



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

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

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Student Induction Programme 2022 – 2023

Session on Physical Fitness



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

(Autonomous)

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An ISO 9001-2015 Certified Institution
Affiliated to Bharathiar University
Udumalpet

PLATINUM JUBILEE YEAR (1952 - 2022)

**Student Induction Programme
2022-2023**

PHYSICAL FITNESS AWARENESS

SPORTS AND FITNESS : STEPS FOR LIVING



Dr.R.Saravana Prabha

Associate Professor,
Department of Physical Education,
Avinashilingam Institute for Home Science
and Higher Education for Women,
Coimbatore.

Date : 11.08.2022

Time : 1:30 pm

Dr.S.Shenbagavalli

SIP coordinator

Dr.N.Rajeswari

Principal

Members: Dr.R.Vanamadevi
Dr.G.Karthiga
Mrs.T.Manjula

Mrs.M.Devipriya
Mrs.J.P.Thempaavai

STUDENT INDUCTION PROGRAMME

2022-2023

Physical Fitness AwarenessSPORTS AND FITNESS: steps for living.Objectives:

- * To develop physical talents to their maximum potential
- * To experience both success and failure in the educational environment.

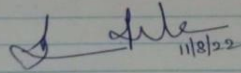
Dr. R. Saravana Prabha, Associate Professor of Physical Education, Arinashilingam Institute of Home Science and Higher Education for Women was the Resource Person. Dr. R. Vanamadevi, Assistant Professor of Commerce welcomed the gathering. Chief Guest was introduced by Dr. B. Sujatha, Physical Director of our college.

The resource person highlighted about sports and fitness and enlightened the benefits of being fit. She also insisted that sports will teach the students about teamwork and problem solving skills. Participating in athletics will increase the cognitive and memory functions of brain which will improve the performance of the students.

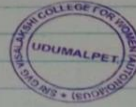
The session came to an end with Vote of Thanks by Mrs. M. Devipriya, Assistant Professor in Commerce e-commerce.

Date: 11.08.2022

Time: 1.30 pm

S. Shubhagathi
SIP Coordinator


Dr. R. Saravana Prabha
Associate Professor,
Department of Physical Education,
Arinashilingam Institute for Home Science
and Higher Education for Women,
Coimbatore.



Rajeswari D
11/8/22
PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 642 128



Udumalaipettai, Tamil Nadu, Ấn Độ

GVG College Bus Stop, NH209, Udumalaipettai, Tamil Nadu 642128, Ấn Độ

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