

Day 3- 03.07.2024- Wednesday

Healthy Life style



**Sri G.V.G Visalakshi College for Women
(Autonomous)**



Affiliated to Bharathiar University
Accredited at A+ Grade by NAAC
An ISO 9001:2015 Certified Institution
DBT Star Status College, Udumalpet - 642128.

Student Induction Programme 2024-2025

Healthy Life style



Dr.S.SREENITHI

Naturopathic Physician
BNYS (AYUSH MEDICAL)
Udumalpet



Dr.S.V. JANANI

Naturopathic Physician
BNYS (AYUSH MEDICAL)
Udumalpet

Dr.R.Vanamadevi
SIP Coordinator

Dr.J.Manjula
Director & Advisor

Dr.R.Parameswari
Principal i/c

**Members : Dr.G.Karthiga, Mrs.PL.Amirtham,
Dr.S.Beula Agnes, Dr.M.Karpagadevi, Mrs.S.Deepika.**

Venue : GVG Auditorium

Date : 03.07.2024

Time : 10.00 am

All are Cordially Invited

Student Induction Programme (2024-25)

Topic : Healthy lifestyle.

Resource

Person : Dr. Sreenithi & Dr. S.V. Janani
Naturopathic Physicians,
BNYS (AYUSH MEDICAL)
Udumalpet.

Objective: To Create awareness among the students about maintaining a healthy lifestyle.

The session aimed to raise awareness among the students about the importance of a healthy lifestyle. The Resource Persons emphasized the benefits of practicing YOGA regularly, both in the Morning & Evening. They highlighted the importance of consuming healthy food to boost the immune system, maintain high energy levels, and support overall Physical & Mental health. The Resource person stressed the need to adopt healthy eating consistently.

To achieve a healthy life, they recommended life modifications, dietary adjustments, fasting, stress Management, and yoga practices. Practical sessions were conducted on different types of breathing techniques, various asanas, and their benefits. Surya Namaskara and other asanas were demonstrated on stage, and students were encouraged to practice these techniques individually.

Outcome: Students gained awareness of various asanas and their importance in maintaining a healthy lifestyle. They learned the regular practice of these exercises contributes to overall well being of health.

R. V. M.
SIP-COORDINATOR

R. Suresh
PRINCIPAL i/c
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)

D. M.
J. M.
RESOURCE PERSON



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Long 77.266378°
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Healthy Life style- Dr. S. Sreenithi and Dr. S.V Janani.

426 responses

