

Activities of Health and Fitness Club

S. No	Date	Name of the Event	Resource Person/ Organization	Place	No. of Students Attended
1	28.02.2019	Guest Lecture on "Stress Management in Activities of Daily Living"	Dr.V.Charles Darwin. Physiotherapist, Clinical Psychologist & Acupunturist, Nirmal Clinic, Madurai.	Mannar Hirumalai Naicker College	Club Members (148)
2	04.03.2019	Guest Lecture on "Physical Health Problem and Physiotherapist"	Dr.Suresh. Physiotherapist, Sruthi Physiotherapy Clinic, Nagamalai Pudukottai, Madurai	Mannar Hirumalai Naicker College	Club Members (162)
3	27.01.2020 to 01.02.2020	Medical Inspection Camp	Mannar Thirumalai Naicker College in association with Vickram Multi Speciality Hospital, Madurai	Mannar Thirumalai Naicker College	All First year students (1264) and Staff members (260)
4	24.02.2021 to 27.02.2021	Medical Inspection Camp	Mannar Thirumalai Naicker College in association with Vickram Multi Speciality Hospital, Madurai	Mannar Thirumalai Naicker College	All First year students (772) and Staff members (106)
5	August 2021	75 Crore Suryanamaskar Project for 21 days to commemorate the 75 th Anniversary of Independence Day	University Grants Commission dated 29 th December 2021	Mannar Thirumalai Naicker College	Yoga Students (19)
6	14.01.2022	Participation in Mass 'Suryanamaskar' Demonstration Programme with	Ministry of Ayush, Government of India	Mannar Thirumalai Naicker College	Yoga Students (18)

		more than 75 Lakh people on Mahar Sankranti			
7	19.01.2023 and 20.01.2023	Two days Dental Camp on 'Oral screening and oral cancer awareness'	Dentists and technicians from CSI College	Mannar Thirumalai Naicker College	900 Students
8	09.03.2023	Guest Lecture on "Be Smart and Don't Start"	Mr.Joshua, Managing Director, Adonai Foundation, Madurai	Mannar Thirumalai Naicker College	Club Members (180)
9	21.07.2023	An Awareness program on 'Say No To Drugs'	Mr.Saravanan. MD, Managing Director and chairman of Peace hospital, Madurai & Mr.Sankaranarayanan, MSW., Addiction - Counselling - therapist, Peace hospital	Mannar Thirumalai Naicker College	Club Members (160)