



Sri G.V.G. Visalakshi College for Women,Udumalpet
Autonomous and Affiliated to Bharathiar University, Coimbatore
Accredited at A⁺ Grade by NAAC (Fifth cycle)
An ISO 9001:2015 Certified Institution



NATIONAL CADET CORPS
2024 - 2025

International Yoga Day

Objective: To create awareness among the students about yoga

PERMISSION LETTER:

From

Capt.Dr.P.Karpagavalli,
Associate NCC Officer
Associate Professor of History
Sri GVG Visalakshi College for women (Autonomous),
Udumalpet-642128

To

The Principal,
Sri GVG Visalakshi College for women (Autonomous),
Udumalpet-642128

Respected Madam,

I request you to grant permission for our NCC cadets to celebrate
'International yoga Day' in our Indoor Stadium on 21.06.2024 at 08.00 am.

Thanking you

Station: Udumalpet

Date: 19.06.2024

Yours Sincerely

P. Karpagavalli

RP

CIRCULAR:

Sri G.V.G Visalakshi College for Women (Autonomous), Udumalpet

NATIONAL CADET CORPS

Circular

We are going to celebrate **International yoga Day** on 21.06.2024 (Friday) in our Indoor Stadium. All the NCC Cadets are hereby informed to report to the Indoor Stadium on 21.06.2024 at 08.00am without fail.

Date: 19.06.2024

P. Karpagavalli

Signature of the ANO

Capt. Dr. P. KARPAGAVALLI
NCC/14310115, 5(TN) Girls, BN,
Associate NCC Officer,
Associate Professor of History,
Sri GVG Visalakshi College fo Women,
Udumalpet - 642 128.

R. Parameswari

Signature of the Principal

PRINCIPAL i/c
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS (POST),
UDUMALPET - 642 128.

INVITATION:

Sri G.V.G. Visalakshi College for Women
Autonomous Affiliated to Bharathiar University
An ISO 9001-2015 Certified Institution
Accredited at A+ Grade by NAAC (Fourth Cycle)
DBT Star Status College

NCC
National Cadet Corps

National Cadet Corps
Organises
International Day of Yoga

24.6.2024
7.30AM to 9.30AM

Conference Hall II

SMT. Sumathi Krishna Prasad
Secretary

Dr.J.Manjula
Director

Dr.R.Parameswari
Principal

Organiser
Capt.Dr.P.Karpagavalli

INSTAGRAM LINK:

<https://www.instagram.com/reel/DJdckgrROTZ/?igsh=MTB3OXV6Y3V6aXp1OQ==>

FACEBOOK LINK:

<https://www.facebook.com/share/v/1C11YenNGR/>

REPORT:

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Sri GVG Visalakshi College for Women (Autonomous)
Udumalpet

Date: 21.06.2024

Time: 7.30 AM - 9.30 AM

NATIONAL CADET CORPS

INTERNATIONAL YOGA DAY

No. of Participants: 70

Venue: Assembly Hall - 2

Objective: To create awareness among the Students on the importance of Yoga and to Promote physical, mental and Spiritual well-being among the NCC cadets.

- * Yoga is a holistic practice uniting body, mind and Spirit for over all well-being.
- * Cadets learned about spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body.
- * By incorporating yoga into their routine students can cultivate a healthier life style.
- * The session has benefitted in several ways like - Yoga reduces stress, improves focus in their studies and non academic activities, it enhances physical health and mental health. Yoga increases energy and support the immune system of the body.
- * On the whole this International yoga Day has given a great experience for the cadets which will be more useful for their whole life.

P. Sreeraj
Signature of the
ANO



P. Sreeraj
Signature of the
Principal.

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

IMAGES:





LIST OF PARTICIPANTS:

Sri GVG Visalakshi College for Women (Autonomous), Udumalpet

IIIrd YEAR National Cadets Corps 2024-2025

S. No	Regimental No	Name
1	TN2022SWA838243	ARIVARASI .C.K
2	TN2022SWA838249	DURGA .U
3	TN2022SWA838250	GOKILA .G
4	TN2022SWA838254	KARTHIKA .V.V
5	TN2022SWA838255	KAVIYA .G
6	TN2022SWA838267	PAVITHRA .T
7	TN2022SWA838269	POONKUZHALI .S
8	TN2022SWA838270	PRABHA .R
9	TN2022SWA838271	PREETHI .V
10	TN2022SWA838273	ROSHINI ARPUTHA .J
11	TN2022SWA838293	SARUMATHI .M
12	TN2022SWA838296	SIRPIKA .G.K
13	TN2022SWA838313	SRINITHI .J
14	TN2022SWA838314	SUBALAKSHMI .S
15	TN2022SWA838315	SUBASHREE .A



Signature of CTO

Dr.B.RAJALAKSHMI
Assistant Professor
Department of History
Sri G.V.G. Visalakshi College for Women
Udumalpet - 642 128.





Signature of Principal
PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS (POST),
UDUMALPET - 642 128.

Sri GVG Visalakshi College for Women (Autonomous), Udumalpet

IInd YEAR National Cadets Corps 2024-2025

S.NO	REGIMENTAL NO	NAME
1	TN2023SWA009240	ABINAYA .A
2	TN2023SWA009210	ANIBEL SINDHIYA .K
3	TN2023SWA009711	UMA .E
4	TN2023SWA009047	DHANYA .K
5	TN2023SWA008999	AKSHAYA .K
6	TN2023SWA009282	GANGADEVI .M
7	TN2023SWA009238	HASSENA .F
8	TN2023SWA009280	GAYATHRI .R
9	TN2023SWA009666	INDHU .M
10	TN2023SWA009493	JEYASRI .M
11	TN2023SWA009010	KALAIYARASI .K
12	TN2023SWA009632	KARTHIKA .M
13	TN2023SWA009288	KAVIPRIYA .A
14	TN2023SWA009072	KAVYA .P
15	TN2023SWA009066	KAYALVIZHI .S
16	TN2023SWA009277	MADHUMITHA .T
17	TN2023SWA009241	MUTHUMAGIMA .T
18	TN2023SWA009461	MEENAKSHI .V
19	TN2023SWA009268	NAMITHA .B
20	TN2023SWA009227	PADMAVATHI .M
21	TN2023SWA009273	PRANAVI .R
22	TN2023SWA009306	RASHIKA .G
23	TN2023SWA009053	SANDHIYA .V
24	TN2023SWA009284	SANGAMITHRA .L
25	TN2023SWA009315	SARITHA .S
26	TN2023SWA009658	SINDHUJA .M
27	TN2023SWA009635	SIVALAKSHMI .T
28	TN2023SWA009158	SRIHARINEE .S
29	TN2023SWA009676	SUBARANJANI .K
30	TN2023SWA009080	VAISHNAVI .K
31	TN2023SWA009677	VARSHINI .A
32	TN2023SWA009286	VEERASAKUNTHALA .M
33	TN2023SWA009075	THEJASWINI .P
34	TN2023SWA041092	SASMITHA .S
35	TN2023SWA037011	SANGAVI .S
36	TN2023SWA037064	KALA .K
37	TN2023SWA036945	LAVANYAGOWRI .K
38	TN2023SWA009490	VIJAYALAKSHMI .M

B. Rajalakshmi
Signature of CTO

Dr.B.RAJALAKSHMI
Assistant Professor
Department of History
Sri GVG Visalakshi College for Women
Udumalpet - 642 128.



R. Karthikeyan
Signature of Principal

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

Along with 53 GVGVC Senior Wing Cadets, 47 Junior Wing Cadets from SVG Hr. Sec. School for Women, Udumalpet were participated.