

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



DEPARTMENT : ZOOLOGY

ACTIVITY : ASSOCIATION MEETING

YEAR : 2022-2023

DEPARTMENT OF ZOOLOGY

DATE	TIME	VENUE	MODE
29.09.2022	1.30 p.m. to 2.30 p.m.	E.S.R. Alamelu Ammal Memorial Hall, EMGYWC	Offline
Theme	World Heart Day 2022		
Nature of the Activity	Association Meeting		
Title	Reduce the Risk of Heart Diseases		
Convener	Dr.G.Indira Rani Head & Associate Professor of Zoology EMGYWC		
Resource Person	Dr.S.Sundaram (a)Renu B.A.M.S, PGD YOGA, Chief Ayush Consultant Dhanvanthri Nilayam Ayurveda Vaidyasalai , KK Nagar Branch, Madurai		
Collaborating Agencies	Chief Ayush Consultant Dhanvanthri Nilayam Ayurveda Vaidyasalai KK Nagar Branch, Madurai		
No. of Participants	Faculty - 5 Students - 86		

ASSOCIATION MEETING "REDUCE THE RISK OF HEART DISEASES"

Objectives:

To create awareness among the students to reduce the risks of heart disease through Ayurveda medicine.

Key Highlights:

Dr.S.Sundaram discussed common heart diseases, their symptoms, and risk factors. Emphasis was placed on the impact of modern lifestyle choices on heart health, including poor diet, lack of exercise, and stress. Detailed explanations were provided on how Ayurvedic treatments can improve heart health.

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Specific Ayurvedic herbs and practices, such as Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), and dietary recommendations, were highlighted for their cardiovascular benefits.

Students were informed about preventive measures including dietary adjustments, regular physical activity, stress management techniques, and the incorporation of Ayurvedic herbs and practices into daily routines. The expert also shared case studies demonstrating the efficacy of Ayurvedic treatments in managing and preventing heart diseases.

An interactive session was held where students posed various questions regarding heart-related issues and Ayurveda.

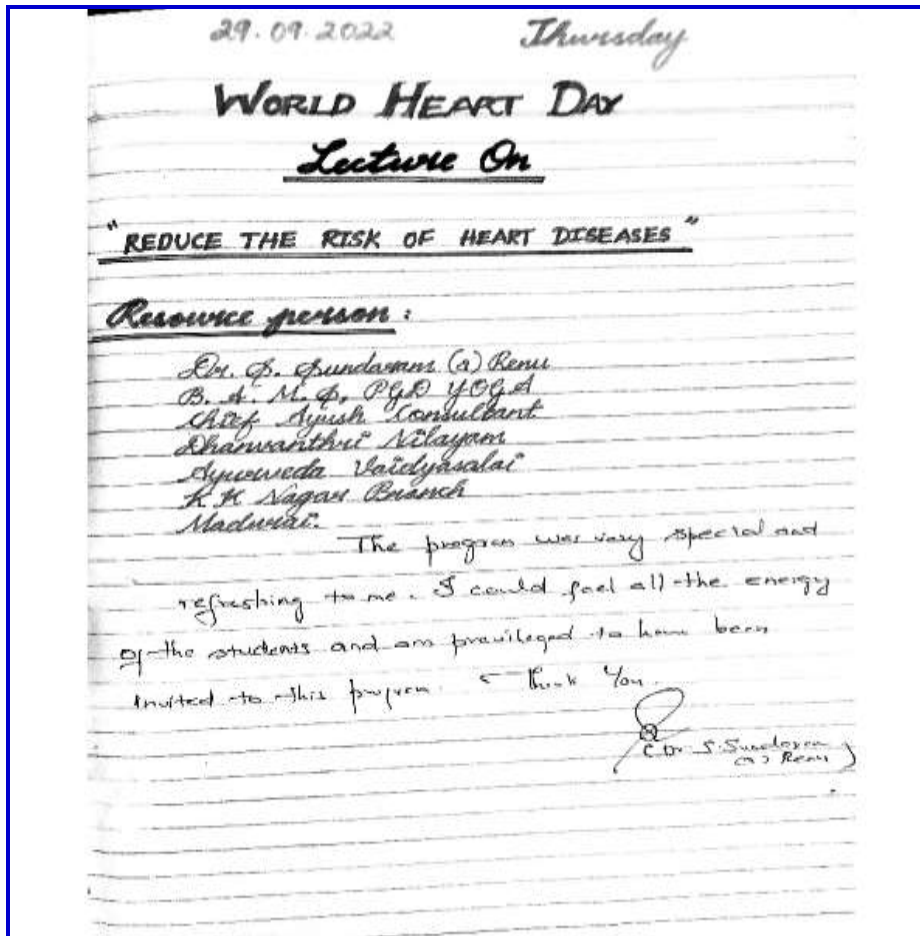
The expert provided comprehensive answers, dispelling myths and clarifying doubts about the relationship between heart health and different causes such as genetics and infections.

