



PSG Institute of Technology and applied Research
Neelambur, Coimbatore – 641062

Date: 28.08.2026

Event title	Interactive session
Event Category	Students Induction Programme
Date and Duration	27 August 2026 (11.00 am - 12.30 pm)
Department	-
Co-ordinators	Dr.G.Latha, Professor & Vice Principal (Women Welfare)
Chief Guest/ Resource Person/ Keynote Speaker	Dr. G. Rajendiran, Professor and Head of Preventive Cardiology, PSG Institute of Medical Sciences and Research, Coimbatore
Guest Speaker/ Session Chair	-
No. of Participants	900 plus

PSG Institute of Technology and Applied Research (PSG iTech) organized an interactive session on **Physical Wellbeing** as part of the First-Year Induction Programme on **27th August 2026** at the Convention Centre. The session delivered by **Dr. G. Rajendiran, Professor and Head of Preventive Cardiology, PSG Institute of Medical Sciences and Research, Coimbatore**, as the distinguished guest speaker. **Dr. N. Saravanakumar, Principal, PSG iTech**, welcomed the chief guest.

The session focused on the changing dietary patterns, lifestyle choices, and health concerns associated with Generation Z. Dr. Rajendiran began by discussing the food preferences and eating patterns commonly observed among the younger generation. He highlighted how the frequent consumption of **packaged foods, processed foods, fast foods, soft drinks, and other commercially prepared products** can have adverse effects on health when consumed regularly.

One of the key messages of the session was the importance of **reading food labels carefully** before purchasing or consuming packaged products. The speaker encouraged students not to select food products solely based on taste, advertisements, or attractive packaging. He explained that many processed foods contain significant amounts of **sugar, salt, and other ingredients** that need to be consumed in moderation. This discussion encouraged the audience to think more carefully about their everyday food choices and their possible impact on long-term health.

Dr. Rajendiran also highlighted the influence of daily routines and lifestyle habits on overall well-being. **Irregular eating patterns, skipping meals, inadequate physical activity, and unhealthy lifestyle practices** can gradually contribute to various health problems. He strongly emphasized the principle that **prevention is better than cure** and explained that adopting healthy habits at a young age can help reduce the risk of lifestyle-related health issues in the future.

Overall, the session conveyed a valuable message: **the choices we make today play an important role in determining our health tomorrow**. The speech motivated students to become more conscious of their eating habits, pay greater attention to food labels, stay physically active, and adopt healthier lifestyle practices for a better and healthier future. **Dr. N. Saravanakumar, Principal, PSG iTech** felicitated the guest speaker at the conclusion of the programme.

