

Cordially invites you to

Online

5 Days FDP (10.00 AM - 5.00 PM)

Faculty Coordinators : Dr. Charanya R, Dr. Seetha R, Dr. Parimala M

Wellness and Well being

Resource Persons :

- ❖ **Dr Thendral**, Senior Consultant, Rainbow Hospital, Chennai.
- ❖ **Dr Geetha**, Senior Consultant, Rainbow Hospital, Chennai.
- ❖ **Ms Geetha Rajendran**, Nutritional consultant, VJ Prana –Yoga, Salem.
- ❖ **Mr Arun Kumar R**, Proprietor, VJ Prana, Salem.
- ❖ **Dr Nithish Pandian**, Senior Consultant Physiotherapist, Shree Nidhi Physio& Fitness Center, Vellore.
- ❖ **Dr Thenmozhi**, Senior Consultant Physiotherapist, Shree Nidhi Physio& Fitness Center, Vellore.

Discussion Points :

- Role of Nutrition for a Successful Life
- Role of Yoga in Stress Management
- Wellness of Women
- Childcare
- Importance of Fitness and Diet



**26 – 30 September
2022
(Monday – Friday)**

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