

**J.J. College of Arts and Science (Autonomous)**  
**(Re-Accredited by NAAC with B++ Grade – Fourth Cycle)**

Sivapuram Post, Pudukkottai – 622 422.

The COMAP Association of Department of Computer Applications at J.J. College of Arts and Science(Autonomous),Pudukkottai organized a special lecture on health awareness, titled "Healthy Choice Leads to Happy Life," on June 19<sup>th</sup> 2025. The event aimed to promote healthy habits and well-being among students. The lecture took place at the College KIM Conference Hall, starting at 9:30 A.M. The event was attended by Final-year BCA students, who actively participated in the session and engaged with the topic.

Dr. G. ManiKandan, Head of the Department of Biotechnology, J.J. College of Arts and Science(Autonomous),Pudukkottai ,delivered an insightful presentation on the importance of healthy choices. He emphasized the significance of adopting healthy habits, including regular exercise, balanced diet, and adequate sleep. He highlighted the importance of mental well-being, stress management, and mindfulness.The lecture discussed the impact of lifestyle choices on overall health and well-being. The event served as a valuable reminder of the importance of prioritizing health and well-being.

Dr. S.J. Sathish Aaron Joseph , Head, Department Of computer Applications Moderated the session. Mrs. A. Maria Stella, Asst.Professor, Department of Computer Applications, delivered the welcome address, setting the tone for the event and introducing the resource person. Mr. S. Anthony sami, Department of Computer Applications, proposed the vote of thanks, expressing gratitude to Dr. Manikandan and the audience for their participation. The special lecture on health awareness was a resounding success, with students actively participating and engaging with the topic.

