

	Dr. N.G.P. ARTS AND SCIENCE COLLEGE (An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore) Approved by Government of Tamil Nadu & Accredited by NAAC with 'A++' Grade (3rd Cycle 3.64 CGPA) Dr. N.G.P.-Kalapatti Road, Coimbatore-641 048, Tamil Nadu, India. Website: www.drngpasc.ac.in Email: info@drngpasc.ac.in Phone: +91-422-2369100
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Wellness Club

Activities for A.Y : 2022-23

S.No	Date	Event	Resource Person
1	16-Sep-22	Healthy Diet Practices	Dr.D.Sridevi Professor & Head Department of Food and Nutrition Dr.N.G.P. Arts and Science College, Coimbatore
2	24-Sep-22	Workshop on Art of Mindfulness-Anti-stress Drawing Pattern ,	Ms. Mavuniqu Asst. Professor, Department of CLT, Dr.N.G.P. Arts and Science College, Coimbatore
3	08-Oct-22	Health Camp- BMI & Awareness on Obesity	Dr.S.Kokila Asst. Professor & Head Department of CLT, Dr.N.G.P. Arts and Science College, Coimbatore
4	29-Oct-22	Extension activity- Awareness on Personal Hygiene	-
5	17-Oct-22	Awareness programme on Prevention of malnutrition in adolescents- World Food Day	Ms. Dharanya Manoharan Dietitian, KMCH hospitals, Coimbatore
6	05-Nov-22	Seminar on Stress Management	Dr.M.Gayathri Homeopathy Doctor

7	18-Jan-23	National Immunization Day celebration- Guest Lecture on Together let's fight polio	Dr. J.Jayalakshmi, MBBS, MD Professor & HoD, Microbiology KMCH Institute of Health Science and Research, Coimbatore
8	11-Feb-23	Competition- Fireless Cooking	-
9	13-Feb-23	National Deworming day	-
10	11-Mar-23	Awareness programme: Concepts of Health and disease	Dr.C.Hemalatha Asst. Professor, Department of CLT, Dr.N.G.P. Arts and Science College, Coimbatore