

**One – Day Awareness Programme for the Women Faculties and Administratives Staff of The
Tamil Nadu Dr.Ambedkar Law University**

On

My Health – My Priority

Organised by

Counselling Cell, TNDALU

In association with

Dept of Naya, Dr. MGR Janaki College of Arts and Science for Women, Chennai

Date: 21.2.2023 Venue: UG Seminar Hall, TNDALU, Time: 10.00am to 5.00pm

The Counselling Cell of The Tamil Nadu Dr. Ambedkar Law University, with the great support and guidance of our Hon'ble Vice- Chancellor Col.Prof (Dr) N. S. Santhoshkumar sir, organised one day One – Day Awareness Programme for the Women Faculties and Administratives Staff of The Tamil Nadu Dr.Ambedkar Law University on the theme “My Health – My Priority” in association with Dept of Naya, Dr. MGR Janaki College of Arts and Science for Women, Chennai, on 21.2.2023 .Venue: UG Seminar Hall, TNDALU, Time: 10.00am to 5.00pm. This event was organised for the physical and psychological well-being of the Women Faculty Members and the Administratives staff of the TNDALU. The Programme has been designed to motivate our women staff members to groom themselves strong and confident physically and psychologically. The sessions were framed as follows: (i) Psychological Health; (ii) Physical Health and Fitness and(iii) Personal Health. The Resource Persons are Dr. Nappinai, Psychologist, Dr. Sujatha Mohan – HoD, Dept of Natya, Dr. MGR College of Arts and Science for Women and Dr. Hepzipah, Professor Saveetha Medical College. Dr. Ragitha, HoD of Dept of Psychology, Dr.MGR Janaki College of Arts and Science for Women also co-ordinated with the programme, as she is our Panel Psychologist of Counselling Cell of TNDALU.

Our Hon'ble Vice-Chancellor Col.Prof (Dr) N.S. Santhoshlumar sir along with Madam Vice-Chancellor inaugurated the programme by lighting the lamp. Our Dean Prof. Dr. V. Balaji welcomed the participants, Dr. A. Vijayalakshmi, Director B.Com.LL.B (Hons.) Degree Programme and the Co-ordinator of the Counselling Cell, TNDALU explained the theme of the Programme, Hon'ble Vice-Chancellor and Madam Vice-Chancellor addressed our staff. Dr. A. Senthilkumar, Asst Prof and Co-ordinator of the Counselling Cell, TNDALU proposed the Vote of Thanks.





Dr. Nappinai, who is a Psychologist attached to the Dept of Psychiatry, Meenakshi Medical College and the Panel Psychologist of Counselling Cell, TNDALU. She spoke about Stree, Depression, causing factors, behavioural patterns etc.,. She mainly focused on stress relief, tools and techniques to overcome stress like – Avoid, Divert, Adopt etc.,. Madam also made the participants to involve small activities.





Dr. Sujatha Mohan, came to the programme with her students from Dept of Natya to train us in Physical fitness through Yoga and Breathing Exercises. She gave live and practical sessions on basic Yoga and other breathing exercises. The Yoga includes physical fitness, pain relief, improving concentration skill, early morning yoga practice, Mudras etc.,. She discussed about the importance of Yoga and the benefits of every Yoga positions.



Dr. Hepzipah, Former Superintendent of Stanley Medical College and Professor of Saveetha Medical College, throw light on personal health of every women. Madam spoke about personal hygiene, life style, food habit, exercise, Yoga, stress relief practice etc.,. Madam also insisted for regular health check up for all women staff once they crossed 40 years of age. Madam requested all the members to go for individual and personal health check up. She also suggested various preventive measures for Gynecological issues.

Last session was half an hour Zumba Dance Practice for aerobic exercise. All the participants throughly enjoyed and highly benefitted out of this programme and also requested the Counselling Cell to conduct this type of programmes periodically.




The Tamil Nadu Dr. Ambedkar Law University
State University established by Act No. 43 of 1997 MAAC Accredited


Counselling Cell
School of Excellence in Law
In association with
Department of Natya
Dr. MGR Janaki Arts and Science College for Women

Organizing
One Day Awareness Programme
on
My Health My Priority
(Exclusively for women faculty & admin staff)
Chief Patron
Col. Prof. (Dr.) N. S. SANTHOSHKUMAR
Hon'ble Vice-Chancellor, The Tamil Nadu Dr. Ambedkar Law University
Guest of Honour
Dr. Kumar Rajendran
Chairman, Dr. MGR Janaki Arts and Science College for Women

Tuesday 21-2-2023
9:30 A.M. to 5:00 P.M.
Venue: UG Seminar Hall

Programme Schedule

1. Inauguration song
2. Lighting of Gudi
3. Welcome Address
Prof. Dr. V. Balaji, Dean Academics
4. Theme of Programme
Dr. A. Vijayalakshmi, Director - (Soc.L.L. & Res.)
5. Programme Address
Dr. Kumar Rajendran, Chairman, Dr. MGR Janaki Arts and Science College for Women
6. Inaugural address
Prof. Dr. N.S. Santhosh Kumar, Head, Natya Department
7. Vote of thanks - **Dr. A. Santhosh Kumar, Coordinator, Counselling Cell, TNEAU**

Sessions

- ◆ 9:30am - 10:45 Lecture Session - Psychological Health
Dr. S. Neelima
Assistant Professor,
Maulana Azad Medical College & Research Institute, Kanchipuram
- ◆ 10:45am - 11:30am - Tea Break
- ◆ 11:30am - 12:30pm - Yoga Session
**Dr. Sujatha, HOD, Department of Natya,
Dr. MGR Janaki Arts and Science College for Women**
- ◆ 12:30pm - 1:30pm - Lunch Break
- ◆ 1:30pm - 2:45pm - Personal Health and Hygiene
Prof. N. Rajalakshmi Krishnamoorti
Assistant Professor,
Tamil Nadu Veterinary, Animal and Fisheries Sciences University,
Tamil Nadu Veterinary, Animal and Fisheries Sciences University,
Tamil Nadu Veterinary, Animal and Fisheries Sciences University,
Tamil Nadu Veterinary, Animal and Fisheries Sciences University
- ◆ 2:45pm - 4:00pm - Tea Break
- ◆ 4:00pm to 4:30pm - Valedictory Session

