



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women(Autonomous) Chromepet, Chennai 600 044



Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC

Fit India Thematic Campaign

The NSS Units of SDNB Vaishnav College for Women conducted a Webinar on “Physical Fitness and Social Wellness” the need for Covid 19 pandemic on 11th December 2020 through google meet. The webinar was chaired by the Resource person Dr.T.Perungo MBBS, MS, MRCS (Edin), MCh(SGE), FMBS(OSSI) Chairman-Le Midaz International & Susruta Medical Research Foundation. The Webinar focused on the meaning, relevance, and significance of the Fit India. It also covered various topics such as regular and adequate levels of physical activity, factors contributing to weight gain, medical complications of Obesity, physical fitness, components of health-related and skill-related physical fitness. The Webinar highlighted various activities and their health benefits for cardiovascular endurance, muscle endurance, muscle strength, and flexibility. There were also other topics that were covered like safety precautions to be taken while performing exercise. The Webinar covered issues regarding the mental and emotional benefits of physical exercise, social benefit and factors affecting fitness.

The poster is yellow with black and red text. At the top, it features the college and NSS logos. The text reads: 'Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women(Autonomous) Chromepet, Chennai 600 044. Affiliated to University of Madras, Re-Accredited With "A+" Grade by NAAC. NATIONAL SERVICE SCHEME Organizes Webinar on "PHYSICAL FITNESS AND SOCIAL WELLNESS" the need for Covid 19 Pandemic On the Occasion of Fit India Thematic campaign 11th December 2020 at 4pm, Platform: Google Meet. Resource Person DR. T.PERUNGO MBBS, MS, MRCS (Edin), MCh (SGE), FMBS (OSSI), Chairman - Le Midaz International & Susruta Medical Research Foundation, Bariatric Metabolic & Laparoscopic Surgeon, Consultant Surgical Gastroenterologist, Consultant - Dr. Rela Institute & Medical Centre. Dr. R. Goetha Principal, Dr. V.G. Shanthi NSS Programme Officer. NSS Team Mrs. V.Ramya - Department of Statistics (Aided), Mrs. D.A.Angel Sherin - Department of Mathematics (SFS), Dr. N.Sankareswari - Department of B.Com (Hons) (SFS).

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PHYSICAL FITNESS & SOCIAL WELLNESS

Dr. T. PERUNGO
M.B.B.S., MS, MRCS (Edin), MCh (SGE), FMBS (OSSI)
Bariatric, Metabolic & Laparoscopic Surgeon
Consultant Surgical Gastroenterologist
Consultant - Dr Rela Institute & Medical Centre

Founder & Chairman

De Midaz International
World of weight loss solutions

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16:04
11-12-2020

PERUNGO THIRUMARAI CHELVAN is presenting

Sasikumar Chan... and 67 more

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திருக்குறள் / THIRUKKURAL

மருந்தென வேண்டாவாம் யாக்கைக்கு அருந்தியது
அற்றது போற்றி உணின். 942

No Medicine Is Necessary For Him Who Eats
After Assuring (Himself) That What He Has
(Already) Eaten Has Been Digested.

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16:06
11-12-2020

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4:20 PM

EAT RIGHT INDIA

The Mission International
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PERUNGO THIRU...

REARRANGE

HEALTHY EATING TIPS
For adolescents

- Get balanced meals
- Body parts of water
- Remember: Eat and don't eat
- Remember: Eat and don't eat

Beena Anil has left the meeting

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4:16 PM

STRESS EATING

The Mission International
World of weight loss solutions

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PERUNGO THIRU...

REARRANGE

Comfort food leads to more weight gain during stress study

The brain produces a molecule which stimulates eating

Researchers from the University of California, San Diego (UCSD) have found that stress can lead to weight gain by stimulating the brain to produce a molecule that increases appetite. The study, published in the journal *Neurobiology of Disease*, found that mice subjected to chronic stress gained significantly more weight than control mice. This weight gain was linked to increased levels of a brain molecule called *orexin*, which is known to stimulate eating. The researchers found that blocking *orexin* receptors in the brain of stressed mice prevented the weight gain. The study suggests that stress may lead to weight gain through a biological mechanism involving the brain and appetite. This finding could help explain why many people gain weight during stressful periods and may lead to new treatments for stress-related weight gain.

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4:10 PM

OBESITY HAS SURPASSED STARVATION! MORE PEOPLE ARE DYING DUE TO OBESITY THAN STARVATION

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REARRANGE

1.9 Billion OBESE IN The World!

627 Million Starving

33% Americans Are Affected By Obesity

About 2.2 Crore In India

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FIT INDIA MOVEMENT

During the month of December 2020 we observed “Fit India Movement” aimed to encourage students to inculcate physical activities in their everyday lives and daily routine. We run the series of free hands exercises for half an hour from 1st December to 31st December 2020 under the theme “A dose of fitness everyday for half an hour” in which students learnt many exercises and yogasanas and importance of regular exercising in order to keep them physically and mentally fit.

