

Health Awareness Programme held on 12-04-2022



The Madura College
(An Autonomous Institution affiliated to Madurai Kamaraj University)
Vidhya Nagar, TPK Road,
Madurai – 625011

YOUTH RED CROSS & NATIONAL SERVICE SCHEME

HEALTH AWARENESS PROGRAMME

12th April, 2022 | 1.30 - 2.30 PM
Seminar Hall

- Welcome Address** : **Dr. S. Selvakumar,**
YRC PO, Assistant Professor,
Department of Commerce.
- Felicitation** : **Dr. J. Suresh**
Principal,
The Madura College, Madurai
Dr.S.Suryanarayanan
Chief Co-ordinator,
The Madura College, Madurai
- Chief Guest** : **RAJESH**
Fitness Instructor, Fitness Factory
S. SWETAA
Zumba Instructor
- Vote of thanks** : **Dr. S. Meenakshi,**
NSS PO, Assistant Professor,
Department of Economics
All Are Welcome



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 – 625 011

BRIEF REPORT ON PROGRAMME / EVENT ORGANISED

1. Title of the programme/event : **Health Awareness Program**
2. Nature of the event : YRC- Workshop
3. Date : 12.04.2022
4. Duration : 1 Hour 30 minutes
5. Venue : "CHO Hall", The Madura college
6. Hosting Department/Cell : YRC & NSS
7. Funding agency & grant (if any) :
8. Beneficiaries : Staff and students
9. Number of participants : 75
10. Details of Resource person(s) :

S.No.	Name and designation	Topic of Talk	Remarks
1.	Mr.Rajesh, Fitness Instructor' Fitness Factory.	Health Awareness	Students were highly impressed with the speech on health awareness. The speech was very useful and made the students aware on Health and Fitness
2.	M/s.S.Swetaa Zumba Instructor	Program	

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

Overview of the Workshop

The program was planned to deliver a speech on health awareness and practical session on Zhumba dance for all the YRC & NSS students.

Proceedings of the Workshop

On 12-04-2022 Youth Red Cross & National Service Scheme Units organized a workshop for the students of YRC & NSS. Workshop at 2.30pm. Dr.S.Selvakumar, YRC Programme Officer welcomed the Chief Co-ordinator (CCO), Dr. S. Suriyanarayanan, Resource Persons, Staff and students for the programme. Next Dr. S. Suriyanarayanan, CCO delivered a motivational inaugural address to the students in which he mentioned about the importance of Health awareness and Fitness to students. After that the resource person delivered the speech regarding health awareness and fitness for staff and students in their day-to-day life and also they delivered a special practical session to the students.

Finally, the program was ended by delivering vote of thanks by Dr.S.Meenakshi NSS PO, Assistant Professor. Dr.Y.Natarajan NSS Programming Officer, M/s.G.Sreedevi NSS Co-ordinator, Mrs S.Krithika YRC Programming Officer M/s.A.Suguna NSS Co-ordinator, Dr.Raja NSS Co-ordinator, Dr.P.N.Rajarajan, YRC Co-ordinator, Dr.R.Dharani YRC Co-ordinator helped to organize the programme successfully.







Y. N. Natarajan
Dr. Y. NATARAJAN
NCC PROGRAMME OFFICER
THE MADURA COLLEGE (Autonomous)
MADURAI - 625 011



Principal
PRINCIPAL
THE MADURA COLLEGE (Autonomous)
MADURAI - 625 011