



# GURU NANAK COLLEGE(AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC  
Guru Nanak Salai, Velachery, Chennai – 600042.

## School of Academics

### Department of Plant Biology and Plant Biotechnology

Event Title	ACUPRESSURE- A KEY FOR A HEALTHY LIFE	
Category	Webinar	
Date	From :01.08.2020	To :
No. of Resource Person	Dr.E.Gayathiri	
No. of Participants	50	

#### (1) Report Description

##### The objective of this webinar is:

This Acupressure webinar is organized to non-teaching staff to keep them healthy mind. Non-Teaching staffs are under deep and tremendous demands on our physical health, forcing us to take extraordinary precautions. The COVID pandemic made all teaching and non-teaching staff immense demands on our mental capabilities, be it the stress of working out of small home-spaces. Acupressure which is a one of the major key to overcome all the stress and other related ailments at home. This treatment is one of the alternative medicine practices.

## **(2) Report**

Department of Plant Biology and Plant Biotechnology of Guru Nanak College, (Autonomous), Velachery, Chennai under the aegis of the Office of the Dean (Academics) organized Webinar on “Acupressure- A key for Healthy Life ”on 01/08/2020 between 04.00 pm. to 05.40 pm, through Google Meet Platform, where around 50 participants Non- teaching staff from Guru Nanak College participated in the Webinar

The Dean School of Academics Dr. S. Savithiri mam, welcomed the Speaker, dignitaries of the College Management, Faculty members and the participants Dr. E. Gayathiri, Assistant Professor, of Plant Biology and Plant Biotechnology, was the resource person who demonstrated various acupressure points for various ailments . Finally she concluded that, doing acupressure daily for will improve mental health keep body and mind calm. She also answered to all the queries of the participants

Dr.M.Gopi, HOD gave the concluding remarks and proposed the vote of grateful thanks to all those who had helped to make the webinar a success.

**(3) Invitation Copy**



## **GURU NANAK COLLEGE ( AUTONOMOUS )**

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GURU NANAK SALAI, VELACHERY, CHENNAI - 600 042

### **SCHOOL OF SCIENCES**

**DEPARTMENT OF PLANT BIOLOGY & PLANT  
BIOTECHNOLOGY**

**UNDER THE AEGIS OF THE OFFICE OF THE DEAN (ACADEMICS)**

**ORGANIZES THE WEBINAR ON**

**"ACUPRESSURE" A KEY FOR HEALTHY LIFE  
RESOURCE PERSON**

**Dr. E. GAYATHIRI**

ASSISTANT PROFESSOR  
DEPARTMENT OF PLANT BIOLOGY & PLANT BIOTECHNOLOGY  
GURU NANAK COLLEGE (AUTONOMOUS)

Date : 01 August 2020

Timing : 4:00 p.m. to 5:00 p.m.

Google Meet Link : <https://meet.google.com/apy-wumk-rqn>

*E - CERTIFICATE WILL BE PROVIDED FOR ALL THE PARTICIPANTS*

**Dr. M. G. Rangunathan**  
**Principal**

**Mr. Manjit Singh Nayar**  
**General Secretary & Correspondent**

(4) Certificate Copy



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**CERTIFICATE OF PARTICIPATION**

THIS IS TO CERTIFY THAT

**{{FULL NAME}}**

HAS PARTICIPATED IN THE WEBINAR ON

**"ACUPRESSURE - A KEY FOR HEALTHY LIFE "**

FOR THE NON TEACHING STAFF OF GURU NANAK COLLEGE ( AUTONOMOUS ) ORGANIZED BY THE  
OFFICE OF DEAN ( ACADEMICS ) ,  
GURU NANAK COLLEGE ( AUTONOMOUS ) , CHENNAI ON 01-08-2020.

