NATIONAL SERVICE SCHEME

Yoga Awareness Rally & Cleaning Activities

Venue: Thungavi Village   **Date:** 09-11-2022

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Sri GVG Visalakshi College for Women
(Autonomous), Udumalpet
(2022 - 2023)
National Service Scheme (NSS)

Date: 09.11.2022
Time: 12.00 p.m
Venue: Thungavi village
Participants: 30 Nss volunteers

Agenda:
To organize yoga awareness rally, cleaning the high school garden area, to create awareness on general knowledge improvement and environmental cleanliness among school children.

Report:
NSS volunteers of Sri GVG Visalakshi College for women, Udumalpet Arivu Thirukovil, Yoga Centre jointly organised a yoga awareness rally on 09.11.2022 at 12.00 p.m in Thungavi village Tirupur District. The purpose of rally was to educate the public about the importance of Yoga. Nss volunteers, Programme officers, yoga teachers raised their voice for conveying the message "how yoga reduces stress and keep the body and mind healthy".

After the completion of rally Nss volunteers cleaned the garden area of high school, Thungavi. The trees were planted in the year 2021-2022 by our Nss volunteers.

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NSS Volunteers also created awareness among school children regarding environmental issues. General awareness was taught to school children by our volunteers.

Jayaramakrishnan [ex.Mu]
Madathukulam

S. Rajpoers
Yoga Centre
Udumalpet

S. Banumathi
**S.BANUMATHI, M.Sc., B.Ed.,
B.T. ASSISTANT,
GOVERMENT HIGH SCHOOL,
THUNGAVI - 642 203.**

NSS Programme Officer
Dr. P. Sisanjeevi
Co-opted Member
Mrs. M. Malini

Rajeswari.D
Principal
**PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 642 128**

PERMISSION LETTER

Udumalpet

07.11.2022

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 organize the programmes of Yoga Awareness Rally, Environmental Cleanliness & Awareness on Improving General Knowledge among School Children at Thungavi village on 09.11.2022. Kindly permit us to take the NSS volunteers to participate in the activity.

Yours Sincerely

(Dr.S. Sripriya)

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

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

National Service Scheme

GVGVC/NSS/CIR/2022/10

Circular

National Service Scheme is planned to organize the programmes of Yoga Awareness Rally, Environmental Cleanliness & Awareness on Improving General Knowledge among School Children at Thungavi village on 09.11.2022 and the volunteers are hereby informed to report in front of the conference hall at 9.50 a.m.

Date: 07.11.2022

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)

Accredited at A+ Grade by NAAC (Fourth Cycle)
An ISO 9001:2015 Certified Institution
Udumalpet.

National Service Scheme

Yoga Awareness Rally

Date: 9.11.2022

Events

- **Tree Plantation**
- **Cleaning campaign in Governmen School Garden**

Time   : 12.00 pm

Venue : Thungavi Village

ATTENDANCE

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

Yoga Awareness Rally, Cleaning Activities – 09.11.2022

Volunteer's Involved

S. No	Name of the Volunteer	Class
1.	M.Akilandeswari	II B.A History
2.	R.Harini	II B.A History
3.	M.Harshini	II B.A History
4.	M.Jeevika	II B.A History
5.	S. Varsha	II B.A History
6.	S Safana Farvin	II B.A History
7.	Arathi. P. T	II B.A History
8.	J.Anusiya Devi	II Bcom Ecommerce
9.	S.Aruna Devi	II Bcom Ecommerce
10.	A.Sadhana	II Bcom Ecommerce
11.	S.Divya	II Bcom Ecommerce
12.	G.Praveena	II Bcom Ecommerce
13.	L.K.Veena	II Bcom Ecommerce
14.	K.Babyshalini	II Bcom Ecommerce
15.	G Thenmozhi	II Bcom Ecommerce
16.	C.Sathiyapriya	II Bcom Ecommerce
17.	K.Vennila	II Bcom Ecommerce
18.	A.Roopa sri	II BSC Computer Science
19.	S.Vidhya Lakshmi	II BSC Computer Science
20.	N.Revathi	II BSC Computer Science
21.	P.Navitha	II BSC Computer Science
22.	M.Gopika	II BSC Computer Science
23.	R.Dharshini	II BSC Computer Science
24.	R.Dharshana	II BSC Computer Science
25.	P.Varshini	II BSC Computer Science
26.	B.Nafila Begum	II BSC Computer Science
27.	P.Dharshini	II BSC Computer Science
28.	S.Karthiga	II BSC Computer Science
29.	E.Shakila Devi	II BSC Computer Science
30.	M.Vishnu varthini	II BSC Computer Science

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

CRITERION III – 3.6 Extension Activities

PHOTOS