



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

Autonomous & Affiliated to Bharathiar University

Accredited at A+Grade by NAAC

Udumalpet-642128, TamilNadu.



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

AFFILIATED TO BHARATHIAR UNIVERSITY
ACCREDITED AT 'A+' GRADE BY NAAC

AN ISO 9001:2015 CERTIFIED INSTITUTION

UDUMALPET - 642128



Student Induction Programme 2023-2024

"Breathing Exercise for healthy life "



**Resource Person : Dr.S.Jaganathan MBBS.,M.D.,
Respiratory Medicine
KS Clinic,Udumalpet**

DATE:30.06.2023

Batch II Time: 1.00 pm -3.30pm

Venue: Conference Hall I

**Dr.R.Vanamadevi
SIP Co Ordinator**

**Dr.J.Manjula
Director**

**Dr.N.Rajeswari
Principal**

**Members:Dr.G.Karthiga,Mrs.PL.Amirtham,
Dr.S.Buela Agnes,Dr.M.Karpagadevi,Mrs.S.Deepika**

STUDENT INDUCTION PROGRAMME - 2023 - 2024

Topic : Breathing Exercise for Healthy Life.
Speaker : Dr. S. Jaganathan MBBS, M.D
Date : 30.06.23.

Objective :

To enhance the importance of respiration by breathing exercise more efficiently.

An awareness programme on 'Breathing, Exercise for healthy life' by Dr. S. Jaganathan MBBS, M.D, Respiratory medicine, KS clinic, Udumalpet was organised on 30.06.2023 (AN) at conference Hall I. Dr. M. Karpagadevi, Assistant professor of Mathematics, welcomed the gathering and introduced the chief guest. The chief guest gave an excellent explanation about respiratory system.

- * The resource person explained the importance of regular practice of breathing exercise which help the respiratory track to increase O₂ level.
- * He demonstrated simple breathing exercises to the students like Pranayama diaphragmatic breathing and alternate nostril breathing.
- * The Program came to an end by vote of thanks by Dr. Beulah Agnus. The student's were actively participated in the session & clarified their doubts during discussion.

S. Jaganathan
30/06/23

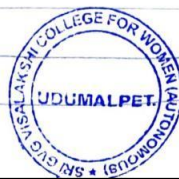
SPEAKER

R. V. Anni
SIP COORDINATOR

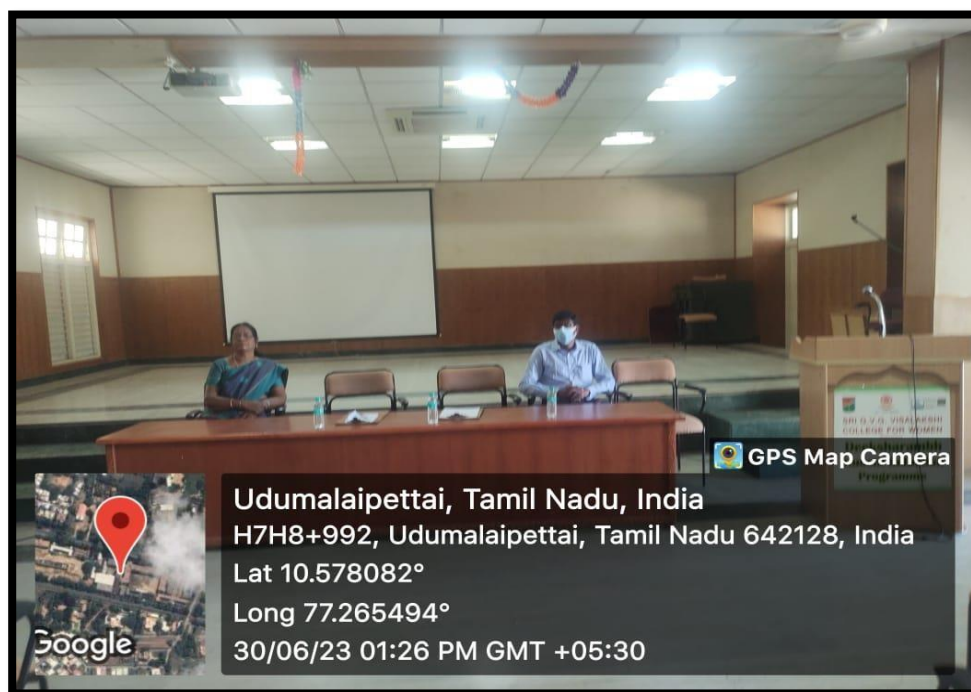
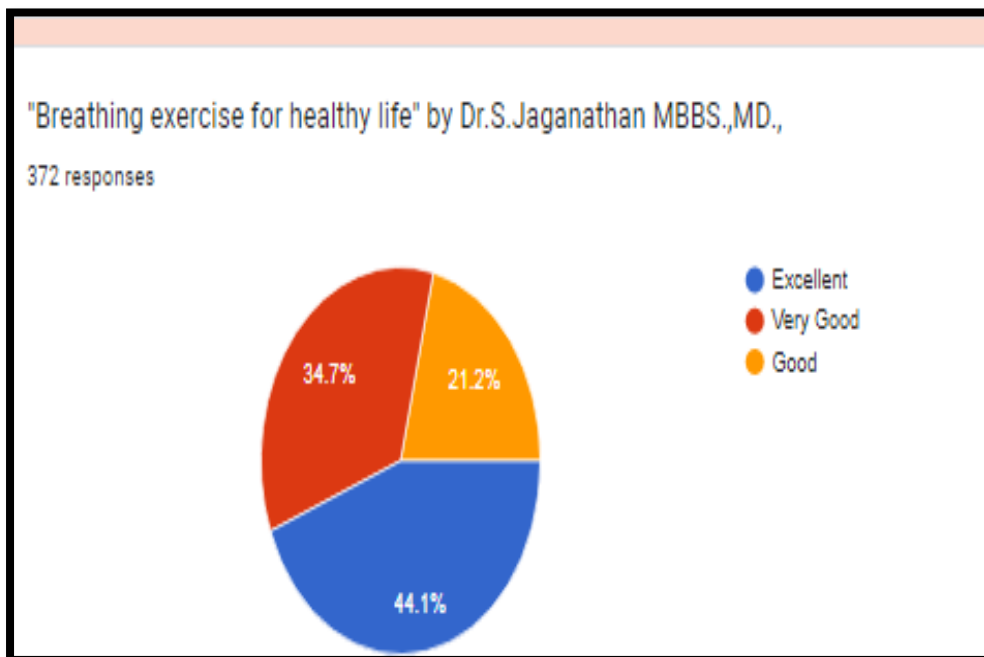
Rajowani D.

PRINCIPAL

PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
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VENKATESA HILLS POST,
UDUMALPET - 542 128

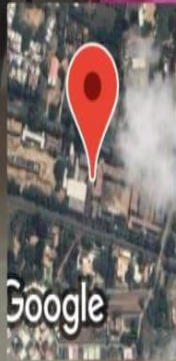


Photos





GPS Map Camera



Udumalaipettai, Tamil Nadu, India
H7H8+992, Udumalaipettai, Tamil Nadu 642128, India
Lat 10.578082°
Long 77.265494°
30/06/23 01:26 PM GMT +05:30