

# SRI GVG VISALAKSHI 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)

 **SRI GVG VISALAKSHI COLLEGE FOR WOMEN**  
Affiliated to Bharathiar University  
Accredited at A+ Grade by NAAC(Fourth cycle)  
An ISO 9001:2015 Certified Institution  
Udumalpet, Tamil Nadu - 642128.



*Department of Commerce Aided organises Webinar On*

    
healthy body + healthy mind = happy life

**Topic: Mental Health and Physical Well-being**

**Program organiser:**  
Dr. S. Bhuvanewari

**Program Advisor:**  
Dr. N. Lakshmi  
Head of the Department of  
Commerce.



**Resource Person: Dr. P. Gnanavel M.D, D.M**  
Senior Assistant Professor,  
Department of Cardiology,  
Mohan Kumaramangalam Govt. Hospital,  
Salem.

**Dr. N. Rajeswari**  
Principal

Google Meet: <https://meet.google.com/oxo-wpkz-tte>

**Date: 24.03.2022 Time: 10.30 a.m**

meet.google.com/oxo-wpkz-tte?pli=1

cardiology dept	Sridha Sridha	Kavyashree Kisho...	Asfar Achu	KAVIYA S	cardiology dept	Nandhini Nandhu	19BA8345 - Mala...	19BA8358 Priyadh...
Nalini Jasmine L...	19BA8359 Priyanka	19BA8366 Sarah f...	19BA8377 Thirukk...	19BA8330 Divyab...	19BA8361 Renuga...	19BA8326 Dharani...	Vasuki P	Karthiga Muruga...
19BA8370 Sathiya...	srinathi sivakumar	Abinaya.R	Saranya Shanmug...	Shruthi Srinathi	19BA8376 Sumaya...	19BA8356 Priyadh...	19BA8328 - Divya K	19BA8323 Anjali...
Gayathri Panjanat...	19BA8343 Kowsal...	Jayasheela K	Priya Dharshini	19BA8357 Priyadh...	Harsha .B	sakthi priya	S Kaviyavarshini	Sanjitha Sadiq
ALISHA EBENEZER	Mahalakshmi	Shenbagapriya.P	Madhu mitha	19BA8327 - Dhara...	20mc9714 Sathya...	19BA8325 Dharani...	56 others	You

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**SRI GVG VISALAKSHI COLLEGE FOR WOMEN (Autonomous)**



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**Department of Commerce**  
**STUDENT ENRICHMENT PROGRAMME**  
**On**  
**Webinar on Mental Health and Physical Well-Being**

Date: 24.03.2022

Time: 10.30 a.m

**Report**

**Objectives: To acquire better knowledge and understanding of Mental health and Physical well-being.**

The webinar started at 10.30 am with the welcome address by Dr.S.Bhuvaneshwari, Assistant Professor, Department of Commerce. She introduced the resource person Dr.P.Gnanavel, Senior Assistant Professor, Department of Cardiology, Mohan Kumaramangalam, Government Hospital, Salem. The Resource Person explained the causes of heart diseases, ways of preventing heart disease and the first aid to be provided. He discussed about the various forms in which heart diseases occur. He asked the students to take good care of their health and maintain a proper diet. He asked the students to do exercise to improve mental health. The participants raised various questions to clarify doubts and the doctor interacted with them. The webinar ended with a vote of thanks by Ms. A. Asfar Sithika of I.M.Com. 96 students of B.Com and M.Com programmes were benefitted.

*N. Lakshmi*  
Head of the Department



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

Name of the Participant	Year of Study	Contact Number	Do you think the session was informative?	Do you think the speaker(s) were well prepared?	Do you think the speakers were concerned about the audience understanding?	Do you think this seminar is needed at the current situation?	Usefulness of the topic
SANGEETHA S	2nd year	9698469861	Strongly Agree	Neutral	Agree	Agree	Very useful
KAVIYA. S	II YEAR	6374047887	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
N. DHARSHNI	II YEAR	9361688307	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Jothika N	II B.com (Aided)	8248234771	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
M.shalini	2020_2022	7373930455	Strongly Agree	Agree	Agree	Agree	Useful
P.Shenbagapriya	2nd year	6369491906	Agree	Agree	Agree	Strongly Agree	Very useful
DEVADHARSHINI ML	II B.Com(Aided)	8903223136	Agree	Strongly Agree	Agree	Agree	Very useful
KAVIYAPRIYA S	II B.COM (AIDED)	6369401287	Agree	Agree	Agree	Agree	Useful
GAYATHRI P	I year	6374273336	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
B. Nandhini	I M. Com	9025510337	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
S.V.vishruti	I- M.com	6383381147	Strongly Agree	Strongly Agree	Agree	Neutral	Useful
Bhavya BS	I M.Com	9345318244	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Harsitha sree.M	2022	8973607796	Agree	Agree	Agree	Agree	Useful
V. Soundharya	1st M. Com	7449165914	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Abinaya.R	I- PG	6383091882	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
I.Muthulakshmi	Ist M.com	6383302886	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Yasmin.U.S	<a href="#">I-M.Com</a>	9488124979	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Nishambika.M	I M.Com	9698668821	Strongly Agree	Agree	Strongly Agree	Agree	Very useful
D YAZHINI	I M. Com	9994954828	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Very useful
Raghavi.R.R	I M.Com	6382832941	Agree	Agree	Agree	Agree	Very useful
AKALYA A	II B.COM (AIDED)	9688021050	Agree	Agree	Agree	Agree	Useful
B.CHIBIKAA	I year	9715081881	Agree	Agree	Agree	Agree	Useful

