

Wellness Progrmme

National Service Scheme , Government Arts College and **CAHO-Consortium of Accredited Healthcare Organization** and **Mahatma gandhi medical college and research institute, Puducherry** conducted a one day **Wellness Progrmme on 09.01.2020** for NSS volunteers. Dr. S.Darlin Quine welcomed the gathering . Dr.N.Santhi . Principal, Government Arts College, Chidambaram delivered presidential address. Dr. Lakshmana Perumal RMO **Mahatma gandhi medical college and research institute, Puducherry** , addressed the NSS volunteers regarding Wellness in life. Dietician life explained about the food habits to be followed in our day today life. In the third session Chandra Kanth gave yoga training. Dr.K.Arivazhagan proposed vote of thanks. In the fourth session basic blood test and Blood pressure for staff and students were monitored. 3 more than 300 students and staff were benefitted by this programme.

Principal