



Learn Beyond

KPR Institute of Engineering and Technology

(Autonomous, NAAC "A")

Avinashi Road, Arasur, Coimbatore.

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BM001**NBA Accredited**

(CSE, ECE, EEE, MECH, CIVIL)

WELLNESS & FITNESS

Event No	BM001
Organizing Department	Biomedical Engineering
Associate Dept. NSC	Centre for Staff Development Career Development Centre
Date	06/04/2024
Time	11:00 AM to 12:00 PM
Event Type	Guest Lecture
Event Level	NSC
Venue	360° Hall
Total Participants	35
Faculty - Internal	35

Related SDG



Resource Persons

Sl	Type	Name	Designation	Company	Email	Phone
1	Chief Guest	R Priyavadhana	Consultant Physiatrist & Rehabilitation Incharge	Royal Care Super Speciality Hospital, Coimbatore	tobindavid@rediffmail.com	xxxxxxxxxx

Involved Staffs

Sl	Name	Role
1	Krishna Kumar R	Coordinator
2	Rajasingam N	Coordinator

Outcome

Staffs had learnt about importance of Physical and Mental health.Strong MOU connect.

Event Summary

On the occasion of World Health Day on 07/04/2024, the Department of Biomedical Engineering in association with the Centre for Staff Development and Career Development Cell organized a Guest Lecture titled 'Wellness & Fitness' on 06/04/2024 at 11.00 AM at 360° Hall, KPRIET. Dr.R.Priyavadhana, MD, DNB,(PMR), DPMR Consultant Physiatrist & Rehabilitation Incharge, Royal Care Super Speciality Hospital, Coimbatore as the Resource Person, the Event was conducted. In the event, The guest lecture by Dr. R. Priyavadhana, MD, DNB, (PMR), DPMR Consultant Physiatrist & Rehabilitation Incharge, was an enlightening and informative session that delved into various aspects of wellness and fitness. Dr. Priyavadhana's expertise and experience in the field were evident throughout the talk, making it a valuable experience for all attendees. The lecture covered a wide range of topics related to daily routine activities, daily exercises, and the importance of a power nap in maintaining overall health and fitness. Dr. Priyavadhana provided practical tips and insights on how to incorporate these elements into our daily lives, emphasizing the significance of consistency and balance. One of the highlights of the talk was Dr. Priyavadhana's emphasis on the holistic approach to wellness, addressing not only physical fitness but also mental and emotional well-being. This comprehensive perspective resonated well with the audience and sparked meaningful discussions on how to achieve a balanced lifestyle. Overall, the event received positive feedback from attendees, who appreciated Dr. Priyavadhana's expertise, engaging presentation style, and the practical advice shared during the lecture. The insights gained from the session will undoubtedly inspire individuals to make positive changes in their daily routines to enhance their overall wellness and fitness levels.



DEPARTMENT OF BIOMEDICAL ENGINEERING
IN ASSOCIATION WITH
CENTRE FOR STAFF DEVELOPMENT
AND
CAREER DEVELOPMENT CELL
ORGANIZES
GUEST LECTURE
ON
Wellness & Fitness

Guest Speaker
Dr. R. Priyavadhana, MD, DNB, (PMR), DPMR
Consultant Psychiatrist & Rehabilitation Incharge,
Royal Care Super Speciality Hospital,
Coimbatore.

11.00 AM TO 11.45 AM
06.04.2024 (Saturday)
360° Hall, KPRIET

EVENT COORDINATORS
Mr. R Krishna Kumar, AP/BME
Dr. N. Rajasingam, AP(SL.G), BME

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KPRIET supports the Sustainable Development Goals

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