



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

Autonomous & Affiliated to Bharathiar University
Accredited at A⁺ Grade by NAAC
Udumalpet – 642128, Tamil Nadu.

www.gvgvc.ac.in ; principal@gvgvc.ac.in,
Ph.04252-223019; Fax:04252-2233111



Student Induction Programme 2022 - 2023

Student Personality Development Course

Physical Exercise, Kayakalpa, Meditation

SRI G.V.G VISALAKSHI COLLEGE FOR WOMEN

(Autonomous)

Affiliated to Bharathiar University
Accredited at A⁺ Grade by NAAC (4th Cycle)
An ISO 9001:2015 Certified Institution

UDUMALPET

Platinum Jubilee Year
1952-2022

STUDENT INDUCTION PROGRAMME

KAYAKALPA YOGA COURSE

Arivu Thirukoil Temple of Consciousness



RESOURCE PERSONS

Ms.P.Geetha & Mr.M.Dharmaraj

Yoga Professor

Arivu Thirukoil Temple of Consciousness, Aliyar

Batch I :12.08.2022

Time : 01.30 PM - 03.30 PM

Batch II :13.08.2022

Venue : Conference Hall II

Dr.S.SHENBAGAVALLI
SIP COORDINATOR

Dr.N.RAJESWARI
PRINCIPAL

MEMBERS : **Dr.R.Vanamadevi, Mrs.M.Devipriya,**
Dr.G.Karthiga, Mrs.J.Thempaavai, Mrs.T.Manjula

STUDENT INDUCTION PROGRAMME

2022 - 2023

KAYAKALPA YOUTH COURSE

Date: 12.08.2022 & 13.08.2022

Time: 01.30 pm to 3.30 pm

Objectives:

- * To enable the students to have good health
- * To practice mental hygiene and possess emotional stability.
- * To integrate moral values and attain high level of consciousness.
- * To increase memory power and grasping ability.

In order to revitalise the body, mind and soul Kayakalpa course was arranged for the students. The course was offered by "The World Community Service Centre".

They conducted Certificate Course on Personality Development (Physical Exercise, Kayakalpa & Meditation)

They taught for two hours per day by Sky Professors, accompanied by teacher's and instructors. All the exercises were well demonstrated and followed by the practice sessions.

The Schedule is as follows:

12.08.2022	- Batch I (01.30 pm - 3.30 pm)
13.08.2022	- Batch II (01.30 pm - 3.30 pm)

Everyday the session commenced with welcoming the representatives from "The World of Community Service Center" by Dr. Shenbagavalli, SIP Coordinator.

A group of 11 members consisting of Sky Professors, teacher's and instructor's were involved in training the students.

The benefits of Practising Kayakalpa was well imparted by the Instructors. The Students were insisted to spend only three minutes every morning and evening for their Physical and mental well being.

The session concluded with an Interactive session between the instructor and the students in which the queries were addressed satisfactorily.

In their feed back the students recorded that the session was very refreshing, reviving and relaxing.

Course Completion certificate were given to all the participants.

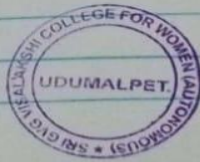
No. of beneficiaries : 422

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|------------------|---------------|
| 1. சிறிதாழி | - Shanmug |
| 2. லிதிலாழி | - Padmanabhan |
| 3. அரவிசா அரவிசா | - G. Ar |
| 4. அரவிசா | - E. Path |
| 5. அரவிசா | - P. C. Ar |
| 6. அரவிசா அரவிசா | - G. Vankar |
| 7. அரவிசா | - S. Ar |
| 8. அரவிசா | - Ar |
| 9. அரவிசா அரவிசா | - Ar |

S. Shanmuganathan
SIP coordinator



Rajivani
13.8.22
PRINCIPAL
PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 642 128





Udumalaipettai, Tamil Nadu, Ấn Độ

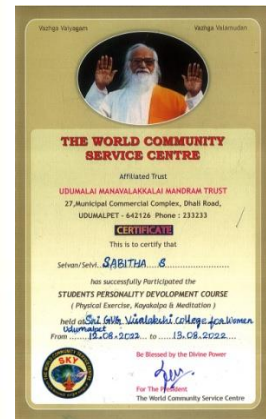
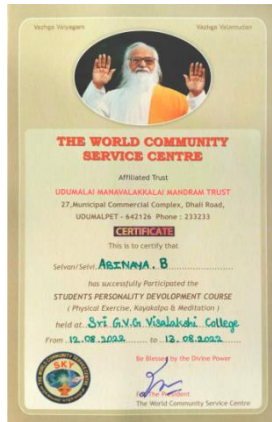
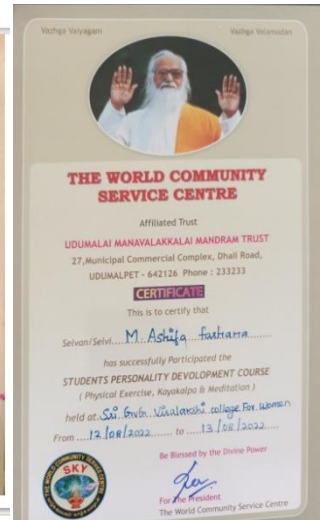
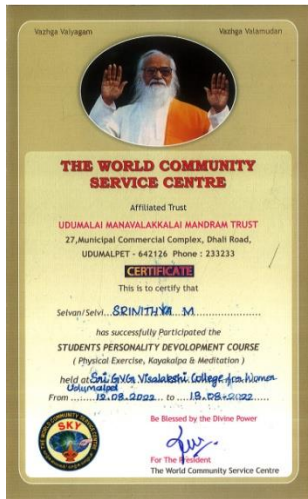
L 84, Gandhi Nagar, Annakudiyiruppu, Udumalaipettai, Tamil Nadu 642128, Ấn Độ

Lat 10.580742°

Long 77.262606°

13/08/22 02:00 CH

Sample Certificates:



<https://drive.google.com/drive/u/1/folders/1ga3AURbCNOTzYPmCuRFJgWkE7xnVufO>