



**National Service Scheme**  
**Extension Activities (2019-2020)**

**Awareness Programme on Free Medical Camp at Thungavi**

Venue: Thungavi

Date: 21.06.2020

**Mahatma Gandhi's 150<sup>th</sup> Birth Anniversary**

Academic Year 2019-20

Name of the Programme: **Mahatma Gandhi's 150<sup>th</sup> Birth Anniversary**

Date & Time : 21.06.2020 & 10:00 a.m.

Venue: Conference Hall I

Number of Beneficiaries: 14

**Report**

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National Service Scheme  
International Yoga Day Celebration

Date: 21.06.2020  
Mode: Social Medium  
Collaborator: Physical Education Department,  
Sri G.V.G. Visalakshi College for Women for  
Quiz competition

Agenda:

- \* To improve physical, mental, emotional and spiritual health of NSS volunteers and their family
- \* To raise awareness worldwide of the many benefits of practicing Yoga.

Minutes of the Activity

International Yoga Day was celebrated on 21.06.2020 on the theme "Yoga at home and Yoga with Family" by our NSS volunteers. Yoga helps in retaining the vitality in our body along with keeping it fit. 12 Posters and 8 videos were posted in the social media to popularise the importance of Yoga and encourage others too. Quiz competitions was conducted and e-certificates were distributed to the participants.

List of Participants:

- Faculty from G.V.G.C - 26
- Faculty from other Institutions - 151
- Students from G.V.G.C - 638
- Students from other Institutions - 646
- other states - 59

Total number of participants in the competition is 1545.

S. Kalaiselvi  
PRINCIPAL ITC  
SRI G.V.G. VISALAKSHI COLLEGE  
FOR WOMEN (AUTONOMOUS)  
MELKATASA HILLS (POST)



**Permission**

From  
Mrs.M.Malarvizhi  
NSS Programme Officer  
Sri GVG Visalakshi College for Women (Autonomous)  
Udumalpet – 642128

To  
The Principal  
Sri GVG Visalakshi College for Women (Autonomous)  
Udumalpet – 642128

Respected Madam,  
We have planned to organize the outreach program on Yoga at Home Yoga with Family on 21.06.2020. Kindly grant us permission to organize the same.


Thanking You,

Place: Udumalpet

Date: 19.06.2020

Yours Sincerely,

*M. Malayal*

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



**Circular**

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

**NATIONAL SERVICE SCHEME**  
GVGVC/NSS/2019-2020/C10

Circular

GVGVC/NSS/2019-2020/C17

Circular

Dear Professors,

Be aware of the Awareness Pledge Program on Road Safety Pledge on the Conference Hall. NSS students are asked to take the pledge.

Dr.  
Principal

*S. Kalaiselvi*  
Signature of the Principal  
**PRINCIPAL i/c**  
**SRI GVG VISALAKSHI COLLEGE**  
**FOR WOMEN (AUTONOMOUS)**  
VENKATESA MILLS (POST),  
UDUMALPET - 642 128.

Name list







Attendance List

SRI GVG VISALAKSHI COLLEGE FOR WOMEN, UDUMALPET

NATIONAL SERVICE SCHEME

Beat Corona Activities

Report

Day 1 (21.06.2021)

Theme: Yoga Practice

Non Hospital Management

Faculty Co-ordinator : Dr.M.Malarvizhi,

NSS Programme Officer and Assistant Professor in Chemistry

E mail id : [malarchemvg@gmail.com](mailto:malarchemvg@gmail.com)

Phone Number : 9943081062

Student Co-ordinator : Ms.G.Archana, II B.Sc., Chemistry

E-mail Id : [garchanakannaki@gmail.com](mailto:garchanakannaki@gmail.com)

Phone Number : 7094583677

No. of students involved: 189

Total No. of Beneficiaries: 347

NSS Volunteers were asked to practice Yoga and to encourage their family members, relatives, friends and neighbourhood to do Yoga on Yoga day

