



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

Autonomous & Affiliated to Bharathiar University
Accredited at A+Grade by NAAC
Udumalpet-642128, TamilNadu.



Sri GVG Visalakshi college for women
(Autonomous)
Affiliated to Bharathiar University
Accredited at A+ Grade by NAAC (fourth cycle)
An ISO 9001:2015 Certified Institution
Udumalpet - 642 128



Student Induction Programme 2023-2024 "Stress Relief Activity"



Resource Person : Dr.B.Sujatha,
Director of Physical Education

Sri G.V.G Visalakshi College for Women,Udumalpet

Dr.R.Vanamadevi
SIP Coordinator

Dr.N.Rajeswari
Principal

Members : Dr.G.Karthiga, Mrs. PL. Amirtham,

Dr.S. Beula Agnes, Dr.M. Karpagadevi, Mrs.S. Deepika.

Date: 26.6.2023

Time: 1:30p.m- 3:30p.m

Venue: College ground

Batch -I

STUDENT INDUCTION PROGRAMME - 2023-2024.

Topic : Stress Relief Activity

Speaker : Dr. B. Sujatha

Date : 26.06.2023

Objectives :

* To reduce anxiety, restore focus and for maintaining physical health through healthy lifestyle.

* To utilize effective relaxation and stress reduction techniques in the educational environment.

The resource person highlighted the benefits of stress relief activities through various sports activities like,

1. Water filling game
2. Dodge Ball
3. Lucky corner
4. Potato Race
5. Rain in the Mountain.

* Students enjoyed the activity and participated in all the events enthusiastically in a well-disciplined manner.

* She insisted that stress release activities will teach the students about team work and participating in sports activities. She also added that participating in sports will increase the cognitive and memory function of brain which will improve the performance of the students.

R. Vidya
SIP COORDINATOR

Dr. B. Sujatha
Speaker.

Rajivarani
PRINCIPAL



PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 842 128

Feedback:

