

SRI GVG VISALASKHI COLLEGE FOR WOMEN (Autonomous)

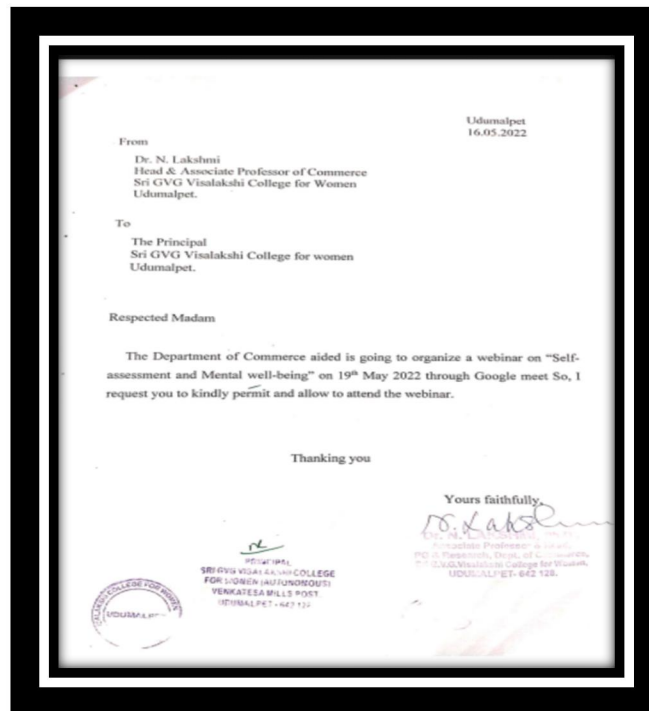


Affiliated to Bharathiar University
Accredited at A+ Grade by NAAC (4th Cycle)
An ISO 9001:2015 Certified Institution
Udumalpet - 642 128

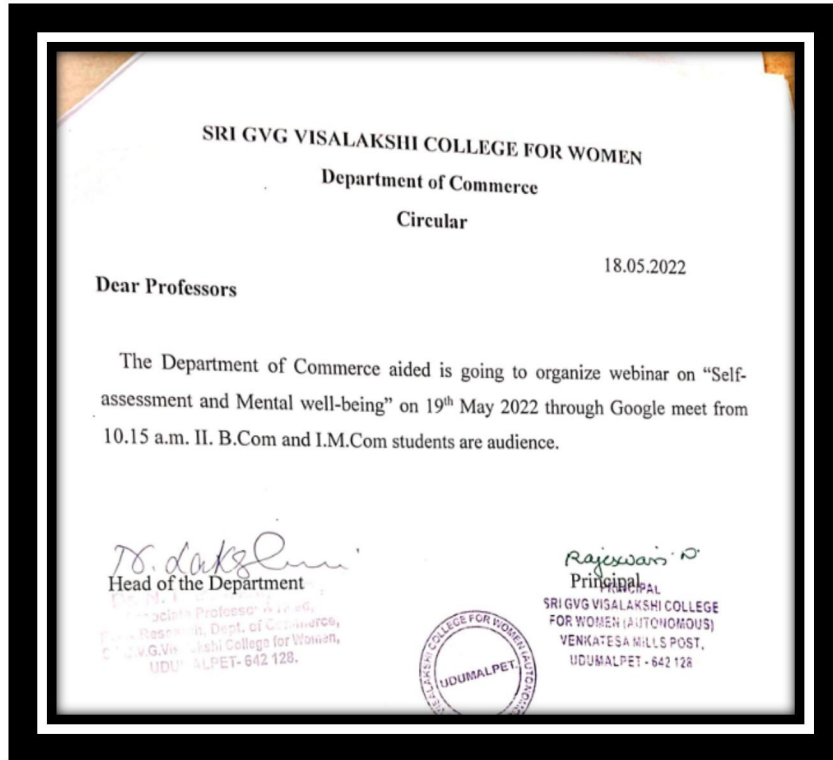


Department of Commerce (Aided)