S.No	NAME	CLASS	LOCATION	BENEFICIARIES
1.	G. Nandhini	II B. Sc Chemistry.	Palani( A. Kalayamputhur).	2
	G.Archana	II B. Sc Chemistry	Chinna Gandhi puram(palanitk)	2
2.	M.Hansiha	I B.Sc Computer Science-B	Udumalpet (Ganapathipalayam)	2
3.	K. Santhiya	I BA Economics.	Indira Nagar (Dharapuram road, Udumalpet)	2
4.	S.DharaniSelvi	I B.Sc Chemistry	Andipatti	2
5.	M. Kaviya	I B.ScChemistry	Agaram,Tamilnadu	2
6.	V.G.Naveena	I B.Sc Chemistry	sengalaniputhurMadathukulam	2
7.	M.Kaviya	I B.Sc Computer science-A	Ganeshapurammadathukulam	2
8.	K.Vinothini	I.B.ScChemistry.	Krishnapurammadathukulam	2



9.	N.jansi Rani	II Bsc computer science-A	Udumalpet	2
10.	K.Vidya	I.B.ScChemistry.	Krishnapurammadathukulam	2
11.	K. Kowsika	I.B.Sc Computer Science-B	PalaniAndavar Nagar, Udumalpet.	2
12.	K. SWETHA	BSC COMPUTER SCIENCE-B	TSP CAMP, PALANI.	2
13.	S.Dhatchaya	I B.SC Computer Science-A	Sayapattarai(Andigoundanur) Amaravathi Nagar	2
14.	R. Chithrabanu	I BA Economics	Thanthoni	3
15.	M. Ranjitha	I BA Economics	Indira nagar (Dharapuram road, Udumalpet)	2
16.	M.PriyaDharshini	I B.SC Computer Science-A	4/599,UKC Nagar, udumalpet.	2
17.	K.Sowmiya Sri	I B.ScComputer Science-A	6/15 Ramalingampillai Street kaniyur	2
18.	P. Kavya	II-BSc Chemistry	Kannan Devan hills (Sevenmally Estate) Munnar	2
19.	k.Ramya	I B.ScComputer Science-B	4/75 East Street, Jallipatti.	2
20.	p.Abinaya	I Bsc Computer Science -A	1277-A vao office near udayarpalayamkaratholuvu (pst)	2
21.	P.Oviya	I B.S.C Chemistry.	47 ,13th ward ,maduraiveerankovil street ,palani	2
22.	M.priyadharshini	I B.S.C Chemistry.	Kolumam bus stop 2,kolumam road, kolumam	3
23.	V.Jeevitha	I B.ScChemistry.	3/23 kongalnagarpudur ,kongalnagaram	2
24.	k.Deepika Deva Soundari	I BA.Economics	Pannaikinar, Doddampatti, Udumalpet.	2
25.	S.kavyadharshini	II B.SC Computer Science-A	86,Ramalingampillai street, kaniyur.	2
26.	T. Narnadha	I BSC Chemistry.	111/2, Madhiyalagan street, kaniyur	2



27.	R.Anupriya	II B.SC Computer science (B).	3/86,Sadayapalayam,Pulankinar (Po),Udumalpet (Tk).	3
28.	S. Keerthana	II B. ScComputer Science (B).	712, Mathiyalagan street, Madathukulam (TK).	2
29.	G.Sivaranjani	I B.A Economics	4/147, Gandhi puram,Udumalpet.	2
30.	A.Manjuladevi	II B.ScComputer Science(B)	761,Pudurkadathur(po), madathukulam(TK).	2
31.	R. Monika	II B.A Economics	4/902, Shankar Nagar, Dharapuram road Udumalpet.	2
32.	S. SelvaDeepika.	I BA Economics	4/15 A kannamanakanurudumalpet	2
33.	E.Subarna	I B.SC computer science-A	Annupapatti, chatrapatti (po) dindugul	2
34.	S.Jayachitra	IIB.A Economics	2/170A Ellupanagaram,Ramachandrapuram (Po)	2
35.	R.Harshavardhini	I B.com E-Commerce	3/361 Ponnu Gounder Line Sv Puram Sv Mill Post,Udumalpet 1	2
36.	S.Gayathri	II B.SC Computer Science-A	4a, periyar street, N.G pudhur.	2
37.	M. Devadharshini	II B. Sc Computer Science-A	1/82 T, J. J. Nagar, Mylapuram.	2
38.	A.Vennila	II B.ScComputer Science-A	3/313 jeevanagar, udumalpet	2
39.	C.Hematharani	II B.Sc Computer Science-A	145/2 west Street, vayahur.	2
40.	E.Subarna	I B.Sc Computer Science-A	Annupapatti(chatrapatti road) palani	2
41.	A.Abirami	I B.ScComputer Science -A	31/11, OMC lane,udumalpet. Tiruppur (District) -642126	2
42.	S.mahalakshmi	II.B.A Economics	Gomangalam	2
43.	A.Mahalakshmi	I BSc Physics	Bellampattir,bellampatti,tamilnadu	5
44.	Y.Sowmiya	II BSc Physics	Bellampattir,bellampatti,tamilnadu	5

