



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous) VANIYAMBADI



(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) by UGC Act, 1956-Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A+" Grade (4th Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

**PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION, BIOTECHNOLOGY,
BIOCHEMISTRY & NSS
ORGANIZED**

ONE DAY AWARENESS PROGRAMME

On

PRACTICAL HEALTH & ART OF LIVING

13.03.2025

INVITATION



**PG & Research Department of Foods and
Nutrition, Biotechnology, Biochemistry & NSS
Organizes**



**Awareness Programme on
Practical Health & Art of Living**



Date : 13.03.2025 | Time : 02.40 pm to 03.40 pm

Venue : Sri Roop Rajat Seminar Hall

Chief Guest



**Dr. Parasmal Tolawat (Choradia)
Medical Practitioner & Social Activist
Chennai**

**PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751**

**V. Dilip Kumar Jain
President**

**Anand Singh
Secretary**

**Dr. M. Subavalli
Principal**

AGENDA



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
AUTONOMOUS VANIYAMBADI**

**PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION
BIOTECHNOLOGY, BIOCHEMISTRY & NSS**

Jointly Organizes

**AWARENESS PROGRAMME
ON
PRACTICAL HEALTH & ART OF LIVING**

Agenda

13.03.2025

PRAYER

WELCOME ADDRESS

: Nisha Katwal

I B.Sc Biotechnology, MKJC

FELICITATION ADDRESS

: Dr.M.Inbavalli

Principal, MKJC

CHIEF GUEST INTRODUCTION : N.P. Ruchitha

III BBA, MKJC

HONOURING OF THE CHIEF

GUEST

: Management Trustee

CHIEF GUEST ADDRESS

: Dr. Parasmal Tolawat Choradia

**Medical Practitioner & Social Activist
Chennai**

VOTE OF THANKS

: S.Jabasri

III B.Sc Biotechnology, MKJC



NATIONAL ANTHEM

PRINCIPAL
Marudhar Kesari Jain College
(Autonomous)
Vaniyambadi - 635 751.

REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS), VANIYAMBADI**



Activity Report

Title	Practical Health & Art of Living		
Organized By	PG and Research Department of Food and Nutrition, Biotechnology, Biochemistry & NSS		
Type of Activity	Awareness Programme		
Level	Institutional		
Date	13.03.2025	Time	2.40 PM
Venue	Sri Roop Rajat Seminar Hall	Mode:	Offline
Resource Person Details	Dr. Parasmal Tolawat (Choradia), Medical Practitioner & Social Activist Chennai.		
Objective of the Programme	Improvement of physical well-being Increasing physical activity and improving cardiovascular health Enhance mental clarity and emotional well-being.		
Internal Participants Count	Student: 20 Faculty: 225	External Participants Count	Offline:

Summary:

PG and Research Departments of Food and Nutrition, Biotechnology, Biochemistry, along with the NSS unit of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, jointly organized an Awareness Programme on "Practical Health & Art of Living," on 13th March 2025. which began with a prayer song followed by Tamil Thai Vazhthu. Ms. Nisha Katwal of I B.Sc. Biotechnology welcomed the gathering, followed by our Principal Dr. M. Inbavalli, felicitated the gathering and honored the Chief Guest, Dr. Parasmal Tolawat (Choradia), a Medical Practitioner and Social Activist from Chennai. Ms. N.P. Ruchitha of III BBA introduced the Chief Guest. Chief Guest delivered an insightful session focusing on improving physical well-being, cardiovascular health, mental clarity, and emotional wellness. He also highlighted the health benefits of wheatgrass, emphasizing its role in boosting immunity, strengthening the body's natural defenses, and supporting faster recovery from infections. Ms. S. Jabasri of III B.Sc. Biotechnology delivered the vote of thanks, and the program was concluded with National Anthem.

Outcome of the Programme

1. Enhance mental clarity and emotional well-being
2. Awareness of the Importance of Physical Activity and Cardiovascular Health
3. Increased Awareness of Physical Activity and Cardiovascular Health
4. Motivation Towards Healthy Living


Head/ Co Ordinator


IQAC Director


Principal
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Vaniyambadi - 635 751.

PHOTOS




PRINCIPAL
Marudhar Kesari Jain College
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Vaniyambadi - 625 751