



NATIONAL SERVICE SCHEME

Rashtriya Poshan Maah - 2022

Venue: Narayanasamy Government Higher Secondary School, Valavadi

Date: 13-09-2022

REPORT

125

Sri G.V.G. Visalakshi College for Women  
(Autonomous), Udumalpet  
(2022 - 2023)  
National Service Scheme (NSS)  
&  
UNNAT BHARAT ABHIYAN (UBA)

Date: 13-09-2022  
Time: 1-30 p.m. - 3-30 p.m.  
Venue: Narayanasamy Government Higher  
Secondary School, Valavadi  
Participants: 21 Nss Volunteers, 2 Nss  
Programme officers, 1 UBA  
Co-ordinator, 95 School children  
(girls).

Agenda: To celebrate Rashtriya Poshan  
Maah, 2022

Report

To celebrate "Rashtriya Poshan Maah  
(2022) (Nutrition Month), an  
awareness programme was conducted  
at Narayanasamy Government  
Higher Secondary School, Valavadi  
on 13.09.2022. The programme was  
headed by Head Mistress of the School.

Mrs. R. V. S. M. S. C. B. Ed. C. D. P. O. J. C. D. S.  
Udumalpet gave a special lecture on  
"Nutrition for Adolescent Girls" to  
School children (girls). A nutritional  
expo also conducted by the J. C. D. S.  
member to state the importance of  
millets and green vegetables.



NSS Volunteers exhibited the charts prepared by them on importance of nutritious food for adolescent girls.

Mrs. Vimaladavi S.H.N. Velavadi advised the students regarding clean and hygiene practice. Yoga were taught to the students by the yoga trainers.

At the end of the programme a Quiz programme was conducted to the school children by the NSS volunteers, Healthy once drinks was distributed by Anganwadi teachers.

P. M. S. / 13/9/2022

*[Signature]*  
Principal

*[Signature]*  
13/9/22  
Principal

NSS Programme officer  
Dr. S. Chaitra  
Dr. M. Rajapriya

Rajivani S  
27.9.22  
Principal



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN (AUTONOMOUS)  
VENKATESA MILLS POST,  
UDUMALPET - 642 128



PERMISSION LETTER

Udumalpet

09.09.2022

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 celebrate the Rashtriya Poshan Maah, 2022 at Narayanasamy Government Higher Secondary School, Valavadi on 13.09.2022. Kindly permit us to take the NSS volunteers to participate in the activity.

Yours Sincerely

(Dr.S. Sripriya)

*Rajeswari*  
Signature of the Principal  
PRINCIPAL  
SRI G.V.G 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/2022/06

Circular

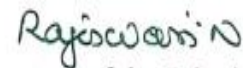
National Service Scheme & Unnat Bharat Abhiyan are going to celebrate Rashtriya Poshan Maah, 2022 on 13.09.2022 at Narayanasamy Government Higher Secondary School, Valavadi and the volunteers are hereby informed to report at 11:30 a.m. in front of conference hall.

Date: 09.09.2022



Signature of the Convenor





Signature of the Principal

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





INVITATION



Sri GVG Visalakshi college for women (Autonomous) Udumalpet  
Affiliated to Bharathiar University, Coimbatore  
Accredited at A+ Grade by NACC (Fourth cycle)  
An ISO 9001:2015 Certified Institution



**National Service Scheme & Unnat Bharat Abhiyaan**

## Rashtriya Poshan Maah 2022

**Topic: Nutrition For Adolescent Girls**

**Guest Speaker : Mrs R.Veena M.Sc, B.Ed. CDPO, ICDS  
Udumalpet**

**Yoga Trainer : Dr.Sathya Manivannan. Assistant professor of Commerce  
Sri GVG Visalakshi college for women, Udumalpet**

**Time : 1:30 pm to 3:30 pm**

**Date : 13/09/2022**

**Venue : Narayanasamy Naidu Government  
Higher Secondary School  
Periavalavadi**

**Coordinators  
NSS & UBA**

**Dr. N. Rajeswari  
Principal**



Poster Maker



## ATTENDANCE

Sri G.V.G. Visalakshi College for Women  
(Autonomous), Uthumalpet  
Rashtriya Postam March 2022  
National Service Scheme  
Date: 13.07.2022 Venue: G.H.S. School, Velavandi

No	Name of the Student	class	Signature
1	A. Gun Prada	II BA Economics	A. Gunf.
2	S. Shree Vasini	II BA Economics	S. Vasini
3	S.P. Divya Bhavathi	II BA Economics	Divya.P
4	S. Bindha	II BA Economics	S. Bindha
5	J. Anurajadevi	II B.Com (e. Com)	Anurajadevi.S
6	S. Anuradevi	II B.Com (e. Com)	Baby Shalini.K
7	K. Baby Shalini	II B.Com (e. Com)	D. Dhanya.
8	D. Dhanya	II B.Com (e. Com)	S. Divya.
9	S. Divya	II B.Com (e. Com)	S. Nithya.
10	S. Nithya	II B.Com (e. Com)	G. Praveen.
11	G. Praveen	II B.Com (e. Com)	A. Sathana.
12	A. Sathana	II B.Com (e. Com)	C. Sathya Priya
13	C. Sathya Priya	II B.Com (e. Com)	Suji.S
14	S. Sujie	II B.Com (e. Com)	K. Swathi.
15	K. Swathi	II B.Com (e. Com)	Thermozhi.G
16	G. Thermozhi	II B.Com (e. Com)	Vaana.H.
17	L.K. Vaana	II B.Com (e. Com)	Vannila.K
18	K. Vannila	II B.Com (e. Com)	K. Dhya.
19	K. Dhya	II BA Economics	N. Deepika.
20	N. Deepika	II BA Economics	G. Mahalakshmi.
21	G. Mahalakshmi	II BA Economics	

Principal  
SRI G.V.G. VISALAKSHI COLLEGE  
FOR WOMEN (AUTONOMOUS)



PHOTOS

Talk on Nutrition for Adolescent Girls



Teaching Yoga