45.	N.Saratha	I BCA	MDR629,boduvarpatti,tamilnadu	1
46.	K.Kowsalya	II BSc Physics	MDR884,munduelampatti	1
47.	M.L.Sangeerthana m	I BSc Physics	Munnar,udumalpetrd Tamilnadu	1
48.	P.Elamathi	I BCA	90,amman kovilst,karangalpalyam,erode,ta milnadu	1
49.	P.Iswarya	I BCA	Chinnakkampattypudur bus stop,SH192,tamilnadu	1
50.	T.Balasoundarya	I BCA	18,thiruvallurvar cross st,amanagar,palani,tamilnadu	1
51.	R.Arthiselvi	I BCA	Unnamed rd,sinthalavadampatti,mattupatha i,tamilnadu	1
52.	S.Sreenandhini	II BSc Physics	Amaravathi dam rd,andigoundanur,tamilnadu	1
53.	G.Sivakeerthana	II BSc Physics	MDR94,kurichikottai,tamilnadu	2
54.	V.Viveka	I BCA	Malayandiputhurrd,gurunathanai ckenur,tamilnadu	1
55.	P.Mohanapriya	II BSc Physics	Unnamed rd,tamilnadu	1
56.	J.Kaviyadharshini	I BCA	Madathukulam,tamilnadu	1
57.	S.Kaviarasi	I BCA	Unnamed rd,kamarajarcolony,udumalpet,ta milnadu	1
58.	M.Jeevitha	I BCA	Myvadi,tamilnadu	1
59.	K.Dhanalakshmi	II BA English Literatue	Venkitapuram,tamilnadu	2
60.	R.Malinidevi	II BSc Physics	Bodipattibusstop,dhalird,udumal pet,tamilnadu	2
61.	R.Madhumitha	I BCA	Malayandiputhurrd,gurunathanai ckenur,tamilnadu	1
62.	M.Mahalakshmi	I BCA	Pasupathiputhur,vayalur,tamilna du	1
63.	R.Vani	II BSc Zoology	MDR94,pallapalayam,tamilnadu	1

64.	A.Gayathiri	I BSc Physics	Siva sakthicolony,udumalpet,tamilnadu	1
65.	P.Vishnupriya	I BSc Zoology	Thungavi,vedapattird,vedapatti,tamilnadu	1
66.	V.Mithra	I BSc Physics	Chinnakalayamputhur,tamilnadu	1
67.	P.Navaneetha	II BSc Physics	Thirupur,tamilnadu	1
68.	T.Kaviprabha	I BSc Zoology	Thirupur,tamilnadu	1
69.	S.Niveetha	I BSc Zoology	SH 36,madurapuri,tamilnadu	1
70.	V.Shruthi	I BSc Physics	77,brahmin st,A.kalayamputhur,tamilnadu	1
71.	M.Mahadevi	I BSc Zoology	Amaravathi sugar mill rd,krishnapuram,myvadi,tamilnadu	1
72.	V.Tamilmozhi	II BSc Physics	Thirupur,tamilnadu	2
73.	B.Arunadevi	I BCA	30 B,thevar west st,8th ward,balagamudram,tamilnadu	1
74.	M.V.Gokilavani	I BCA	Poolavadird,tamilnadu	1
75.	S.Swetha	II B.Sc physics	North st,kanakkanpatti,tamilnadu	2
76.	A.Sridharshini	II BA Eng lit	Karumandakavundanur	3
77.	N.Krishna	I BBA CA	Vilvathampatti,tamilnadu	2
78.	S.Abirami	I BAEnglishLiterature	43,palani-alangium-dharapuram rd,tamilnadu	1
79.	R.Maneesha	I BSc Zoology	Dindigul,tamilnadu	4
80.	S.Shobika	I BSc Physics	4/36 velannagar,udumalpet,dharapuram rd,tamilnadu	1
81.	N.Gowthami	I BSc Physics	MDR509,pallapalyam,tamilnadu	1
82.	D.Sneka	I BSc Physics	Thirumoorthi hills rd,valavadi,tamilnadu	1
83.	A.Niveetha	I BCA	Poovaipalayam,tamilnadu	1

