



Event Report on
“A Healthy Body A Healthy Mind”
15th May 2021



**DHIRAJLAL GANDHI
COLLEGE
OF TECHNOLOGY**
Accredited by NAAC | Approved by AICTE & Affiliated to Anna University
Salem - 636 309 | +91 4290 233 333

Speaker



Mrs. P. Kavitha Arivazhagan, M.Sc., M.Phil., (Food & Nutrition)
Consultant Dietitian & Paediatric Nutritionist

Program sponsored by



Session on

**மன ஆரோக்கியமும் உடல் ஆரோக்கியமும்
(A Healthy Body a Healthy Mind)**

15th MAY, 2021 **05:30 pm to 06:30 pm**

Join with Google Meet : <https://meet.google.com/een-ojnz-kgd>

in the presence of

Shri. Manojkumar Dhirajlal Chairman DGCT	Smt. Archana Manojkumar Secretary DGCT	Dr. A. Selvaraj Principal DGCT Dean R&D
--	--	---

Coordinator: **Dr. N. Thillaikarasi** (Dean - Student Affairs | PRO)

Co-Coordinator: **Dr. D. Rajeswari** (ASP | ECE)

Department - Coordinators

Ms. S. Narmadha , AP Civil	Ms. G. Shanmugapriya , AP EEE
Ms. Parameswari M. , AP CSE	Ms. D. Vjiniraimathi , AP MECH

Consistent Best Placements in 6 Consecutive years

HIGHEST SALARY ₹ 12 Lakhs per annum	Offers: 1352+ (upto February 2020)	325+ Companies
--	------------------------------------	----------------



Organized by:
ADITI-Women Development Club,
Dhirajlal Gandhi College of Technology, Salem

Aditi – Women Development Club of DGCT organized the online session on “A Healthy Body A Healthy Mind”. The event was held on 15th May 2021 between 5.30 pm and 6.30 pm.

The objective of this event was to make our students aware of healthy lifestyle and prioritization of immune health through nutrition.

The session commenced with welcome address by Dr. D. Rajeswari, Co-coordinator, Aditi -Women Development Club, DGCT. Dr. N. Thillaikarasi, Coordinator, AICTE-SPICES Programme & Aditi-Women Development Club, DGCT gave felicitation and the special address by Smt. Archana Manojkumar, Secretary, DGCT. Ms. V. Nagasoundarya, III ECE, DGCT introduced the guest speaker Mrs. P. Kavitha Arivazhagan, Consultant Dietitian and Pediatric Nutrition. Mrs. P. Kavitha Arivazhagan made our students aware of a healthy body, Balanced diet, different types of healthy food, its proportion, need to avoid junk food, nutrition, immunity boosting food, Life style pattern, etc., through her presentation. She gave practical tips and guidelines for the students to take care of their nutritional needs.

80 students got benefited through this session which was highly informative and useful for them. Students actively interacted with the guest speaker and clarified their doubts.

Students gave very positive feedback about the session and the event was concluded with vote of thanks by Ms. Vishnupriya, I CSE, DGCT. This online event was conducted under the guidance of Dr. N. Thillaikarasi, Coordinator, AICTE-SPICES Programme and Aditi-Women Development Club, DGCT and Dr. D. Rajeswari, Co-coordinator, AICTE-SPICES Programme and Aditi-Women Development Club, DGCT.

Google meet link : <https://meet.google.com/een-ojnz-kgd>

No. of Participants: 80

Glimpses of online session:

