



Extension activity

Awareness on “Mindful eating” at

Dot Com Infoway, Anna Nagar, Madurai, on 18 April 2024

An awareness program on “Mindful eating” was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Dot com Infoway and Rotary club - Metro Heritage, Madurai, Tamil Nadu on 18.04.23.

Following students of first year MBBS batch accompanied the faculty of the department

S.no	Name	Roll no
1	Alamelu C	11
2	Devamitra R S	29
3	Devaprasad M S	30
4	Dhayanithi Velan K	33
5	Dinesh Kumar N B	35
6	Eben Eliab Desikan	36
7	Gobinath V	38
8	Indhu M	47
9	Baby Shalini M	24
10	Halden Mannie A	41
11	Irfan Mohammed A	48



The target audience were the IT professionals working at Dot com Infoway, Madurai, Tamilnadu.

Prior to the start of the program, the First year MBBS students distributed the questionnaire for assessing the participant's take on mindful eating.

The program began with the welcome address by

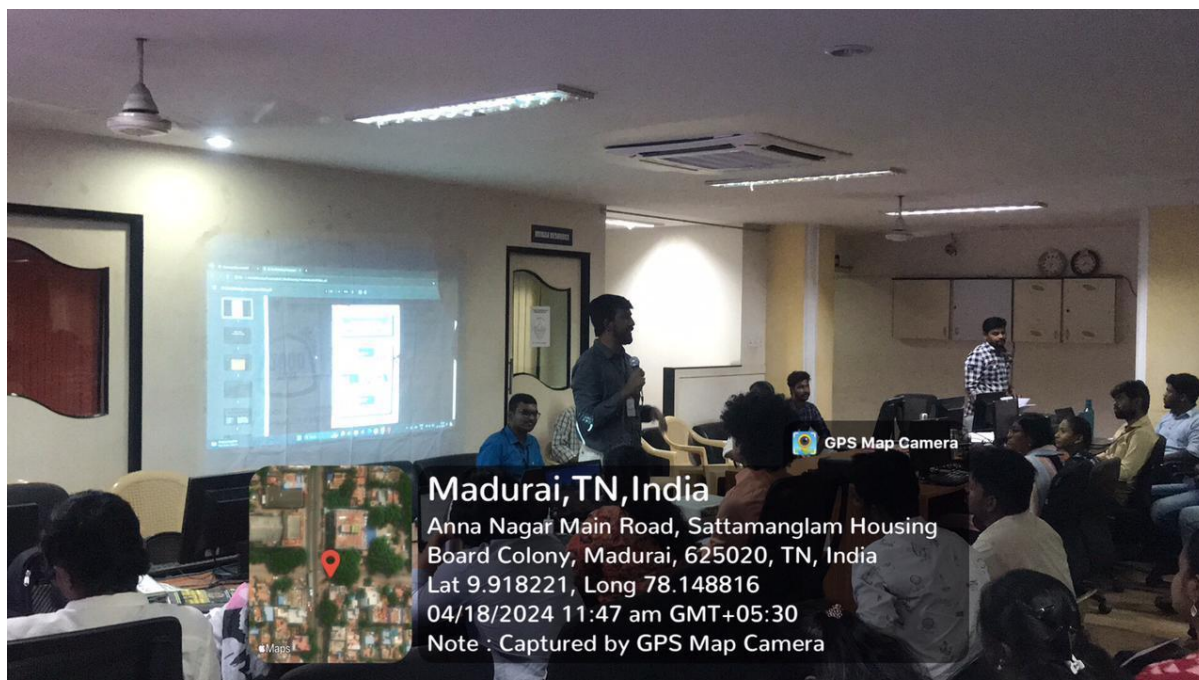
Miss. Hemalatha, Manager, Dot Com Infoway. Around 76 IT professionals participated in the program. It was followed by a acknowledgement talk on the topic "Myths and facts about Mindful eating" by Dr. J. T. Ajit Kumar, Assistant Professor, Department of Physiology, Velammal Medical College, Madurai.

The IT Professionals were benefited and found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on "Mindful eating – topic proper" by Dr. Noel Naveen Johnson, Senior Resident, Physiology department, Velammal Medical College, Madurai. After such impressive talks, First MBBS students of 2022-2023 batch collected the questionnaire forms from the IT professionals. Following this, the audience came with questions and the doubts that were immediately and appropriately cleared by the resource persons.

The program concluded by the Vote of thanks delivered by Dr. M. A. Hariviknesh, First Year Postgraduate, Department of Physiology, Velammal Medical College, Madurai. The program was a timely awakener and eye-opener for the audience. The same was appreciated by the Rtn.C.R.Venkatesh President, Managing Director, Dot Com Infoway, Madurai.



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