



**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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## **International Women's Day 2022**

The NSS units, the Students Union of S.D.N.B. Vaishnav college and IQAC jointly organised a webinar on account of International Women's Day on 8<sup>th</sup> March 2022 with power and positivity through zoom platform, by inviting gynaecologists from Arise Charitable Trust and Tamil Nadu Association of Obstetricians and Gynaecologists to enlighten the students' knowledge. A powerful speech was delivered by Dr.Lakxmi Shrikhande to encourage the women to fight for their rights and to strengthen their efforts. Followed by Dr. Usha Sriram from Shield Healthcare Private ltd., who discussed the endocrinological problems faced by women and also addressed the challenges for women in post covid world. Lastly, a complete counselling session concerning psychological stressors, eating disorders and adolescent problems was given by Dr.S.Sampathkumari. Nearly 1000 students comprising our NSS volunteers and students of S.D.N.B. Vaishnav College took part in this webinar and got benefited.



**SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV  
COLLEGE FOR WOMEN (AUTONOMOUS)**

AFFILIATED TO UNIVERSITY OF MADRAS - RE-ACCREDITED WITH 'A+' GRADE BY NAAC

IN COLLABORATION WITH  
**ARISE CHARITABLE TRUST &  
TAMIL NADU ASSOCIATION OF OBSTETRICIANS AND  
GYNECOLOGISTS**

STUDENTS' UNION, IQAC & NSS OBSERVES  
**INTERNATIONAL WOMEN'S DAY**  
BY ORGANIZING A NATIONAL WEBINAR

### GUEST SPEAKERS



**ENDOCRINOLOGICAL PROBLEMS IN WOMEN**  
**DR. USHA SRIRAM**  
MBBS, AB INTERNAL MEDICINE, AB ENDOCRINOLOGY  
DIABETES, METABOLISM  
CHENNAI

**ADOLESCENT COUNSELLING**  
**PROF. DR. S . SAMPATHKUMARI**  
MD, DGO, FICOG, FCDIA, FIME  
CHENNAI



**MENARCHE TO MENOPAUSE**  
**DR. LAKXMI SHRIKHANDE**  
MBBS, MD(OB/GY)  
FICOG, FICMU, FICMUH  
NAGPUR

**ON 08.03.2022  
@ 12:00 NOON TO 1:00 PM**

**TAP ON THE INVITE TO JOIN US**

Zoom Meeting | You are viewing sampathkumari's screen | View Options

Participants: saranya, sampathkumari s, Shield Health..., Laxmi Shrick..., Anjalakshi Chan..., Afroze Shamee...

**ABUSE**

**CHILD SEXUAL ABUSE IN NUMBERS**

- 53% CHILDREN IN INDIA ARE SUBJECTED TO SEXUAL ABUSE
- 50% OF THE ABUSERS ARE KNOWN TO THE CHILD
- 52.94% WERE BOYS
- 47.06% WERE GIRLS

**POCSO ACT (A OVER STUDY)**

Meeting is now streaming live on YouTube

Unmute | Start Video | Participants: 145 | Chat | Share Screen | Record | Reactions | Leave

01:21 PM 08-03-2022

Zoom Meeting | You are viewing sampathkumari's screen | View Options

Participants: saranya, sampathkumari s, Shield Health..., Laxmi Shrick..., Anjalakshi Chan..., Afroze Shamee...

Meeting is now streaming live on YouTube

✓

Unmute | Start Video | Participants: 181 | Chat | Share Screen | Record | Reactions | Leave

01:11 PM 08-03-2022

Zoom Meeting

You are viewing sampathkumari's screen

View Options

saranya

sampathkumari s

Shield Health...

Laxmi Shri...

Anjalakshi Chan...

Afroze Shamee...

LIVE on YouTube


## Media

Teen seem to spend hours on phone, texting, talking or simply playing.

Adolescents addicted to the internet tend to have fewer friends and a less active social life.

Addiction to cyberspace also cuts short their physical activities, resulting in an unhealthy and sedentary lifestyle.

Internet addiction adversely Impacts academic performance



Unmute Start Video

Participants 162

Chat

Share Screen

Record

Reactions

Leave

Type here to search

Desktop 01:18 PM 09-03-2022

Zoom Meeting

saranya

Shield Health...

Usha Sriram

sampathkumari s


Anjalakshi Chan...

