



The Tamil Nadu Dr. Ambedkar Law University

State University Established by Act No.43 of 1997
NAAC 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. Invocation song

2. Lighting of Kuthivilakku

3. Welcome Address

Prof. Dr. V. Balaji, Dean-Academics

4. Theme of Programme

Dr A. Vijayalakshmi, Director - B.Com.LL.B.(Hons.)

5. Presidential Address

Dr. Kumar Rajendran, Chairman, Dr. MGR Janaki Arts and Science College for Women

6. Inaugural address

Prof. Dr. N.S.Santhoshkumar, Hon'ble Vice-Chancellor

7. Vote of thanks - **Dr. A. Senthilkumar, Coordinator, Counselling Cell, TNDALU**

Sessions

❖ 10.30am - 11.45: Lecture Session - **Psychological Health**

Dr. S. Nappinai,

Consultant Psychologist,

Meenakshi Medical College & Research Institute, Kanchipuram

❖ 11.45am - 12.00pm - **Tea Break**

❖ 12.00pm - 1.30pm: **Yoga Session**

Dr. Sujatha, HoD, Department of Natya,

Dr MGR Janak Arts and Science College for Women

❖ 1.30pm - 2.15pm: **Lunch Break**

❖ 2.15 pm - 3.45pm: **Personal Health and Hygiene**

Prof. N. Hephzibah Kirubamani,

M.D, D.G.O, F.R.C.D.G(Hons),F.I.C.D.G, A.C.M.E, PhD, D.Sc

Former Superintendent Stanley Medical College

Professor, Saveetha Medical College, Chennai

❖ 3.45pm - 4.00pm: **Tea break**

❖ 4.00pm to 4.30pm: **Valedictory Session**