Permission letter



Circular



Invitation



Sri GVG Visalakshi College for Women
(Autonomous)
Affiliated to Bharathiar University
Accredited at A+ Grade by NAAC (Fourth cycle)
An ISO 9001:2015 Certified Institution
Udumalpet - 642 128



DEPARTMENT OF COMMERCE
Organises Webinar On
“Self Assessment and Mental Well-Being“



On
May 19, 2022
@10:15 am
Platform : Google meet



Meeting link :
<https://meet.google.com/gqp-ojdx-stg>

Dr.P.Manju Puspha
Assistant Professor
Department of Physical Education
Bharathiar University, CBE.

Dr.N.Lakshmi
Advisor-Controller of Examination
Head & Associate Professor
Department of Commerce

Dr.N.RAJESWARI
PRINCIPAL

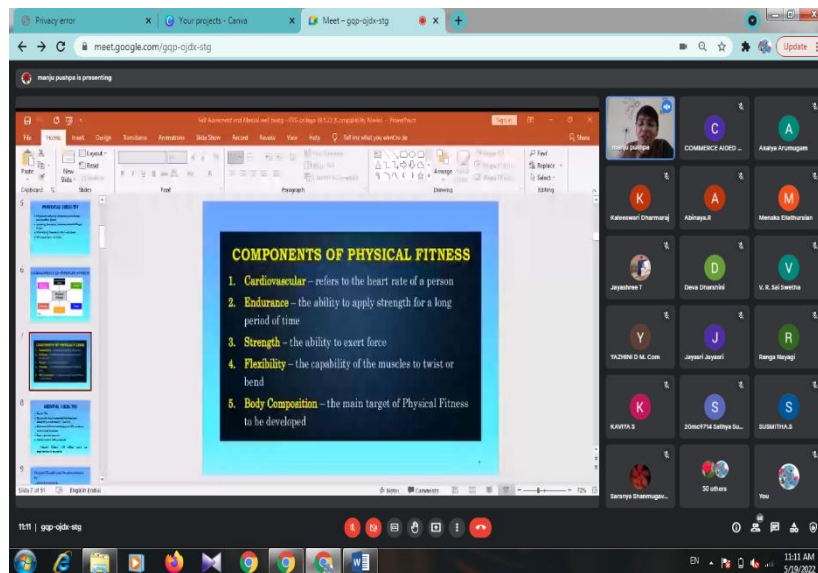
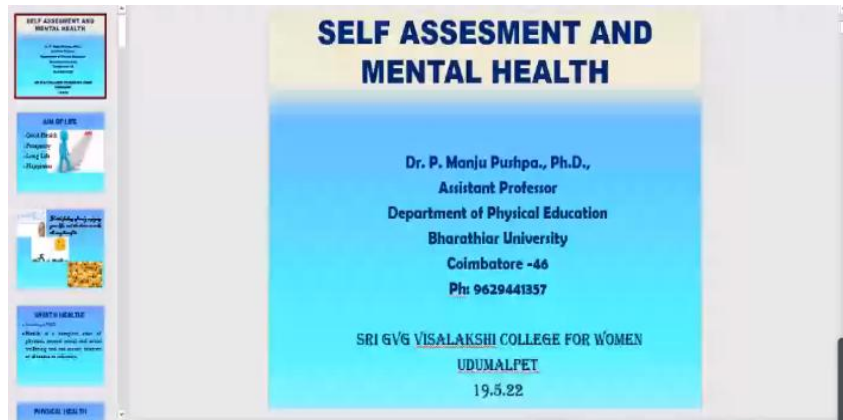
Dr.C.Brindhadevi
Convenor

Organizing Committee :

Dr.R.Parameswari Dr.K.Umamageswari Dr.R.Vanamadevi
Dr.M.Kalavathi Dr.C.Pushpalatha Dr.M.Rajapriya
Dr.S.Bhuvaneshwari

All are cordially invited...

Photo



Report

STUDENT ENRICHMENT PROGRAMME
On
WEBINAR ON ENHANCED AWARENESS ON MENTAL HEALTH


Report

Date: 19.05.2022 Time: 10.30 a.m.

Objective: To enhance awareness of the students about importance of mental health.

Online webinar on Enhanced Awareness on Mental Health was organized by the department. Dr.Manjupushpa, Assistant Professor of Physical Education, Bharathiar University, Coimbatore act as a resource person for the webinar and she had provide them practical tips on how to cope and find solutions to problems. Resource person emphasized on early recognition of mental illness and important role of students in the society in reducing the stigma related to mental illness. The session was enlightened to the students on managing stress and finding the ways to develop coping strategies to reduce the stress. The session ended with question and answer session. Total 98 Students from II. B.Com & I M.Com and 9 faculties attended the session.

T. Lakshmi
Head of the Department




Rajawari
Principal
PRINCIPAL
SRI BVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS POST,
UDUMALPET - 642 128

Resource person profile

Curriculum Vitae

Dr.P.Manju Pushpa,Ph.D.,
Assistant Professor,
Department of Physical Education,
Bharathiar University, Coimbatore-641046
Mail Id: dr.manjupushpa@gmail.com
Mobile: 9629441357



Teaching Experience (19 years)

- ✦ Working as Assistant **Professor** in Department of Physical Education, Bharathiar University, and Coimbatore from January 2008 to till date (12 years 6 months).
- ✦ Worked as **Physical Directress** in Faculty of Engineering, Avinashilingam University for women, Coimbatore, from February 2003 to January 2008 (5 years).
- ✦ Worked as **Physical Directress** in P.K.R. College for women, Gobichettipalayam February 2002 to February 2003 (1 year).
- ✦ Worked as **Guest lecture** in Department of Physical Education, Avinashilingam University for women, Coimbatore, Jan 2001-May 2001 (4 months).

Papers Handling

Theory

- ✦ **Anatomy and physiology for Physical Education**

- ✦ Worked as **Guest lecture** in Department of Physical Education, Avinashilingam University for women, Coimbatore, Jan 2001-May 2001 (4 months).

Papers Handling

Theory

- ✦ **Anatomy and physiology for Physical Education**
- ✦ **Exercise physiology**
- ✦ **Research methodology**
- ✦ **Yoga Education**

Practical's

- ✦ **Basketball**
- ✦ **Athletics**
- ✦ **Methods of Teaching practice**

Coaching University Women Teams

- 🏀 Basketball
- 🏐 Volleyball
- 🏋️ Weightlifting and Powerlifting
- 🏐 Handball
- 🏸 Ball badminton
- 🏃 Athletics

Research work

Ph.D Awarded : 3

Ph.D submitted : 2

Ph.D ongoing : 4

M.Phil Awarded : 1

M.Phil ongoing : 1

Project sanctioned

- Received financial assistance for project under RUSA-2.0 BCTRC-on the title: Impact of yoga for cancer survivors for **9.50 lakhs** on 14.12.2020 for the period of two years.
- Financial assistance sanctioned to conduct certificate course in sports coach under UGC,New Delhi ,for the amount of **24.70 lakhs** on 12.10.2020.

M.Phil ongoing : 1

Project sanctioned

- Received financial assistance for project under RUSA-2.0 BCTRC-on the title: Impact of yoga for cancer survivors for **9.50 lakhs** on 14.12.2020 for the period of two years.
- Financial assistance sanctioned to conduct certificate course in sports coach under UGC,New Delhi ,for the amount of **24.70 lakhs** on 12.10.2020.
- Financial assistance sanctioned to organize state level and national level training programme on Gender Budgeting under Minister of women and child development, Government of India on the title: Gender budgeting for the officials in the Department of youth affairs and sports for the amount of **75 thousand** on 11.1.2021

Book Published

- 📖 "Obesity and Your Health" Mano Publishers, India. ISBN No 9788192175973
- 📖 "Sports Injuries Management" Mano Publishers, Coimbatore, India. ISBN No 9788192175997
- 📖 "Anatomy and Physiology" Text Book Mano Publishers, Coimbatore, India. ISBN No 9788192175980
- 📖 "Yoga Asana" Text book
- 📖 "Fitness and Wellness" Text Book
- 📖 "Concept of physical Fitness and wellness" (Study Material)
- 📖 "Science of Yoga" (Study Material)
- 📖 "Fitness Assessment and Management" (Study Material)
- 📖 "Fitness Training" (Study Material)

Participation list

S. No	NAME OF THE STUDENTS	CLASS	
1.	AARTHI J	II. B.Com	T. Prathe
2.	ABARNA M	II. B.Com	M. Abarna
3.	ANJALI T	II. B.Com	T. Anjali
4.	ARTHIKA S	II. B.Com	S. Arthika
5.	DHARANIM	II. B.Com	M. Dharamini
6.	DHARANIM	II. B.Com	M. Dharamini
7.	DHARANI S	II. B.Com	S. Dharamini
8.	DIVYA K	II. B.Com	Divya K
9.	DIVYA P	II. B.Com	Divya P
10.	DIVYABHARATHIN	II. B.Com	Divya Bharathi
11.	HARIPRIYA SS	II. B.Com	Haripriya S.S.
12.	HARSHANA P	II. B.Com	Harshana P
13.	JEEVITHA S	II. B.Com	Jeevitha S
14.	KARTHIKA K	II. B.Com	Karthika K
15.	KAVI DHARSHINI M	II. B.Com	Kavi Dharmini M
16.	KAVITHA M	II. B.Com	Kavitha M
17.	KAVIYA K	II. B.Com	Kaviya K
18.	KAVIYAVARSHINI S	II. B.Com	Kaviya Varshini S
19.	KAVYA V	II. B.Com	Kavya V
20.	KAVYASHREE K	II. B.Com	Kavyashree K
21.	KEERTHANA U	II. B.Com	Keerthana U
22.	KOKILAVANI Y	II. B.Com	Kokilavani Y
23.	KOWSALYA K	II. B.Com	Kowsalya K
24.	MADHUMITHA D	II. B.Com	Madhumitha D
25.	MALATHI R	II. B.Com	Malathi R
26.	MEENALOSANI M	II. B.Com	Meenalosani M
27.	MOHANAPRIYA M	II. B.Com	Mohanapriya M
28.	MUTHULAKSHMI M	II. B.Com	Muthulakshmi M
29.	NAIYA JASMINE L	II. B.Com	Naiya Jasmine L
30.	NANDHINI P	II. B.Com	Nandhini P
31.	NANDHINI T	II. B.Com	Nandhini T
32.	NASREEN A	II. B.Com	Nasreen A
33.	PONNALAGU P	II. B.Com	Ponnalagu P
34.	PRIYA C	II. B.Com	Priya C
35.	PRIYADHARSHINI R M	II. B.Com	Priya Dharmini R.M.
36.	PRIYADHARSHINI S	II. B.Com	Priya Dharmini S
37.	PRIYADHARSHINI V	II. B.Com	Priya Dharmini V
38.	PRIYANKA A	II. B.Com	Priyanka A
39.	RAASIT	II. B.Com	R. RAASIT

40.	RENUGADEVI A	II. B.Com	R. Renukadevi
41.	ROSHINI KAN	II. B.Com	Roshini Kan
42.	SAJENA S	II. B.Com	Sajena S
43.	SAKTHI PRIYA A	II. B.Com	Sakthi Priya A
44.	SANGEETHA T	II. B.Com	Sangeetha T
45.	SARAH FATHIMA A	II. B.Com	Sarah Fathima A
46.	SARANYA R	II. B.Com	Saranya R
47.	SARANYA S	II. B.Com	Saranya S
48.	SASI PRABHA K	II. B.Com	Sasi Prabha K
49.	SATHYAPRIYA B	II. B.Com	Sathyapriya B
50.	SATHYA S	II. B.Com	Sathya S
51.	SELVAPRIYA M	II. B.Com	Selvapriya M
52.	SNEKA K	II. B.Com	Sneka K
53.	SNEKAPRIYA T.K	II. B.Com	Snekapriya T.K
54.	SRI DEVI R	II. B.Com	Sri Devi R
55.	SUMAYA PARVIN K	II. B.Com	Sumaya Parvin K
56.	THIRUKKAVIYA K	II. B.Com	Thirukkaviya K
57.	UMAMAHESWARIK	II. B.Com	Umamaheswari K
58.	BAVATHARANI S	II. B.Com	Bavatharani S
59.	BHARANI PRIYA A	II. B.Com	Bharani Priya A
60.	BOOMIKA M	II. B.Com	Boomika M
61.	DARSHANA K M	II. B.Com	Darshana K.M.
62.	DHARSHINI S	II. B.Com	Dharmini S
63.	DHARUNIKA B	II. B.Com	Dharmunika B
64.	FATHIMA PARVEEN A	II. B.Com	Fathima Parveen A
65.	GOPIKA K	II. B.Com	Gopika K
66.	GOWRI S	II. B.Com	Gowri S
67.	HARSHINI M	II. B.Com	Harshini M
68.	ISWARYA E	II. B.Com	Iswarya E
69.	JENIFER N	II. B.Com	Jenifer N
70.	KAVIYA C	II. B.Com	Kaviya C
71.	KEERTHANA S	II. B.Com	Keerthana S
72.	ABINAYA R	LMCom	Abinaya R
73.	AMIRTHINI D	LMCom	Amirthini D
74.	ANFAR SITHIKA A	LMCom	Anfar Sithika A
75.	BHAVYA BS	LMCom	Bhavya B.S.
76.	CHIBBIKAA B	LMCom	Chibbika B
77.	DEEPA DHARANIR	LMCom	Deepa Dharmini R
78.	GAYATHRI P	LMCom	Gayathri P
79.	HARIPRIYA S	LMCom	Haripriya S
80.	HARSITHA SREE M	LMCom	Harsitha Sree M
81.	JAYASHEELA K	LMCom	Jayasheel K
82.	MAHALAKSHMI M	LMCom	Mahalakshmi M
83.	MUTHULAKSHMI I	LMCom	Muthulakshmi I

84.	NANDHINI B (06.08.2001)	LMCom	nandhini - B.
85.	NANDHINI B (09.07.2001)	LMCom	nandhini - B.
86.	NAVEENA R	LMCom	NAVEENA - R
87.	NISHAMBIKA M	LMCom	Nishambika - M
88.	PARKAVI G	LMCom	Parkavi
89.	RAGHAVI R	LMCom	R. P. Raghavi
90.	RAMYA S	LMCom	Ramya
91.	REGILA M	LMCom	Regila - M
92.	SANTHIYA D	LMCom	Santhiya - D
93.	SARANYA M	LMCom	Saranya - M
94.	VINITHAA A	LMCom	Vinithaa - A
95.	VINOTHA A	LMCom	P. Vinitha
96.	VISHRUTI S.V	LMCom	Vishruti - S.V
97.	YASMIN U.S	LMCom	Yasmin - U.S
98.	YAZHINI D	LMCom	Yazhini - D

To: Lakshmi
 Head of the Department
 Associate Professor & Head,
 P.O. A. Research, Dept. of C. & S. Studies,
 S.V.G. Viswavidyalaya College for Women,
 UDUMALPET - 642 128.

Rajagopal D.
 SRI GURUPADALAKSHMI COLLEGE
 FOR WOMEN (AUTONOMOUS)
 VENKATESA MILLS POST,
 UDUMALPET - 642 128

