



Dr. GRD College of Science
School of IT & Science

Invites you for
A Health Awareness Programme
on

HUMAN REFORMATION

The Health Chest

Venue: IM Hall

Date: 10th & 11th March 2010

About HEALTH CHEST

Human Reformation - The Health Chest is an Awareness programme highlighting on health, hygiene, nutrition, food and diet. The Health Chest (awareness programme) is carefully carved and designed with niche events that focus on promoting healthy eating and increase physical activity, and to target other lifestyle factors that have a negative impact on health, such as food habits, mental stability, smoking, cleanliness etc.. **The Health Chest** crowned as treasure box is an inverse reformation of Greek Mythology **The Pandora's Box**. The Health Chest holds a pot-pourri of events and activities that can make you behold on issues that have almost become obsolete in the robotic world. The whole programme have been carved very carefully to highlight on health issues, nutrition, dietetics, cosmetic therapy, yoga and physical fitness and applicable for participants of all age groups. As a famous Arabian Proverb goes "**He who has health has hope; and he who has hope has everything**", so are you an hopeful person, then be there with us on 10th & 11th March 2010 to open the Chest.

PROGRAMME SCHEDULE

Date: 10th March 2010

Session	Timing	Programme
I	10.00am-11.30 am	Inaugural & Chief Guest Address <i>Dr. Chandrasekaran</i>
II	11.30am-11.45am	Break
III	11.45am-1.00 noon	Talk on Nutrition & Dietetics <i>Dr. Yegammai, Associate Professor</i> Dept. of Food Science & Management Avinashilingam University for Women
IV	1.00noon-2.00 pm	Lunch Break
V	2.00pm-3.00pm	Physical Fitness <i>Dr. Pushparaj, Dean</i> Department of Physical Education Karpagam University
VI	3.00pm-4.00pm	Cosmetic Therapy <i>Ms. Ranjini Ganesh</i> VLCC Institute of Beauty, Health & Management
VII	4.15pm	Tea Break

Date: 17th March 2010

Session	Timing	Programme
I	9.30am-11.00 am	Talk on Nutrition & Dietetics <i>Dr. Vasanthamani, Associate Professor</i> Dept of Food Service Service Management & Dietetics Avinashilingam University
II	11.00am-11.15am	Break
III	11.15am-1.00noon	Chef's Seldom <i>Mr.S.Ashok Kumar, Executive Chef</i> The Residency, Avinashi Road, Coimbatore
IV	11.15am-1.00noon	Dietetic Contest
V	1.00noon-2.00 pm	Lunch Break
VI	2.00pm-4.00 pm	Yogic Mantras(inner well being) <i>DR.V.Krishnasamy</i> Divine Healing & Yoga Centre, Coimbatore
VII	4.00 pm-4.15pm	Prize Distribution
VIII	4.15pm	Tea Break

Advisory Committee

Patrons in chief

Dr. D. Padmanaban, Correspondent
Ms. Geetha Padmanaban, Secretary

Convener

Prof. T. Santha, HOD, School of IT & Science

Patrons

Prof. A.N. Lakshmanan, Adviser
Dr. A. Ponnusamy, Principal

Co-ordinators

Ms. N. Sudha Bhuvanewari, Associate Professor
Mrs. S. Sujatha, Assistant Professor

Organizing Committee

Faculty Members, School of IT & Science