



K L University

(Koneru Lakshmaiah Education Foundation)

Estd. u/s 3 of UGC Act 1956

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Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00

Approved by A.I.C.T.E ± Accredited by N.B.A.± ISO 9001-2000 Certified

Report on Wellness Evaluation Programme

Conducted by

CHEMISTRY Women's forum on 27th January 2016

Resource Person : Mrs. V. Vijaya Hasini, Mahathi's Nutrition Club,

Near madhu Gardens, Vijayawada.

Venue : Women's Hostel

Date : 27th January 2016

Time : 2.30PM to 6.00PM

Topic : Wellness Evaluation

No of Participants: 100 Members

The programme was started with the welcome note given by Dr. S.V.N.L Lalitha, Convener,

KLU Womens Forum. She introduced the Resource Person Mrs. V. Vijaya Hasini, Mahathi's Nutrition Club, Near Madhu Gardens, Vijayawada to the gathering.

Mrs. V. Vijaya Hasini, Resource person has spoken about the food habits to be avoided to be in the wellness by giving power point presentations and her assistant has conducted some tests like BMI, BMR and fat % etc to the persons who have attended the programme.

The participants with cheer and vigor welcomed the session.

The participants were given insight on the life style changes required to be in the wellness. The resource person was well learned to answer various queries posed by the participants.

The programme was well conducted and got good response from the faculty members. Here are some attachments which were captured by that time.

