



**SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV
COLLEGE FOR WOMEN (AUTONOMOUS)**
RE-ACCREDITED WITH A+ GRADE BY NAAC
Chromepet, Chennai- 44

Department of Home Science

M.Sc. Food Science, Nutrition and Dietetics

B.Sc. Clinical Nutrition and Dietetics

B.Sc. Nutrition, Food Service Management and Dietetics

cordially invites you all for the one day workshop on

HEART CHAMPS

Date: 18 September 2019

**Venue: Mini Auditorium, Second
Floor, Media Block.**



AGENDA

10:00 am to 10:30 am

Inauguration and Introduction to Healthy Heart

**Dr. Priya Chockalingam , MBBS, MRCPCH, PhD Cardiology
Clinical Director, Cardiac Wellness Institute, Chennai.**

10:30 am to 12:30 pm

Session 1: Exercise for Healthy Heart

**Mr. Vaishnav Natarajan MPT (Cardiopulmonary Sciences), CRFC
Chief Physiotherapist, Cardiac Wellness Institute, Chennai.**

Venue: Indoor Auditorium

Session 2: Balanced diet for Healthy Heart

**Ms. S. Tharani M.Sc (Clinical Nutrition and Dietetics)
Chief Dietician, Cardiac Wellness Institute, Chennai.**

Venue: Room No. C6

Session 3: Relaxation Techniques

**Dr. Priya Chockalingam , MBBS, MRCPCH, PhD Cardiology
Clinical Director, Cardiac Wellness Institute, Chennai.**

Venue: Mini Auditorium

12:30 pm to 12:45 pm

Question and Answer Session

12:45 pm to 1:00 pm

Valedictory