Manjula .A (20BA9255	II	96775261 84	Agree	Strongly Agree	Agree	Agree	Useful
A.Vinithaa	I- M.Com	63696504 32	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
Mahalakshmi. M	2022	78128010 01	Agree	Agree	Agree	Agree	Very useful
B. Nandhini	I M. com	63813343 24	Agree	Agree	Agree	Agree	Useful
Deepa.B	<a href="#">I.M.Com</a>	93601095 20	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
Susmitha.S	<a href="#">II-M.Com</a>	76048680 76	Agree	Agree	Agree	Agree	Useful
G.parkavi	<a href="#">I-M.com</a>	96551193 60	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
Regila.M	<a href="#">I-M.com</a>	91882269 38	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
D.santhiya	<a href="#">I-M.COM</a>	93446407 91	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
Jasmine Z	<a href="#">I.M.com</a>	79042175 38	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Useful
Mahalakshmi M	<a href="#">I-M.Com</a>	78128010 01	Agree	Agree	Agree	Agree	Very useful
Abisha Ebenezer J	II B.Com (Aided)	63799199 46	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
Asfar Sithika A	2021	98421418 31	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful
A.VINOTHA	I M.Com	75399236 55	Strongly Agree	Strongly Agree	Agree	Agree	Very useful
S. Ramya	I M. Com(2022- 2023)	97892875 50	Strongly Agree	Strongly Agree	Agree	Agree	Very useful
V. R. Sai Swetha	II B. Com Aided	99655066 90	Strongly Agree	Strongly Agree	Strongly Agree	Strongl y Agree	Very useful

S. No	Name of the Students	Class
1.	ABINAYA.R	I.M.Com
2.	AMIRTHINI.D	I.M.Com
3.	ASFAR SITHIKA A	I.M.Com
4.	BHAVYA BS	I.M.Com
5.	CHIBIKAA.B	I.M.Com
6.	DEEPA.B	I.M.Com
7.	DEEPADHARANI.R	I.M.Com
8.	GAYATHRI. P	I.M.Com
9.	HARIPRIYA S	I.M.Com
10.	HARSITHA SREE. M	I.M.Com
11.	JASMINE.Z	I.M.Com
12.	JAYASHEELA K	I.M.Com
13.	MAHALAKSHMI.M	I.M.Com
14.	MUTHULAKSHMI. I	I.M.Com
15.	NANDHINI B (06.08.2001)	I.M.Com
16.	NANDHINI B (09.07.2001)	I.M.Com
17.	NAVEENA R	I.M.Com
18.	NISHAMBIKA.M	I.M.Com
19.	PARKAVI.G	I.M.Com
20.	RAGHAVI.R.R	I.M.Com
21.	RAMYA.S	I.M.Com
22.	REGILA.M	I.M.Com
23.	SANTHIYA.D	I.M.Com
24.	SARANYA M	I.M.Com
25.	SOUNDHARYA. V	I.M.Com
26.	VINITHAA A	I.M.Com
27.	VINOTHA. A	I.M.Com
28.	VISHRUTI .S.V	I.M.Com
29.	YASMIN.U.S	I.M.Com
30.	YAZHINI.D	I.M.Com
31.	ANN MERCY J	II.M.Com
32.	ANUHARITHA K	II.M.Com
33.	ASHIKA J	II.M.Com

34.	GAYATHRI T	II.M.Com
35.	GOKILA M	II.M.Com
36.	HARSHA B	II.M.Com
37.	JEEVITHA A	II.M.Com
38.	KANISHMA DEVI C	II.M.Com
39.	MOHANAPRIYA D	II.M.Com
40.	MOUNICA D	II.M.Com
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42.	SANJITHA S	II.M.Com
43.	AARTHI. J	III. B.Com
44.	ABARNA. M	III. B.Com
45.	ANJALI.T	III. B.Com
46.	ARTHIKA. S	III. B.Com
47.	DHARANI.M	III. B.Com
48.	DHARANI. M	III. B.Com
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50.	DIVYA K	III. B.Com
51.	DIVYA.P	III. B.Com
52.	DIVYABHARATHI.N	III. B.Com
53.	HARIPRIYA. SS	III. B.Com
54.	HARSHANA.P	III. B.Com
55.	JEEVITHA.S	III. B.Com
56.	KARTHIKA.K	III. B.Com
57.	KAVI DHARSHINI M	III. B.Com
58.	KAVITHA.M	III. B.Com
59.	KAVIYA.K	III. B.Com
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70.	MUTHULAKSHMI M	III. B.Com
71.	NAFIYA JASMINE L	III. B.Com
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73.	NASREEN.A	III. B.Com
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79.	PRIYANKA.A	III. B.Com
80.	RAASI.T	III. B.Com
81.	RENUGADEVI. A	III. B.Com
82.	ROSHNIKA.N	III. B.Com
83.	SAKTHI PRIYA. A	III. B.Com
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86.	SARANYA.R	III. B.Com
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95.	THIRUKKAVIYA. K	III. B.Com
96.	UMAMAHESWARI.K	III. B.Com