

	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 : 2023-24

S.No	Date	Events- Planned	Resource Person
1	19-Jul-23	Others - Club members registration and Orientation	-
2	02-Aug-23	Mental Health Awareness Programs - Lecture on Emotional Intelligence	Ms D. Jasmine. Priya, Assistant Professor, Sathyabama Institute of Science and Technology, Chennai.
3	30-Aug-23	Social Wellness Events - Team Building activity	-
4	21-Sep-23	Stress Buster Events - Zumba Workouts	Mrs. Krish, Fitness Instructor, Zivon's Fitness, Coimbatore
5	28-Dec-23	Health and Nutrition Talks - Poster presentation on millets and ancient herbs	-
6	03-Jan-24	Yoga and Meditation Sessions - Yoga for mental wellness	Mrs.K.Vasanth Kumari, Yoga Faculty, Dr.NGPASC
7	10-Jan-24	Antimicrobial Resistance Awareness Activity	-
8	15-Feb-24	Awareness on Deworming	Mrs. G. Daisy, Asst. Professor, Department of Medical Physics, Dr.N.G.P. Arts and Science College, Coimbatore
9	21-Feb-24	Work-Life Balance Seminars - Seminar on stress management	Ms.U.Suji, Asst. Professor, Department of Hospital Administration, Dr.N.G.P. Arts and Science College, Coimbatore