Srividhya S

LIVE on YouTube

@ RISK FOR OBESITY

# WHO'S MOST AT RISK?



Type here to search

Desktop 12:48 PM 09-03-2022

Zoom Meeting

saranya sampathkumari s Shield Health... Laxmi Shrikr...

Anjalakshi Chan... Afroze Shamee...

# Habbits

Start

Type here to search

Desktop 99 ENG 01:18 PM 08-03-2022

Zoom Meeting You are viewing Laxmi Shrikhande's screen View Options

Ramya Veerarag... Anjalakshi Chan...

Ramya Veeraragavan Laxmi Shrikhande Anjalakshi Chandrasekar ASHIKA SENTHILKUM...

## Stage 5- Marriage- What we can do

- Make your daughters financially independent
- Don't give and don't take dowry
- Don't discriminate between daughter in law / daughter
- Have financial plan for your daughter –instead of giving material things, jewellery and cash
- Marriage should not be the ultimate goal
- If you happen to see any injustice/ violence- don't remain silent

Participants (494)

geetha

SG Sangeetha Gopi

SP Sangeetha P

SV Sangeetha V

SK Sangeethakala K

JS JAYA SANGEETHA .S

Invite Mute All

Chat

EB E21CO416 Epziba beula.S bcom gen present ma'am

M. KAJAL KUMARI to Everyone

MR 21ST59 B. Sc Statistics 1st year present mam

Who can see your messages?

To: Shield Healthcare Priv... (Direct Message)

Type message here...

Unmute Start Video Security Participants 494 Chat Share Screen (Alt+S) Record Reactions More Leave

12:35 08-03-2022

Zoom Meeting

LIVE on YouTube

Participants (135)

Find a participant

- Santhiya K
- Sowmiya A
- Srividhya S
- Sweena Sweetlin
- V Aishwarya lakshmi Vijayakumar

Chat

BA.History and tourism present mam

Malathi.V Malathi.V to Everyone

V.Malathi 19hi037 BA. History And Tourism 3rd year present..

Who can see your messages?

To: Shield Healthcare Priv... (Direct Message)

Type message here...

Unmute Start Video Security Participants 135 Chat Share Screen Record Reactions More Leave

13:24 08-03-2022

Zoom Meeting

You are viewing sampathkumari's screen

View Options

Participants (142)

Find a participant

- Santhiya K
- Sowmiya A
- Srividhya S
- Sweena Sweetlin
- V Aishwarya lakshmi Vijayakumar

Chat

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Type message here...

COUNSELLING IS VERY IMPORTANT TO MAKE HEALTHY FUTURE

Politicians  
Journalists  
Bureaucrats

Relatives  
Friends  
Family friends  
Teachers  
Sports coaches  
Healthcare providers  
Religious leaders  
Traditional leaders

Musicians  
Film stars  
Sports figures

Parents  
Brothers/Sisters  
Adolescents

Unmute Start Video Security Participants 142 Chat Share Screen Record Reactions More Leave

13:22 08-03-2022

Zoom Meeting

LIVE on YouTube

Participants (126)

Find a participant

- HM Harini M
- P Jainab Parveen
- K KAVITHA .k
- LW Leena Washini
- Leena Washini

Invite Mute All

Chat

Malathi.V Malathi.V to Everyone

MM V.Malathi 19hi037 BA. History And Tourism 3rd year present..

Me to Shield Healthcare Private ... (Direct Message)

RV excellent explanation mam

Who can see your messages?

To: Shield Healthcare Priv... (Direct Message)

Type message here...

Windows Explorer

13:26 08-03-2022

Zoom Meeting

LIVE on YouTube

Ramya Veerag... Anjalakshi Chan... Usha Sriram

Ramya Veeragavan sampathkumari s Anjalakshi Chandrase... Usha Sriram

Take Pleasure & Pride in saying 'NO' & Never Say 'Yes' when you want to say 'No'

Ways to say 'NO'

- Polite refusal
- Give reason
- Repeat refusal
- Walk away
- Ignore the person
- Avoid the situation
- Find others' support
- Talk about your own feelings

Participants (147)

Find a participant

- SA Sowmiya A
- SS Srividhya S
- SB Sumaya Banu
- SS Sweena Sweetlin
- VA V Aishwarya lakshmi Vijayakumar

Invite Mute All

Chat

Shanya zeneral zeneral BA,History and tourism present mam

Malathi.V Malathi.V to Everyone

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Who can see your messages?

To: Shield Healthcare Priv... (Direct Message)

Type message here...

Windows Explorer

13:21 08-03-2022