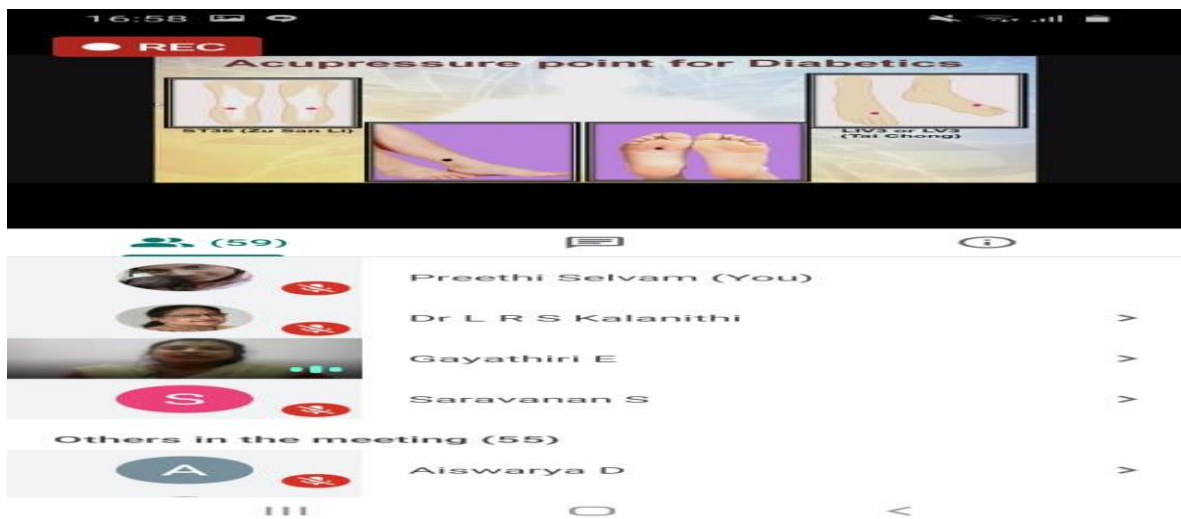
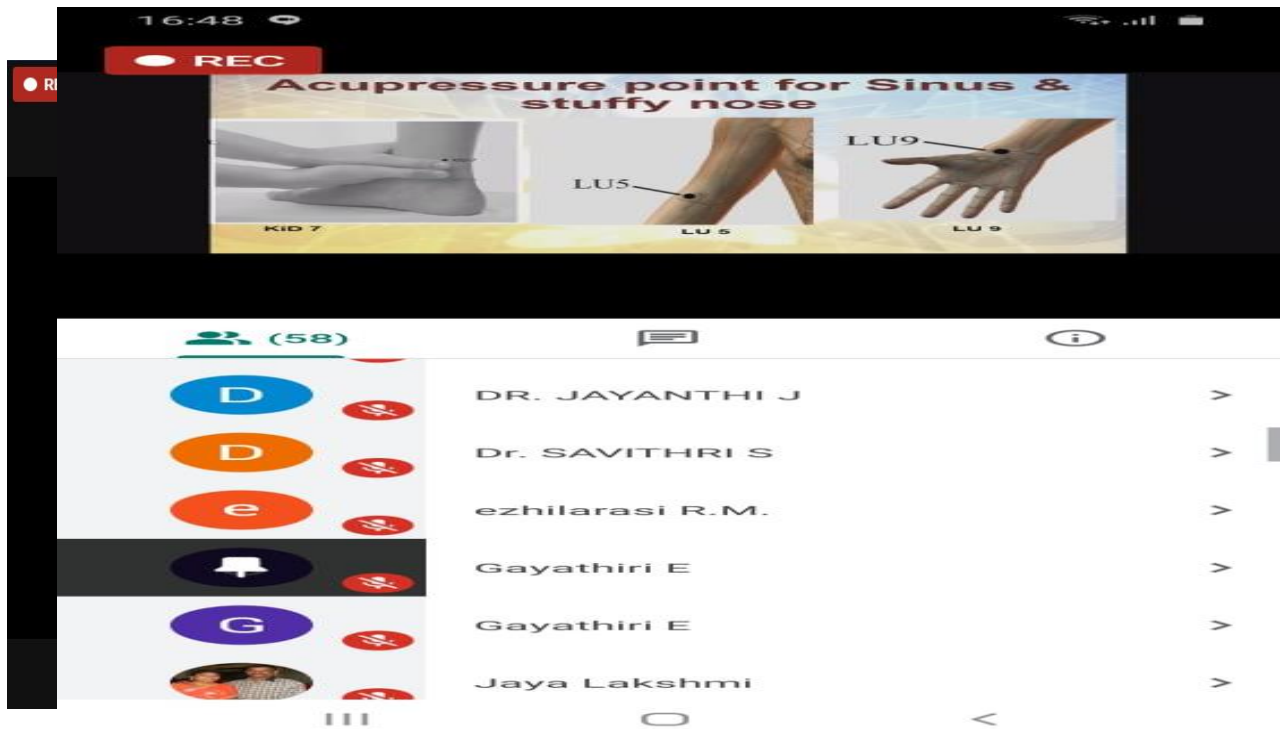
A handwritten signature in blue ink, appearing to read "MGR", is positioned above the name of the Principal.

Dr.M.G.RAGUNATHAN  
PRINCIPAL

A handwritten signature in blue ink, appearing to read "Manjit", is positioned above the name of the General Secretary &amp; Correspondent.

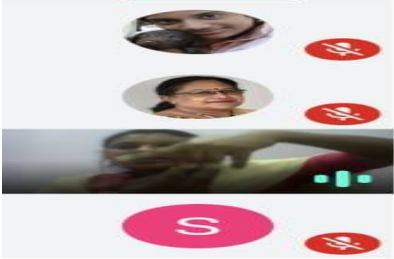
Mr.MANJIT SINGH NAYAR  
GENERAL SECRETARY & CORRESPONDENT

(5) Photos





(57)



Preethi Selvam (You)

Dr L R S Kalanithi

Gayathiri E

Saravanan S

Others in the meeting (53)



Aiswarya D