Programme Outcome:

Upon successful completion of the Programme, Students were

1. Gained clarity on various doubts related to heart diseases, understanding the multifaceted causes such as lifestyle, genetic predispositions, infections, and medication side effects.
2. Became educated about Ayurvedic treatments that can enhance heart health and serve as preventive measures against heart diseases.

Feedback:



E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Photographs:



Association Meeting entitled "Reduce the Risk of Heart Diseases" - 29.09.2022

Enclosures:

a. Invitation:

E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
Re-Accredited (3rd Cycle) with Grade A' and CGPA 3.51 by NAAC

"WORLD HEART DAY CELEBRATION"
on 29.09.2022

TOPIC:
"Reduce the risk of Heart Diseases"

Time : 1.30 p.m to 2.30 p.m
Venue : ESR Alamelu Ammal Memorial Hall.

RESOURCE PERSON
Dr.S.SUNDARAM (a)RENU
B.A.M.S,PGD YOGA
Chief Ayush Consultant
Dhanvanthri Nilayam
Ayurveda Vaidyasalai
KK Nagar Branch
Madurai.

CONVENOR
Dr.G.Indira Rani
Head of the Department

Participants: UIG Students of Zoology

Dr.(Mrs).V.Pushpalatha
Principal i/c


Is Your Heart Healthy??

Healthy Heart is a Happy Heart

b. Nominal Roll of Participants:

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

1. Student participants of EMGYWC:

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE			
			
E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014. (An Autonomous Institution – Affiliated to Madurai Kamaraj University) Re-accredited (3 rd Cycle) with Grade A* and CGPA 3.51 by NAAC			
Association Meeting entitled "Reduce The Risk of Heart Diseases" - 29.09.2022			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	20ZOO01	Aaliya Samrin.T	Zoology
2.	20ZOO02	Aasikakaviya.M	Zoology
3.	20ZOO03	Abibha Sulthana.R	Zoology
4.	20ZOO04	Abinaya sri .S	Zoology
5.	20ZOO05	Abitha.B	Zoology
6.	20ZOO06	Aiswarya.M	Zoology
7.	20ZOO07	Akila.D	Zoology
8.	20ZOO08	Ameera Aysha .N	Zoology
9.	20ZOO09	Aruna Devi.S	Zoology
10.	20ZOO10	Bhuvaneshwari.R	Zoology
11.	20ZOO11	Chitra.S	Zoology
12.	20ZOO12	Deepika.S	Zoology
13.	20ZOO14	Elakkiya.M	Zoology
14.	20ZOO15	Gayathri.M	Zoology
15.	20ZOO16	Gayathri.T	Zoology
16.	20ZOO17	Gokuladharshini.M	Zoology
17.	20ZOO18	Hema.K.K	Zoology
18.	20ZOO19	Jayasri.V	Zoology
19.	20ZOO20	Jegalakshmi.K	Zoology
20.	20ZOO21	Jeniparpandi.S	Zoology
21.	20ZOO22	Kalaiselvi . K	Zoology
22.	20ZOO23	Karthigayini.R	Zoology
23.	20ZOO24	Kopperundevi. N	Zoology
24.	20ZOO25	Logasri.K	Zoology
25.	20ZOO26	Mahasri.S	Zoology
26.	20ZOO27	Meenambikai.P	Zoology
27.	20ZOO28	Megala.P	Zoology
28.	20ZOO30	Narmatha.M	Zoology
29.	20ZOO31	Pandimeena@sowmiya.C	Zoology
30.	20ZOO32	Praveena.V	Zoology
31.	20ZOO34	Rajalakshmi.R	Zoology
32.	20ZOO35	Ramalakshmi.J	Zoology
33.	20ZOO36	Rashmi.S	Zoology
34.	20ZOO37	Roobavathi.S	Zoology
35.	20ZOO38	Santhiya .K	Zoology
36.	20ZOO39	Saranya.C	Zoology

