

**NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL  
ERODE - 638 052**

**“AZADI KA AMRIT MAHOTSAV”**

**SEMINAR ON HEALTH AWARENESS, FITNESS AND HYGIENE**

Venue: Nandha Placement Auditorium, NEC Campus

Date:19-04-2022

Time: 9.00am to 11.00am

The students of Nandha Ayurveda Medical College had an opportunity to take part in a seminar conducted as a part of Azadi ka Amrit Mahotsav by Nandha Ayurveda Medical College and Hospital on 19<sup>th</sup> of April 2022 at Nandha Placement Auditorium, NEC Campus, Erode. The seminar started at 9.00am by lightening the lamp followed by prayer.

The welcome address was delivered by Dr.Atheena .S. Assistant professor, Department of prasoothi tantra and stree roga. Later the dais was handed over to the principal Dr.M.Krithiga for addressing the gathering to introduce the guest speaker. The portfolio of the speaker along with his achievements was shared by the principal. By around 9.30am the seminar began officially, the speaker Dr.Balamurugan Senthilnathan ,MBBS,MS, FMAS,FALS (Bariatric surgery), Director-Indian Bariatrics, consultant bariatric and metabolic surgeon, PSG Superspeciality Hospital, Coimbatore delivered a mesmerizing PowerPoint presentation on the topic of health awareness, fitness and hygiene.

Dr.Balamurugan introduced the branch of bariatrics in the simplest manner with its importance in management of lifestyle disorders.

The guest was felicitated with the guest of honor by the principal of Nandha Ayurveda Medical College and Hospital. The seminar was really beneficial for the students as they could witness various procedures involved in bariatric surgery. The seminar was a great success.

Date: 20- 04-2022

Place: Erode

