



Nallamuthu Gounder Mahalingam College

An ISO 9001:2008 Certified Institution, Re Accredited by NAAC,
Affiliated to Bharathiar University.

DEPARTMENT OF ECONOMICS

In Association with
Institution's Innovation Council (IIC)
Organises

A Workshop on "Life Skills: Health and Fitness"



Resource Person: A. S. Kannan, M. Com, PG DCA
GDS - Assistant Branch Post Master
Pollachi Sorting.

23-02-2023 **11:30 am** **A-120**

Presides

Dr. R. Muthukumar
Principal

Convener

Dr. P. Krishnathulasimani
HOD

Organising Committee

Mr. N. Anbuarasu
Mr. K. Murugavelu
Dr. Nirrmala Sathish
Dr. N. Padmasundari

(Signature)
Dr. R. MUTHUKUMARAN,
M.A., M.Phill., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

(Signature)

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
N.G.M. College, Pollachi - 642 001


(Handwritten) IQAC/2022-23/FEB/232

Life Skill : Health and Fitness

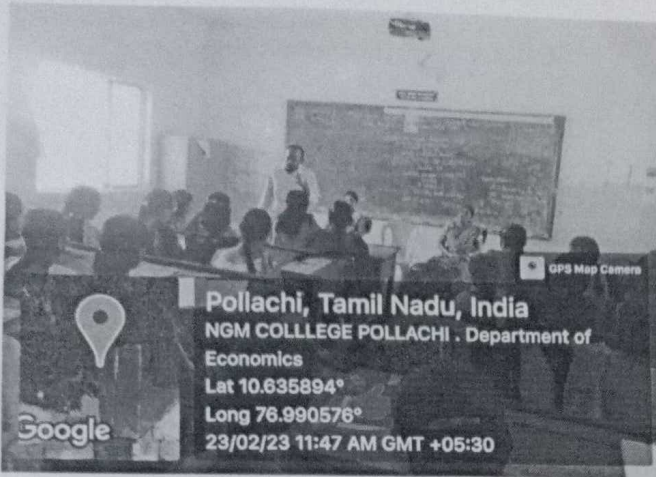
Nallamuthu Gounder Mahalingam College and Department of Economics in association with Institution's Innovation Council organised a workshop on "Life Skill : Health and Fitness" on 23.02.2023. The Chief Guest of the event was A.S. Kannan, M.Com, PG DCA GDS-Assistance Branch Post Master Pollachi Sorting. The Chief Guest shared information about Patterns of Food, Menstrual Health tips and also discussed about the daily Food Habits, Physical Fitness of the Body. More than 50 students were attended and benefited.



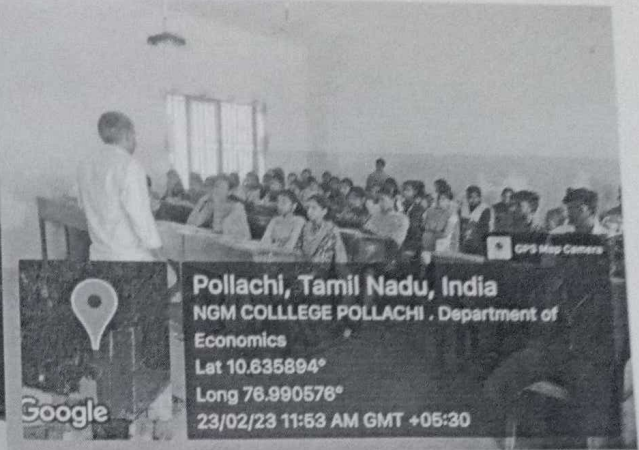
Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
NGM College (Autonomous)
Pollachi - 642 001



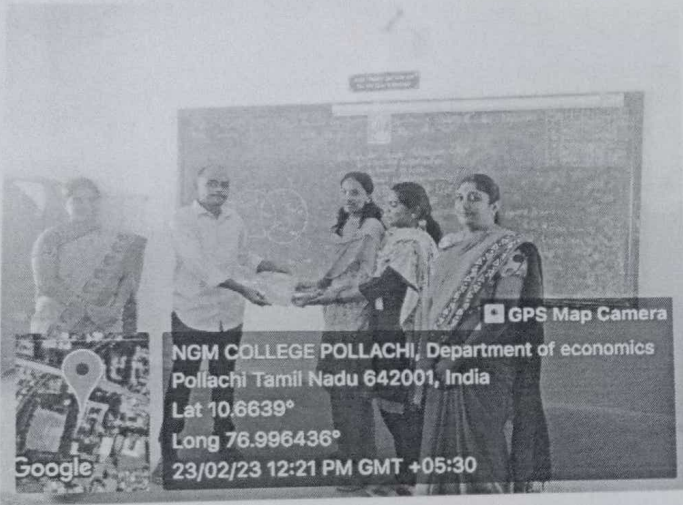
Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District



