



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

2025-2026

International Yoga Day

Objective: To create awareness among the students on happy and healthy life through yoga

PERMISSION LETTER:

From

Dr. B. Rajalakshmi,
NCC Care Taker Officer,
Sri GVG Visalakshi College for Women (Autonomous),
Udumalpet - 642 128.

To

The Principal,
Sri GVG Visalakshi College for Women (Autonomous),
Udumalpet - 642 128.

Respected Madam,

On the occasion of **International Yoga Day**, we are planning to organize a yoga session for the Cadets in the Indoor Stadium on 21.06.2025 from 7.00 A.M to 8.30 A.M. We kindly request you to grant us permission to organize this event.

Thanking you

Station: Udumalpet

Date : 18.06.2025

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



A handwritten signature in blue ink, appearing to read "Dr. B. Rajalakshmi".

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

CIRCULAR:

**Sri GVG Visalakshi College for Women (Autonomous),
Udumalpet**

National Cadet Corps

Circular

Dear Professors,

On the Occasion of International Yoga Day, our college is organizing a special Yoga program to create awareness about the physical, mental and spiritual benefits of yoga. The program will be held on 21.06.2025 in the Indoor Stadium at 7.00 a.m. All the NCC Cadets from II year and III year Undergraduates are hereby informed to attend the program.

Date:19.06.2025

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.

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 (Fifth Cycle)
DBT Star Status College

National Cadet Corps
Organizes

INTERNATIONAL DAY OF YOGA

Date: 21.06.2025
Time: 7:30 AM - 8:30 AM

Venue: Indoor Stadium

Chief Guest
Mrs. Santhamani
Heartfulness Trainer,
Heartfulness Institute,
Rajavoor.

SMT. Sumathi Krishna Prasad **Dr. J. Manjula** **Dr. P. Karpagavalli**
Secretary Director Principal

Organiser
Dr. B. Rajalakshmi
NCC Care Taker

INSTAGRAM: : <https://www.instagram.com/reel/DLKPHV5RTx/?igsh=aGY4dzI5Yng5ZTdx>

YOUTUBE: <https://youtu.be/TBYVRhKJPxs?si=6Ht6iQ6Clgm3vrhj>

FACEBOOK:

https://m.facebook.com/story.php?story_fbid=pfbid0b7xzdCADiYLhk7HbDPGZa7Yj5vEfiPsSAMhs1daHfMV22ocBD5P_sG75DiKDSjwFDI&id=100064124681353&mibextid=ZbWKwL

REPORT:

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Sri GVG Visalakshi College for Women
(Autonomous) Udumalpet

NATIONAL CADET CORPS

Date: 21.06.2025

Time: 7am - 8.30am

Venue: Indoor Stadium

No. of Participants: 141

INTERNATIONAL YOGA DAY

Objective: To create awareness among the students on the importance of YOGA and its benefits to live a happy and healthy life.

Resource Person: Mrs. Santhamani
Heartfulness Trainer
Heartfulness Institute
Rajavoor.

- * Yoga is a powerful step toward improving our physical, mental and emotional well-being.
- * NCC cadets attended yoga session by practicing various asanas with breathing techniques to enhance their physical and mental health.
- * The Resource Person explained the benefits of yoga and created awareness on incorporating yoga into their daily routine life.
- * She advised the cadets to increase flexibility, manage stress and find inner peace through yoga.

B. Sujitha
Signature of the
Care Taker



R. Karjavelu
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

III rd 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. Karpagavathi
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

II Year National Cadets Corps 2024-2025

S.No	REGIMENTAL ID	Name
1	TN2024SWIA7190847	DHARANI N
2	TN2024SWIA7190848	RENUGA DEVI S
3	TN2024SWIA7190849	RAKSHANA T
4	TN2024SWIA7190850	SIVA SELVI R
5	TN2024SWIA7190851	HARI PRIYA S
6	TN2024SWIA7190852	HARINI R
7	TN2024SWIA7190853	JENELIYA GRACE J
8	TN2024SWIA7190854	JEEVITHA S
9	TN2024SWIA7190855	SUBHASRI R
10	TN2024SWIA7190856	JAISHREE R
11	TN2024SWIA7190857	DHANYA B
12	TN2024SWIA7190858	KRITHIKA S
13	TN2024SWIA7190859	DHARSHINI S
14	TN2024SWIA7190860	KARTHIKA S
15	TN2024SWIA7190861	NAYANA S
16	TN2024SWIA7190862	MAGASRI K
17	TN2024SWIA7190863	DIVYA S
18	TN2024SWIA7190864	HEMALATHA M
19	TN2024SWIA7190866	SRI RITHIKA S
20	TN2024SWIA7190867	DURGA DEVI M
21	TN2024SWIA7190868	HARINI MAHALAKSHMI S
22	TN2024SWIA7190869	PRIYANGA B
23	TN2024SWIA7190871	AGALYA N
24	TN2024SWIA7190873	RAMYA T
25	TN2024SWIA7190875	AAFIYA A
26	TN2024SWIA7190876	ANITHA M
27	TN2024SWIA7190877	VARSHINI R
28	TN2024SWIA7190878	NAGALAKSHMI K
29	TN2024SWIA7190879	SOWBARNIKA K
30	TN2024SWIA7190880	VIDHIYA PRIYA G
31	TN2024SWIA7190881	PRABHA V
32	TN2024SWIA7190882	KARTHIKA V
33	TN2024SWIA7190883	VAISHALI S
34	TN2024SWIA7190884	LAVANYA K
35	TN2024SWIA7190885	DHARA P
36	TN2024SWIA7190886	JUMANA HASSIN M
37	TN2024SWIA7190887	GOWSIKASRI B U
38	TN2024SWIA7190888	DHARSHINI S

39	TN2024SWIA7190889	PRIYA DHARSHINI A
40	TN2024SWIA7190890	MATHIVATHANI A
41	TN2024SWIA7190891	GANAGA D
42	TN2024SWIA7190892	AGALYA S
43	TN2024SWIA7190893	PAVITHRA S
44	TN2024SWIA7190894	DEVI BALA S V
45	TN2024SWIA7190895	KEERTHANA R
46	TN2024SWIA7190896	RAJESHWARI J
47	TN2024SWIA7190897	SWATHI SRI A

B. Rajalakshmi

Signature of CTO

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



R. Karuparthi

Signature of Principal
PRINCIPAL

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FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS (POST),
UDUMALPET - 642 128.

Along with 85 GVGVC Senior Wing Cadets, 56 Junior Wing Cadets from SVG Hr. Sec. School for Women, Udumalpet were participated.