



Kathir College of Arts and Science

(Affiliated to Bharathiar University)

“Wisdom Tree”, Neelambur, Coimbatore – 641062

Health and Wellness Club

ACADEMIC YEAR 2019 – 2020

S.NO	DATE	PROGRAM	TOPIC/VENUE	RESOURCE PERSON
1	21/06/2019	International Day of Yoga	Kathir Collge of Arts and Science, Neelambur, Coimbatore.	Mr.P.Thiagarajan ISHA YOGA Foundation , Coimbatore.
2	22/07 2019	Awareness Programme	Food Contamination and Food Safety	Dr.K.Inidirani Assistant Professor PSG College of Arts & Science, Coimbatore
3	12/09/ 2019	Awareness Programme	Menstruation and Menstrual problems for women	Dr.T.Jeyalakshmi Lakshmi clinic, Neelambur.
4	21/09/ 2019	International Day of Peace	Aliyar Arivuthiru kovil Centre for Yoga and Spiritual Education	-----
5	22/12/2019	Awareness Programme	Dengue fever	Vagarayampalayam Village
6	10/01/2020	Flameless Kitchen	Kathir Collge of Arts and Science, Neelambur, Coimbatore.	-----
7	12/01/2020	Eye Camp	Vagarayampalayam	-----

8	19/03//2020	Awareness Programme	Corona Virus	Government Hospital, Tirupur.
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