Pollachi, Tamil Nadu, India
NGM COLLEGE POLLACHI . Department of
Economics
Lat 10.635894°
Long 76.990576°
23/02/23 11:47 AM GMT +05:30



Pollachi, Tamil Nadu, India
NGM COLLEGE POLLACHI . Department of
Economics
Lat 10.635894°
Long 76.990576°
23/02/23 11:53 AM GMT +05:30



NGM COLLEGE POLLACHI, Department of economics
Pollachi Tamil Nadu 642001, India
Lat 10.6639°
Long 76.996436°
23/02/23 12:21 PM GMT +05:30



Edit with WPS Office

Nallamuthu Gounder Mahalingam College (Autonomous), Pollachi

Department of Economics

Programme : Life Skills : Health and Fitness

Resource Person : "A.S. Kananan, M.Com., PGDCA, GDS – Assistant Branch Post Master
Pollachi Sorting"

Date : 23.02.2023

S.no	Name of the Student	Register No	Contact No	E-mail Id	Signature
1	A. Abinaya.	20EC20	9635367759	abinayaabinaya r16@gmail.com	Abinaya
2	R. Akhila	20 EC 21	93 60658167	akhila akhila9665 @gmail.com	Akhila
3	K. Saini	20EC 43	93 44030282	Saini Kittusamy 26@gmail.com	K. Saini
4	T. Soundarya.	20-EC-46	7010822192	soundaryat375 @gmail.com	Soundarya
5	K. Sowmya	20-EC-47	7397558242	Sowmya Kalisamy @gmail.com	Sowmya
6	N. Marya	20-EC-38	7708852280	maryanatajay217 @gmail.com	N. Marya
7	V. Mahalakshoni	20-EC-27	8870643321	maha Veeramthee 28@gmail.com	M. Mahalakshoni
8	R. Rameya	20-EC-42	8248815215	ramyaramachan dhanra1a@ gmail.com	R. Rameya
9	N.D. Varsha Senthil	20-EC-49	7358915907	VarshaSenthil06 @gmail.com	N.D. Varsha Senthil
10	V. Vindhya Sumanaraba	20-EC-52	6374847140	Vindhya Lalitha @gmail.com	V. Vindhya

P. V. Thirumala

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
NGM College (Autonomous)
Pollachi - 642 001

Dr. R. MUTHUKUMARAN
M.A., M.Phil., B.Ed., Ph.D.
PRINCIPAL

NGM College Pollachi - 642 001

S.No	Name of the Student	Register No	Contact No	E-mail Id	Signature
11	K. Kavaya	20-EC-32	6379734513	ekaviyak@gmail.com	
12	P. Ramya	20-EC-41	9944496388	ramyalavanya178@gmail.com	
13	R. Sowmya	20-EC-48	9842860543	Sowmya2022.1019@gmail.com	
14	P. Lavanya	20-EC-36	9944496388	lavanya901@gmail.com	
15	S. Jayawardhini	20-EC-29	6381611240	jayamani1022@gmail.com	
16	S. Deivraj	20-EC-01	7402411117	deivraj@gmail.com	
17	N. Rithik	20-EC-13	9994261316	n.rithik2003@gmail.com	
18	M. Yaswanth	20-EC-101	0148664000	m.yaswanth@gmail.com	
19	Clara Moorthi. K	20-EC-03	9345565046	ClaraMoorthi.003@gmail.com	
20	Gokul Prasad. N	20-EC-04	7305211310	gokulPrasad223@gmail.com	
21	JAYAPRAKASH. D	20-EC-05	9677732854	jayaprakash.11@gmail.com	
22	S. Venothini	21-EC-60	8760199117	vinoselvaraj10@gmail.com	
23	G. Vasuki	21-EC-59	9487059315	vasukigopalan17@gmail.com	
24	M. Santhiya	21-EC-54	9524563292	sandysanthiya369@gmail.com	

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
NGM College (Autonomous)
Pollachi - 642 001

Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

S.No	Name of the Student	Register No	Contact No	E-mail Id	Signature
25	R. Menaka Gandhi	21-EC-45	9791822917	menakagandhi555@gmail.com	
26	K. Kavithamani	21-EC-38	8807577176	kavithakumarasel35@gmail.com	
27	V. Gouri	21-EC-33	9952291756	gowri velmayil@gmail.com	
28	R. Ramya	21-EC-52	9791411079	ramyagheethi22@gmail.com	
29	S. Kavipriya	21-EC-37	6381248645	kavipriya bayya@gmail.com	
30	R. Geetha	21-EC-32	8015621332	ramangeetha2004@gmail.com	
31	V. Pavithra	21-EC-50	8637629232	pavithrav305@gmail.com	
32	S. Nowfiya	21-EC-48	8610928480	nowfiyasheweabdulla@gmail.com	
33	M. Subashini	21-EC-58	9791792852	suba98214@gmail.com	
34	G. Mahalaxshmi	21-EC-44	8667202135	ggmahalaxshmi28@gmail.com	
35	K. Madhumitha	21-EC-40	7825989466	karuppmadhumitha324@gmail.com	
36	S. Karthik Raja	21-EC-6	9360771306	Karthik12vare3@gmail.com	
37	K. Pooveindhiran	21-EC-15	8220884255	Poovipooovi6362@gmail.com	
38	C. Manikandan	21-EC-10	9677476847	manikandan.c32004@gmail.com	

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
Kann College (Autonomous)
Pollachi - 642 001

Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL

S.No	Name of the Student	Register No	Contact No	E-mail Id	Signature
39	J. Madhusri	21-EC-43	6385611132	bala.krishnan 29112006@gmail.com	J. Madhusri
40	A. Mirudula	21-EC-46	9342522272	mirudulaaruchamy1 @gmail.com	A. Mirudula
41	T. Gayathri	21-EC-21	9944917216	gayathrisumala9 -samy9773@ gmail.com	T. Gayathri
42	K. Saranya	21-EC-55	9190383148	Baranyakanna202 @gmail.com	K. Saranya
43	M. Priya	21-EC-51	9047274858	Priya 27082003 @gmail.com	M. Priya
44	M. Saravananaret	21-EC-24	9751528994	Saravananamy 2002@gmail.com	M. Saravananaret
45	M. MATHAN KUMAR	21-EC-13	8344436796	mathankumar 1461@gmail.com	M. Mathan Kumar
46	T. Sankoshkumar	21-EC-21	9545780686	sankoshkumar SK072004@ gmail.com	T. Sankoshkumar
47	M. MANI KUMAR	21-EC-11	7306072117	MANIKUMAR50127 @GMAIL.COM	M. Mani Kumar
48	M. ARAVINDHAN	21-EC-03	9342719253	M. Aravindhyan 912@gmail.com	M. Aravindhyan
49	S. Karthigaian S. Karthigaian	21-EC-36	8807161955	SKarthigaian 220@gmail.com	S. Karthigaian
50	K. PARIMALA	21-EC-49	9585467780	ParuParuMa la 113@gmail.com	K. Parimala
51	M. DURKA DEVI	21-EC-30	9965780975	Durka Devi @gmail.com	M. Durka Devi
52	S. Keerthika	21-EC-40	9715246740	KeerthikaKeerthika 070@gmail.com	S. Keerthika

P. a. The C. m.

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
N.G.M. College (Autonomous)
Pollachi - 642 001

Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

S.No	Name of the Student	Register No	Contact No	E-mail Id	Signature
53	M. Santhosh kumar	21-EC-22	9860367528	kuty.santhosh 220@gmail, com	M. S
54	C. Krishna Prasanth.	21-EC-09	9597819137	Krishna Krishna Prasanth@gmail com.	C. Prasanth.
55	M. Vishnu Varshini	22-EC-67	7402186777	Varshini Vishnu 818@gmail.com	M. Vishnu Varshini
56	Priya Dharshini. A	22-EC-56	9488215286	pp8351172@gmail com	Priya
57	Ranjitha. M	22-EC-57	875493602	Ranjitha 29 83 @gmail.com	Ranjitha M
58	Kokila Vani. M	22-EC-43	9384216751	Vanikokila 423 @gmail.com	Kk
59	Vanitha devi. V	22-EC-56	8675310148	Lovely Vanitha 439 @gmail.com	V. Vanitha
60	Sahana. J	22-EC-59	7010537197	Sahana 0512 @ gmail.com	J. Sahana
61	Nithiya Sree. K	22-EC-52	9360064092	Maya 48 gmail.com	K. Nithiya
62	Deepa. R	22-EC-31	9361668878	Abi@gmail. com	R. Deepa
63	Kaviya. V	22-EC-39	6379873723	kavi kaviya @ gmail.com	V. Kaviya
64	Kavitha. S. M	22-EC-62	7064702579	Kavi Prisca gmail.com	Kavitha S M
65	M.K. AISHWARYA	22-EC-27	8015799818	Aishwarya gmail.com	M.K. Aishwarya
66	R. Gokila Mani	22-EC-34	9345182649	Gokila Sathum adai@gmail. com.	R. Gokila

P. a. The

Dr. P. KRISHNATHULASIMANI
Head and Associate Professor
Department of Economics
NCM College (Autonomous)
Pollachi - 642 001

Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
NCM College, Pollachi - 642 001
Coimbatore District