

**SRI MEENAKSHI GOVERNMENT ARTS COLLEGE FOR WOMEN(A)
MADURAI 625 002**

Internal Quality Assurance Cell

**Live Webinar on "Healthy Environment and Health Management"
13-06-2020**

A webinar entitled Healthy Environment and health Management was organized by IQAC of Sri Meenakshi Govt. Arts College for Women (A) scheduled on 13-06-2020 between 1.30 pm to 3.30 pm. Dr. G. Sujatha, IQAC coordinator was the convener of the webinar. The webinar was organized by the IQAC members Dr.A. Valarmathi, Asst. Prof. of Tamil, Dr.A. Mary Remona, Asst. Prof. of Chemistry and Dr. D. Jeba Priya, Asst. Prof. of Business Administration. Dr. G. Sujatha welcomed the participants. Dr. S. Vanathi, Principal of our college gave Presidential address. The webinar was framed as two sessions. Dr. D. Jeba Priya formally introduced the speaker of the first session. The first session was hosted by Associate Vice President HR, Payoda Technologies, Coimbatore. She delivered an excellent speech on Life Enrichment. Ms. Vijayalakshmi Subramanian discussed on how to lead a stress free life and keep our body and mind healthy. Dr. A. Mary Remona thanked the speaker for the insightful session.

The Second session was started at 2.30 pm as scheduled. It was hosted by Dr. M. Ramanan, BSMS, MD (S), Founder and Chief Physician, Iswarya Siddha Hospitals, Tirupur and Kangayam. Siddha Medical Officer, ESI Hospital, Tirupur. Director, Aadhavan College of Arts and Science, Manapparai, Vice President, TamilNadu Government Siddha Doctors Association. Dr. A. Valarmathi introduced the speaker and the second session was on the title "Holistic Way To Get You Out of Diabetes". Dr.M.Ramanan gave a talk on the diet to be followed to prevent the diabetes and live healthy. He suggested a diet pattern for the diabetic patients as well. Dr. A. Valarmathi concluded the session by proposing vote of thanks.

To conclude, there were 179 participants in the webinar and benefited by the sessions. Both the sessions were productive and appreciated by all the participants. They thanked the organizers and the team for the informative sessions.