



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

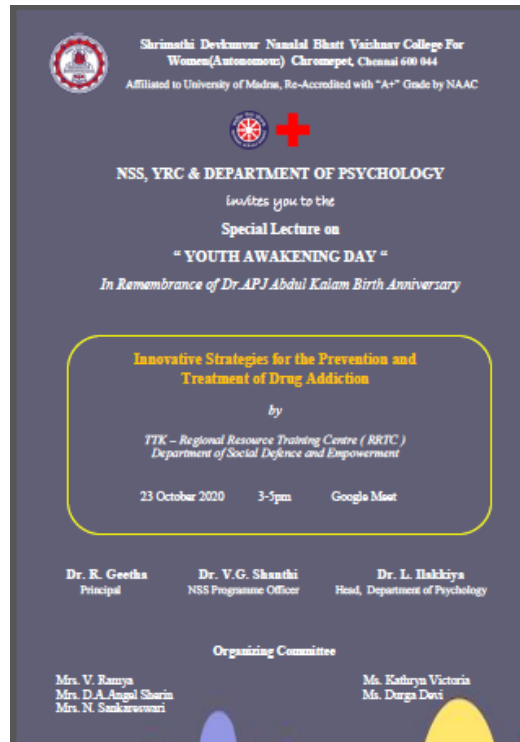
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**YOUTH AWAKENING DAY**

The NSS Units and YRC of S.D.N.B. Vaishnav College for Women organised "Youth Awakening Day" on 23<sup>rd</sup> October 2020 in remembrance of Dr. APJ Abdul Kalam's birth anniversary. The webinar sessions were chaired by TTK Health Care professionals Mrs.Leeba, Mrs.Mahalakshmi and Mrs.Nima Mathew of Regional Research Training Centre (RRTC), Department of Social Defence and Empowerment on the topic "Innovative Strategies for the Prevention and Treatment of Drug Addiction". The webinar provided an overview of drug abuse and drug addiction. They also explained on the treatment provided in TTK. Students took part in interactive sessions and got clarified all their doubts on drug abuse. Students felt the session very informative and found it very useful for their life. E-certificate were provided to the participants.



Guest Speaker: Mrs. Leeba

The screenshot shows a Zoom meeting interface. The main content is a slide titled "effects of alcoholism" with a list of health impacts and a diagram of the human body. The slide text includes:

- Decrease in blood cells leading to anemia, and slow-healing wounds
- Brain damage, loss of memory, blackouts, poor vision, slurred speech, and decrease in motor control
- Increased risk for cancer, especially liver, esophagus, throat, and larynx
- Increased risk of high blood pressure, hardening of arteries, and heart disease
- Liver cirrhosis, jaundice, and diabetes
- Immune system dysfunction
- Stomach ulcers, hemorrhaging, and gastritis
- Ulcers in the small intestines
- Thiamine deficiency leading to other complications
- Testosterone deficiency leading to decreased sperm production
- Harmful to the fetus during pregnancy

The diagram shows a human torso with lines pointing to the brain, heart, liver, stomach, and intestines. The Zoom interface shows a participant list on the right with names like "You", "Merli...", and "u".

Guest Speaker: Mrs. Mahalakshmi

The screenshot shows a Zoom meeting interface. The main content is a slide with the following text:

ALCOHOLISM was declared a disease by the World Health Organisation and American Psychiatric Association in the year 1956

The slide features a cartoon illustration of a character with a large head and a party hat. The Zoom interface shows a participant list on the right with names like "Poovithi M (You)", "122 Diviyashree.s", "126-Gomathy M", "148-Lavanya.k", "19CH017 Logeshwari", "19CH025 Poonguzhali", "19CH032 Priyanka", "19CO142 Jaysashree.P", "19CO167 Monika.S", "19CO173 Nisharathi.S", and "19CO214 Rishika.M".

## Guest Speaker: Mrs. Nima Mathew

The screenshot shows a Zoom meeting interface. The main content is a slide titled "Treatment Objectives" with a red background. Two arrows point from the title to two boxes: "Total abstinence from alcohol and other drugs" and "Attitudinal / behavioural changes leading to improved quality of life". The Zoom window shows a grid of participants, with "Merlin michael" in the top left and "Merlin michael" in the top right. The system tray at the bottom shows the time as 4:34 PM on 23/10/2020.

The screenshot shows a mobile application interface for "TTK HOSPITAL". The header includes the hospital name and "TT Ranganathan Clinical Research Foundation". Below this, it says "REGISTRATIONS OPEN" and "MAKE A PLAN TO QUIT GET SUPPORT". A central graphic features a "TOBACCO" sign with a red prohibition symbol over it. To the right, it says "You Can... Do It!" and "Call +91 99406 56103". At the bottom, it lists "5 Counseling Sessions", "Medications To Quit", "3 Pm to 6 Pm", and "Monday to Saturday". The app is running on a device with 93% battery and the time 4:56.

The screenshot shows a Zoom meeting interface. The main content is a slide titled "Addiction - A 'Family Disease'" with a red background. It lists several points: "Has an impact on each and every member of the family", "Trust, love, respect and cooperation eroded", "Healthy relationship between husband and wife, parent and child, siblings destroyed", "Reality is denied by blaming, rationalizing", and "Respond to the problem inappropriately and develop co-dependency traits". An illustration of a family is shown on the right. The Zoom window shows a grid of participants, with "Merlin michael" in the top left and "Merlin michael" in the top right. The system tray at the bottom shows the time as 4:46 PM on 23/10/2020.