



GURU NANAK COLLEGE (AUTONOMOUS)



Affiliated to University of Madras and Re-accredited at 'A++' Grade by NAAC

An ISO 9001:2015 Certified Institution

Guru Nanak Salai, Velachery, Chennai – 600 042

INTERNAL QUALITY ASSURANCE CELL

REPORT OF THE EVENT

Event Title	:	Faculty Development Programme on Health Wellness
Event Date	:	13th - 18th March, 2023
Event Mode	:	Offline
Number of Participant	:	50

The Internal Quality Assurance Cell of Guru Nanak College in collaboration with Prashanth Hospitals, Velachery conducted a 5-Day Faculty Development Programme on Health Wellness from 13th March 2022 to 17th March 2022, as a welfare measure for the faculty members of Guru Nanak College. Various medical specialists from Prashanth hospitals shared their expertise with the faculty members. Around 50 teachers participated in the programme. The programme was inaugurated by the Principal Dr. M. G. Ragnathan in the presence of the IQAC Coordinator, Dr. Swati Paliwal and Vice- Principal (SFS II) Dr. Anitha Malisetty.

The Day wise events are listed below

Day 1: Lifestyle Diseases with Work Life Balance by Mrs. Prabha, Senior Nutritionist, Prashanth Hospital shared the need for Self-love & Self-care, Investment In kitchen instruments is essential. Enjoy food – Relish your food. Fresh Oxygen and take ample amount of water for healthy living. She also insisted on 4 pillars for healthy lifestyle.

Day 2: Ergonomics by Dr.RajKanna, MS Ortho, DNB,Knee Fellowship UK,Orthopaedic Surgeon, Prashanth Hospital shared his expertise on importance of bones in every human. He also taught on different postures for leading a painless life.

Day 3: Post Covid Care by Dr. Ananthakrishnan C MBBS, MD - General Medicine, Consultant Physician, Internal Medicine, Prashanth Hospital came forward and suggested few post covid care measures with statistics.

Day 4: Headaches And Balance Disorders by Dr. S. Balasubramaniam, MBBS, MD - General Medicine, DM – Neurology, Neurologist, Prashanth Hospital shared his expertise on various types of headaches and disorders and its treatment.

Day 5: Healthy Lifestyle by Dr.G. Kavitha Saravanan, Gynaec Physiotherapist and Lactation Consultant, Prashanth Hospital shared her views on healthy life style and presented various causes for life style diseases. She also suggested measures to avoid the same to live a healthy living.

The five-day FDP was a real success as the faculty members were satisfied and gained knowledge on health.