

A Seminar on Importance of Health in Today's Life Style

held on 11-12-2021



THE MADURA COLLEGE

An Autonomous institution affiliated to Madurai Kamaraj University

Re-accredited (3rd cycle) with 'A' grade by NAAC

VIDYA NAGAR, T.P.K ROAD, MADURAI-625011

Faculty Development Programme Cell

organises

One Day Enrichment Programme for

Non-Teaching Staff

on

"IMPORTANCE OF HEALTH IN TODAY'S LIFE STYLE"

Date: 11-12-2021

Time: 2:30 pm

Venue: Seminal Hall

RESOURCE PERSON

Dr. Akshaya Sudha Chandrasekaran, B.D.S

House Surgeon

ALL ARE INVITED

Co-Ordinator
FDP Cell

Dr. J. Suresh
Principal

**FDP CELL THE MADURA COLLEGE (AUTONOMOUS)
ENRICHMENT PROGRAMME FOR NON-TEACHING STAFF**

PROGRAMME SCHEDULE

Date: 11.12.2021

Time: 2.30 p.m.

Venue: Seminar Hall

Welcome Address and
Introduction of the Guest

: **Dr.S.KARTHIKEYAN**
Co-ordinator FDP Cell

Presidential Address

: **Dr.J.SURESH**
Principal, The Madura College

Felicitation

: **Dr.S.SURYANARAYANAN**
Chief Co-ordinator
The Madura College (SF)

Dr.V.SRIMAN NARAYANAN
Controller of Examinations
The Madura College

Guest Speaker

: **Dr.AKSHAYA SUDHA
CHANDRASEKARAN**

*“Importance of Health Today’s
Life Style”*

Vote of Thanks

: **Mr.M.VENKATRAMAN**
Superintendent Principal’s Office

All are cordially invited.....



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Vidya Nagar, T.P.K. Road, Madurai – 625 011

INTERNAL QUALITY ASSURANCE CELL

BRIEF REPORT ON PROGRAMME / EVENT ORGANISED

1. Title of the programme/event : Stress Management for non-teaching staff
2. Nature of the event : Seminar
3. Duration : 11-12-2021
4. Venue : Seminar Hall.
5. Hosting Department/Cell : FDP CELL, The Madura College
6. Funding agency & grant (if any) : M C B
7. Beneficiaries : Non-Teaching Staff
8. Number of participants : 80
9. Details of Resource person(s) :

S.No	Name and designation	Topic of Talk	Remarks
1	Dr.Akshaya sudha chandrasekaran	Importance of Health Today's Lifestyle	Spoke about stress management and its need of the hour

10. Brief the proceedings of the programme along with some photographs

The programme commenced on 11.12.2021, Dr S Karthikeyan, coordinated the programme .Welcome address delivered by Dr Dr S Karthikeyan,, Assistant prof. of Economics, then our respected Chief coordinator (S.F.) Dr.S. Suria Narayanan and Dr.V.Sriman Narayanan (COE) of the Madura College gave away the Felicitation Address and the Session was took over by Dr.Akshaya Sudha Chandasekaran, the session ended with the vote of thanks delivered by Mr M Venkatraman office Superintendent.





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One day Enrichment programme for Non-Teaching Staff on "Importance of Health in Today's Life Style"

Participants List

Date: 11-12-2021

Time: 02:30 pm

Venue: Seminar Hall

S. No	Name & Designation	Signature
1	K. Manimekalai	
2	M. Vanitha	
3	P. Murugeswari	
4	S. Ilanilay	
5	M. Venkatesan	
6	JEGANATHAN.U	
7	M. THIRUGNANADASS	
8	S. ARUNKUMAR - Lab Asst.	
9	S. BALAMURUGAN - Lab Asst.	
10	K. Ganapathisami	
11	A. SAISRINIVAS	

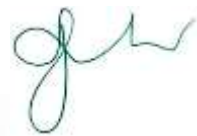
12	C. SEYACHANDRAN	hm
13	M. Kartugaiyayini	M. Kartuge
14	R. SIVA SANGREETHA	R. S. Ly
15	S. VANGANVELU	S. Vanganvelu
16	T. Nagarajan	T. Nagarajan
17	S. pandi Devi	S. P
18	P. Surya	P
19	V. RAJALAKSHMI	V. Rajalaxmi
20	V. RAJESWARI	V. Rajeswari
21	v. Thayammal	V. T
22	S. MEENAKSHI	S. M
23	G. Priya Suresh	G. Priya Suresh
24	S. MANJULA	S. Manjula
25	H. vijayar kumar	H. Vijayar
26	R. Balachandran	R. Balachandran
27	P. kumar	P. Kumar
28	S. Venkatesan	S

29	P. SENTHIL KUMAR	P. Senthil
30	L. Gobi Narayan	L. Gobi
31	N. Vignesh	N. Vignesh
32	G. Shankar Subramanian	G. Sankar
33	M.S. POORNIMA	M.S. Poornima
34	K.S. Hema	K.S. Hema
35	P. Gnanasoundari	P. Gnanasoundari
36	A. Prema latha	A. Prema latha
37	N. Sudha	N. Sudha
38	B. Subathra.	B. Subathra.
39	P. B. S. Srinivasan	P. B. S. Srinivasan
40	B. Rajathi	B. Rajathi
41	P. Meenakshi Sundhara Suresh	P. Meenakshi Sundhara Suresh
42	J. Amala Jayakumar	J. Amala Jayakumar
43	G. Jagannathan	G. Jagannathan


Co-Ordinator

FDP Cell
Dr. S. KARTHIKEYAN,
M.A., M.Phil., M.Ed., PGDCA., Ph.D.,
Assistant Professor
Department of Economics &
Centre for Research in Economics
The Madura College (Autonomous)
Madurai - 625 011





PRINCIPAL
THE MADURA COLLEGE (Autonomous)
MADURAI - 625 011