



**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

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**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 11<sup>th</sup> 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 central text reads: '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 11<sup>th</sup> December 2020 at 4pm, Platform: Google Meet'. Below this is a circular portrait of Dr. T. Perungo, followed by his name and extensive medical credentials. At the bottom, it lists the Principal (Dr. R. Goetha) and NSS Programme Officer (Dr. V.G. Shanthi), along with the NSS Team members from Statistics, Mathematics, and B.Com.

PERUNGO THIRUMARAI CHELVAN is presenting

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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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Meeting details

PERUNGO THIRUMARAI CHELVAN is presenting

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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Meeting details

PERUNGO THIRUMARAI CHELVAN is presenting

16:06  
11-12-2020

PERUNGO THIRUMARAI CHELVAN is presenting

4:20 PM

## EAT RIGHT INDIA

*The Mission International*  
World of weight loss solutions

**HEALTHY EATING TIPS For adolescents**

- Get balanced meals
- Keep plenty of water
- Remember: Fuel your fat genes
- Be active and eat well
- Remember: Fuel your fat genes

Beena Anil has left the meeting

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PERUNGO THIRU...

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PERUNGO THIRUMARAI CHELVAN is presenting

4:16 PM

## STRESS EATING

*The Mission International*  
World of weight loss solutions

### Comfort food leads to more weight gain during stress study

The brain produces a molecule which stimulates eating

Research from the University of California, San Diego (UCSD) shows that stress can lead to weight gain. The study found that when people are stressed, their brains produce a molecule called ghrelin, which stimulates eating. This leads to people eating more food, even if they are not hungry. The study also found that people who are stressed tend to eat more comfort food, which is high in calories and fat. This can lead to weight gain over time.

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PERUNGO THIRUMARAI CHELVAN is presenting

4:10 PM

## OBSESITY HAS SURPASSED STARVATION!

MORE PEOPLE ARE DYING DUE TO OBESITY THAN STARVATION

About 2.2 Crore in India

33% Americans Are Affected By Obesity

1.9 Billion OBESE In The World!

627 Million Starving

Microsoft Edge is using the extension

PERUNGO THIRU...

E19C3122 Jeevitha

Anu John and 67 more

Meeting details

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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 1<sup>st</sup> December to 31<sup>st</sup> 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.