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**

37.	20ZOO40	Shalini .B	Zoology
38.	20ZOO42	Sukirtha .G	Zoology
39.	20ZOO43	Vijaya.S	Zoology
40.	21ZOO01	S.Aariya	Zoology
41.	21ZOO02	P.Abinaya	Zoology
42.	21ZOO03	M.Archana	Zoology
43.	21ZOO04	R.S. Bavadharini	Zoology
44.	21ZOO05	J.Bhavani	Zoology
45.	21ZOO06	B.Bhuvaneshwari	Zoology
46.	21ZOO07	M.Bhuvaneshwari	Zoology
47.	21ZOO08	R.Deevika	Zoology
48.	21ZOO09	S.Dhivika	Zoology
49.	21ZOO10	K.Divya Dharshini	Zoology
50.	21ZOO11	N.Gayathri	Zoology
51.	21ZOO12	K.Karthigai Selvi	Zoology
52.	21ZOO13	M.Kavitha	Zoology
53.	21ZOO14	M.Kaviya	Zoology
54.	21ZOO15	M.Mahalakshmi	Zoology
55.	21ZOO16	M.Monica	Zoology
56.	21ZOO18	M.Pragathy	Zoology
57.	21ZOO19	S.Revathi	Zoology
58.	21ZOO21	S.Saranya	Zoology
59.	21ZOO22	T.Seetha	Zoology
60.	21ZOO24	M.Shalini Priya	Zoology
61.	21ZOO25	S.Swetha	Zoology
62.	21ZOO26	T.Thiruveni	Zoology
63.	22ZOO01	B.Abinaya	Zoology
64.	22ZOO02	N.Abineswari	Zoology
65.	22ZOO03	S.Gowsalyadevi	Zoology
66.	22ZOO04	K.Harshana	Zoology
67.	22ZOO05	J.Jayalakshmi	Zoology
68.	22ZOO06	N.Jeevika	Zoology
69.	22ZOO07	M.Kanimozhi	Zoology
70.	22ZOO08	K.Kaviya	Zoology
71.	22ZOO09	P.Madhumitha	Zoology
72.	22ZOO10	M.Pavithra	Zoology
73.	22ZOO11	S.Prathiuja	Zoology
74.	22ZOO12	P.Priyadharshini	Zoology
75.	22ZOO13	I.Reena	Zoology
76.	22ZOO14	K.Rimadevi	Zoology
77.	22ZOO15	R.Rubaka	Zoology
78.	22ZOO16	M.Shanmugi	Zoology
79.	22ZOO17	R.S.Sharmila Devi	Zoology
80.	22ZOO18	S.Siva Ranjani	Zoology
81.	22ZOO19	A.Soniya	Zoology
82.	22ZOO20	G.Suba Bharathi	Zoology

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

83.	22ZOO21	N.Swathi	Zoology
84.	22ZOO22	T.Udhisha	Zoology
85.	22ZOO23	M.Vishalini	Zoology
86.	22ZOO24	M.Vishnupriya	Zoology

2. Faculty participants of EMGYWC:

Association Meeting entitled "Reduce The Risk Of Heart Diseases" - 29.09.2022		
S.No.	NAME	DESIGNATION WITH DEPARTMENT
1.	Dr.G.Indira Rani	Head & Associate Professor of Zoology
2.	Ms.R.S.Rajalakshmi	Assistant Professor of Zoology
3.	Dr.M.A.Soniya	Assistant Professor of Zoology
4.	Mrs.S.Sharmila	Assistant Professor of Zoology
5.	Dr.M.Sangeetha	Assistant Professor of Zoology

G.Indira Rani
Coordinator:

G.Indira Rani
Head of the Department

[Signature]
Principal

PRINCIPAL I/C
E.M.G. YADAVA WOMEN'S COLLEGE
MADURAI-625 014