B.Sc Zoology
101.	Rajakeerthi K	II Mathematics
102.	Uma Nandhini B	II Mathematics
103.	Selvadharshini.A	II Commerce
104.	Sreenidhi S	II Tamil Literature
105.	S Thenmozhi	II Maths
106.	K.Lavanya	II Commerce
107.	N.Jayapriya	II Mathematics
108.	R. Aishwarya	II Mathematics
109.	D Akila	II B.A History
110.	K.Gayathri	II Commerce
111.	V.Madhumitha	II B.A History
112.	R.T. Jeisri	Mathematics (aided)
113.	M Akilandeswari	II B.A History
114.	R.Harini	II B.A History
115.	M.Harshini	II B.A History
116.	Lavanya M	II Commerce
117.	S.Jayashree	II B.A History
118.	R.S.Harini	II Tamil Literature
119.	Kavi Malini. S	II Commerce
120.	M.Renuga Devi	II Mathematics
121.	G. Sowmiya	II Mathematics
122.	Joan Sally.R	II COMMERCE
123.	M. Kaviya	II B.A History
124.	S.Muthuselvi	II Commerce
125.	Priyanka.S	II Mathematics
126.	Priya dharshini.P	II Tamil literature
127.	Kalpuna. N	II Commerce
128.	S.Dharshini	II Maths (SF)



129.	C.Kavitha	II Commerce
130.	S Kumareswari	II Mathematics
131.	Naseeba.R	II Tamil literature
132.	N.Jayapriya	II Mathematics (Aided)
133.	Afreen. M	II Commerce
134.	Keerthana.R	II Tamil literature
135.	JAYASREE US	II B.A History
136.	S.Prema	II B.A History
137.	M. Punitha ragavi	II B.A History
138.	Bhavadharini S	II Mathematics
139.	Saranya S	II Mathematics
140.	K. Ragavi	II Tamil literature
141.	J.Anusiya Devi	II Bcom Ecommerce
142.	S.Arana Devi	II Bcom Ecommerce
143.	A.Sadhana	II Bcom Ecommerce
144.	S.Divya	II Bcom Ecommerce
145.	G.Praveena	II Bcom Ecommerce
146.	L.K.Veena	II Bcom Ecommerce
147.	K.Babysbalini	II Bcom Ecommerce
148.	G Thenmozhi	II Bcom Ecommerce
149.	C.Sathiyapriya	II Bcom Ecommerce
150.	K.Vennila	II Bcom Ecommerce
151.	Keerthana.k	II B.A History
152.	Haripraveena M	II B.A History
153.	T.Rajadharini	II B.Sc Mathematics
154.	B.Dharshini	II B.Sc Mathematics
155.	Dharani.M	II B.Sc Mathematics
156.	Joshini.J	II COMMERCE
157.	Ranya. T	II Tamil Literature
158.	MENAKA.S	II Maths
159.	Shifana R	II Commerce
160.	N.S. Nisharan	II Mathematics (Aided)
161.	Nivetha.S	II Mathematics (Aided)
162.	M.Jeevika	II B.A History
163.	Subhashini. M	II Commerce
164.	Nithya Sri.M	II B.A History
165.	N.Sowndarya	II Mathematics (aided)
166.	S. Varsha	II B.A History
167.	S Safana Farvin	II B.A History
168.	Arathi. P. T	II B.A History
169.	R. Mythili	II Commerce
170.	S.Ashwini	II B.A History
171.	Yuvarathi.S	II Tamil Literature
172.	Harshanandhini T	II Commerce
173.	Abinayaki. P	II Mathematics



174.	Subhashini.c	II Mathematics
175.	N.Thahira thasneem	II COMMERCE
176.	Shruthi. K	II B.A History
177.	S.Naseema	II Commerce
178.	Sakthipriya.S	II Mathematics
179.	Gowri.K	II B.A Tamil literature
180.	Varnasri.R	II Commerce
181.	Madhumitha.S	II Maths (SF)
182.	Bavani	II Commerce
183.	A.velumani	II Mathematics
184.	Priyanka k	II B.A Tamil
185.	Jeyasri V	II Mathematics (Aided)
186.	S.Mayil selvi	II Commerce
187.	Subhadharshini M	II Tamil literature
188.	Benasir Fathima A	II B.A History
189.	Abinaya . R	II B.A History
190.	Mousikasri.K	II Commerce
191.	Priyadharshini.V	II Commerce
192.	Dharshini P	II Mathematics
193.	C. C. Shandhiya	II Mathematics
194.	Dharshanaa.N	II Mathematics
195.	Sri Aruna Jothi N	II Mathematics
196.	Kavitha	II Mathematics SF
197.	M.Rajadharanika	II Mathematics
198.	Saranya S	II B.A History
199.	Sathyapriya P	II B.A History
200.	Sushmitha R	II Mathematics



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PHOTOS

