



**Sri G.V.G. Visalakshi College For Women, Udumalpet - 642128**

Autonomous and Affiliated to Bharathiar University, Coimbatore

Accredited at A + Grade by NAAC (Fourth cycle)

An ISO 9001:2015 Certified Institution

[www.gvgvc.ac.in](http://www.gvgvc.ac.in); [principal@gvgvc.ac.in](mailto:principal@gvgvc.ac.in)

Ph.04252-223019, Fax: 04252-233111



## COLLEGE UNION

Immunity during Covid Report

Date: 12<sup>th</sup> May2022

Venue: Sri GVG Visalakshi College for Women

Time: 10.00 a.m.

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.

**College Union**  
Organizes

**Seminar on**  
Topic: "Lifestyle Guidelines for Promoting  
Immunity During Covid'19"

**Resource Person**  
**Dr.B.S.Nivetha B.N.Y.S;**  
Padmasoorya and Divyabharathi  
Naturopathy and Yoga Hospital

**Venue: GVG Auditorium**  
**Date: 12.05.2022**  
**Time: 10.00 a.m - 12.30 p.m**

**All are Cordially Invited**

**Chief Patron**  
**Dr.N.Rajeswari**  
Principal  
**Union Advisor**  
**Dr.N.Lakshmi**  
Controller of Examination  
Head of the Department  
Department of Commerce

## Programme Sheet



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

Accredited at A<sup>+</sup> Grade by NAAC (Fourth cycle)  
An ISO 9001:2015 Certified Institution  
Udumalpet.



### **Life Style Guidelines for Promoting Immunity During Covid'19 COLLEGE UNION PROGRAMME**

**Date: 12.05.2022      Time: 10.30 a.m      Venue: G.V.G Auditorium**

- Prayer Song** : **Ms.B.Uma Nandini**  
I B.A Tamil Literature  
**Ms.S.G.Sai Keerthana**  
III B.Sc Zoology
- Welcome Address** : **Ms.M.C. Poorna Shree – Union Chairman**  
III B.Sc Mathematics (Aided)
- Presidential address** : **Dr.N.Lakshmi**  
Controller of Examinations  
Head of the Department  
Department of Commerce
- SpecialAddress** : **Dr.B.S.Nivetha**  
Padmasoorya and Divyabharathi  
Naturopathy and Yoga Hospital
- Vote of Thanks** : **Ms.M.Vishnu Priya – Union Secretary**  
III B.A History

**NATIONAL ANTHEM**

## Glimpses of the event



**Sri GVG Visalakshi College for Women, Udumalpet**  
**Life Style Guidelines for Promoting Immunity during Covid'19' – 12/05/2022**

The College Union of Sri GVG Visalakshi College for Women, Udumalpet organized seminar on 'Life Style Guidelines for Promoting Immunity during Covid'19' on 12<sup>th</sup> May 2022. The programme commenced with prayer song. The Secretary Smt. Sumathi Krishnaprasad presided over the function. Ms.Poornashree M.C., III BSc Mathematics, Union Chairman welcomed the gathering. The Principal Dr.N.Rajeswari delivered the presidential address. The Resource Person Dr.B.S.Nivetha, Padmasoorya and Divyabharathi Naturopathy and Yoga Hospital delivered a Special Address. She spoke about the five basic elements of life, 'Panch Mahabhutas' the primal energy. All living beings on this earth are forms of the Supreme Truth, made up of these five elements in varying degrees. These five elements combine with each other and manifest in the functioning of the five senses of man. Man's survival and ability to fight diseases would depend on how easily he adapts to the environment. She advised the students to avoid the usage of plastics to maintain healthy and powerful life. Ms.M.Vishnu Priya of III BA History, Union Secretary proposed the vote of thanks. The programme came to an end with National Anthem.

As a part of Integrated Horticulture Development Scheme Dr.N.Gopinath, PhD, (Horti-Denmark), Assistant Director of Horticulture, Udumalpet highlighted the art of creating greenery on the roof top and the effective use of the kit being provided by the Department of Horticulture and Plantation Crops at subsidized cost all over Tamil Nadu. Vegetable Garden Kit at a subsidized price of Rs.225 was distributed to 81 participants who registered to receive the roof gardening kit. Many faculty members opted to establish a complete roof garden towards sustainable goal.

**Convenor**

**Principal**

**Convenor**

**Principal**