



# FATIMA COLLEGE

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625018, Tamil Nadu

---

## PART V WOMEN EMPOWERMENT CELL SHIFT 1

**Title** :Healthy Living

**Date** : 03.03.2022

**Resource Person/s** : Dr. K. Praveena  
Assistant Professor,  
Department of Economics,  
Fatima College, Madurai -18  
Mobile: 9941723109

**No. of Participants** : 24

**Focus on** :Skill Development

**Outcome** :The students get motivated towards building healthy life  
through nutritious food habits

### Report:

Dr. K. Praveena, Assistant Professor, Department of Economics, Fatima College, Madurai delivered a lecture on "Healthy Living" to the students of women cell. She stressed that health is a primary source through which one can accomplish their commitments. If health is lost, everything is lost. She shared some tips essential for hale and healthy life. She emphasized the Do's and Don'ts that everyone should follow for leading a healthy life. She pointed out golden healthy tips to have apple, tulsi, lemon, milk, and water regularly, and adequately for disease free, fat free, cancer free and drug free life.



# **FATIMA COLLEGE**

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625018, Tamil Nadu

---

## **Invitation/Brochure**



**FATIMA COLLEGE** (AUTONOMOUS)

Re-accredited with A++ Grade by NAAC (Cycle IV)

Mary Land, Madurai - 625 018

**PART V WOMEN EMPOWERMENT CELL SHIFT 1**

*Cordially invites for the Seminar*

## **HEALTHY LIVING**

Dr. K. Praveena

Assistant Professor,  
Department of Economics,  
Fatima College, Madurai -18

**Date: 03.03.2022**



# **FATIMA COLLEGE**

(Autonomous)

*Affiliated to Madurai Kamaraj University*

*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*

Mary Land, Madurai - 625018, Tamil Nadu

**Photos/Screen Shots (if online) with Captions**



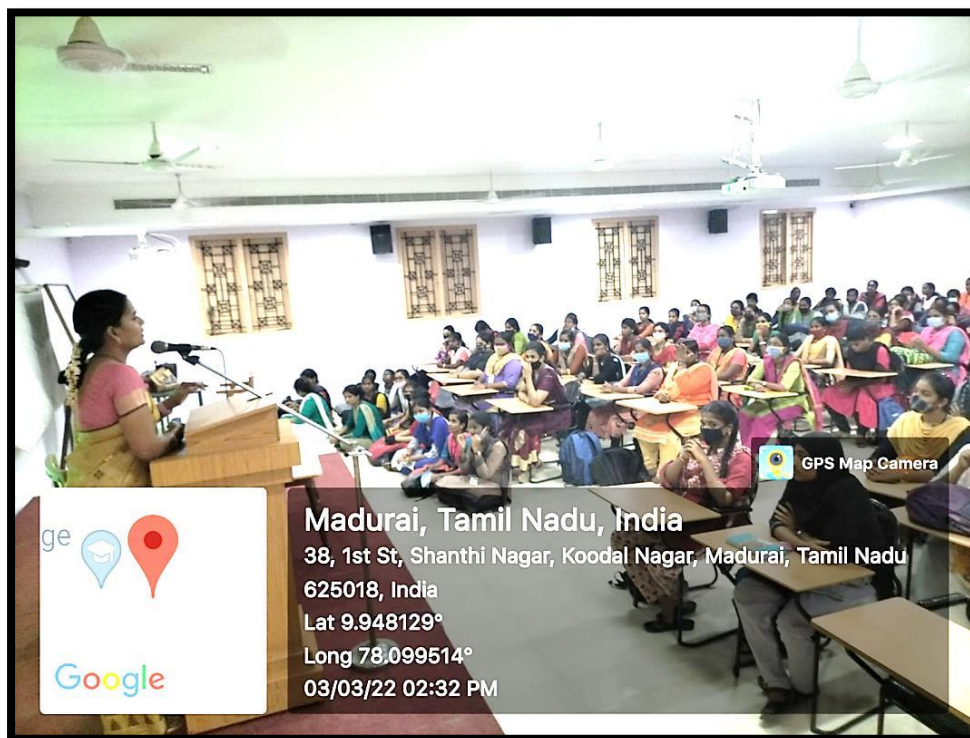
**Dr. K. Praveena, Assistant Professor, Department of Economics, Fatima College addressing the students on Healthy Living on March 3<sup>rd</sup>, 2022 at Smart Room**



# FATIMA COLLEGE

(Autonomous)

Affiliated to Madurai Kamaraj University  
Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)  
Mary Land, Madurai - 625018, Tamil Nadu



**Dr. K. Praveena, Assistant Professor, Department of Economics, Fatima College  
addressing the students on Healthy Living on March 3<sup>rd</sup>, 2022**

## **BENEFICIARY LIST**

S.NO	REG.NO	NAME OF THE STUDENT
1.	2020A01	S.Abivarthini
2.	2020A02	Y.AfrinJegananz
3.	2020A03	S.Aishwarya
4.	2020A04	K.AnandaPoornima
5.	2020A13	M.Arul Mary
6.	2020A20	B.K.Dhivyadharshini
7.	2020A27	S.HariPriya
8.	2020A33	T.Ishwaryarani
9.	2020A35	X.JeneBlessy



# **FATIMA COLLEGE**

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625018, Tamil Nadu

---

10.	2020A37	H.Jesundra
11.	2020A42	S.Kokila
12.	2020A44	G.S.Mahalakshmi
13.	2020A53	B.Priyadharshini
14.	2020A51	J.PreethaVarshini
15.	2020A57	J.Rita Patricia
16.	2020A59	R.V.Sandhiya
17.	2020A60	S.SahanaVarshini
18.	2020A62	M.Shrimagha
19.	2020A63	M.Sowmiya
20.	2020A65	M.Subhiksha
21.	2020A68	L.ThangaSankari
22.	2020A70	V.ThulasiBrindha
23.	2020B01	M.Aarthi
24.	2020B14	R.Janani

**Ms. I. Jeyasheela**  
**Women Empowerment Cell**  
**Coordinator**  
**(Shift I)**