84.	G.Subhiksha	I BSc Physics	Adivaram,southannanagar,palani ,tamilnadu	1
85.	Azhagumangaiselvi	I BBA CA	Vannapattvivathampattyr,d,tamilnadu	1
86.	M.Devadharshini	II BSc Zoology	Panathampatti,tamilnadu	1
87.	M.safanaparveen	I IT	Kaniyur	1
88.	B.sakthipriya	I IT	Madathukulam	5
89.	N.sehanasparveen	I IT	Udumalpet	4
90.	V.Jeevtha	II B.A logistics	Papankulam	1
91.	S.sathyapriya	II IT	Kullampalayam	1
92.	S.Priyadharshini	I English	Aandiyur	3
93.	A.Albiyabegam	I B.COM	Ruthrapalayam	1
94.	M.Mugeshwari	I English	Oddanchatram	1
95.	S.Jeevitha	I English	Kothaimangalam	1
96.	M.kavya	I IEconomics	Reddiapalayam	1
97.	P.Prabhavathi	II Logistics	Varapalayam	1
98.	K.Jayapriya	1 English	Jallipatti	1
99.	S.Sugha	I English	Thoothukudi	1
100.	S.Shalini	II B.com CA	Karungalivalasu	1
101.	M.Kanishka	I IT	Udumalpet	1
102.	R.Dipthipriya	I Statistics	Theni	1
103.	N.Nandhini	I B.COM CA	Kavadikoottam	1
104.	G.Kiruthika	II English	Dindigul	1
105.	V.Aathira	II B.COM	Udumalpet	1
106.	B.Sahithya	II B.COM CA	Pudur	1
107.	S.Shanmathi	I B.COM CA	Udumalpet	1
108.	S.Vivekayazhini	II B.COM	Oddanchatram	1
109.	R.Jayamanisha	I IT	Tiruppur	1



110.	R.Rohini	II B.COM CA	Palladam	4
111.	M.Tamilmani	I B.COM	Ruthrapalayam	5
112.	K.Pavithra	I B.COM	Tiruppur	1
113.	D.Jayalakshmi	I Statistics	Periyakalayamputhur	4
114.	S.Selvadharshini	I Economics	Dindigul	1
115.	R.Sivaselvi	I B.COM	Reddiapatti	1
116.	N.Kaviyarasi	I B.COM	Paraipatti	1
117.	M.Karthika	II Economics	Palani	2
118.	V.S.Birundha	II English	Udumalpet	2
119.	R.Pavithra	I B.COM CA	Pasupathiputhur	1
120.	M.Narmadhadevi	I B.COM	English	1
121.	V.Gokila	II English	Thumbichipalayam	1
122.	M.Bharani	II English	Mollampatti	1
123.	M.Sivaranjani	I B.COM	Pasupathiputhur	1
124.	G.Amsarani	II Statistics	Periyammampatti	1
125.	S.Jeni	I Maths	Palani	1
126.	M.Karthika	II English	Palani	2
127.	M.Suvetha	II B.COM	Udumalpet	3
128.	A.Pavithra	II Logistics	Dasaripatti	2
129.	M.Deepika	I B.COM	Paraipatti	1
130.	R.Manjuladevi	I Economics	Vellakovil	1
131.	M.Sabithasree	II B.COM	Thumbalapatti	1
132.	M.Selvamathavi	I Logistics	Dindigul	1
133.	S.Abitha	II Logistics	Chhatrapati	2
134.	B.Prithika	II IT	Srivilliputhur	1
135.	P.Pongodi	I B.COM CA	Palappampatti	1
136.	S.Ponrani	II B.COM CA	Chinnakalayamputhur	1
137.	M.Vidhyasri	II B.COM CA	Erramanaickenpatti	2



PHOTOS

