



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
An ISO 9001:2015 Certified Institution
Udumalpet - 642 128



ISO 9001:2015
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ID: W00007005



Student Induction Programme 2023-2024

" Art and Culture-Kummi Training "



Resource Person : திரு.ம.ராமசாமி, பூளவாடி
திருப்பூர் மாவட்ட நாடகம் மற்றும் நாட்டுப்புற
நலசங்கத் தலைவர்,
பூவை ஸ்ரீ செல்வ விநாயகர் வள்ளி கும்மி ஆசிரியர்

Dr.R.Vanamadevi
SIP Coordinator

Dr.J.Manjula
Director

Dr.N.Rajeswari
Principal

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

Venue: Conference Hall II Batch I - 9:30 a.m - 12:30 p.m
Conference Hall II Batch II- 1:30 p.m - 3:30 p.m

Date: 3.07.2023

All are Cordially Invited

STUDENT INDUCTION PROGRAMME 2023 - 2024

Topic : Art and Culture - Kummi Training.

Speaker : சி. டி. ராமசாமி , சென்னை மாவட்டம் .

Date : 03 . 07 . 2023 .

Objective :

To expose the students to the traditional Tamil Folk Dance - Kummi.

An exclusive session on "Kummi" was arranged for the students on 3.7.2023. Mr. M. Ramasamy, Poolavadi, Tiruppur district Drama and Welfare Association President and Mr. L. Rasu were trained the students.

The Kummi trainers explained the significance of Kummi folk dance which reflects the life of villages in Tamil Nadu, helps to improve cardiovascular fitness and endurance. It helps to lower blood pressure and cholesterol level. Kummi burns a lot of calories and an effective way to lose weight, to relieve stress and tension. It improves mental health and well being. The students were involved and enjoyed the dance movements and singing in rhythm. A grand show group performance in college ground displayed was the spotlight of the day. The students of presenting the rich culture and how to let out their stress and anxiety by dancing.

L. Rasu

R. V. Srinivasan
SIP COORDINATOR

M. D. R. Srinivasan
SPEAKER

Rajivaraman
PRINCIPAL



PRINCIPAL
SRIGVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 642 128

Feedback

"Art and Culture-kummi training" by Mr.M.Ramasamy

372 responses



