



INNERWHEEL CLUB OF CHENNAI BHARATHI WOMEN'S
COLLEGE, CHENNAI 108.



CORDIALLY INVITE YOU TO THREE DAYS ONLINE SEMINAR

“ MANORANJITHAM ”
(A SPECIAL PROJECT INITIATIVE OF INNER WHEEL DISTRICT 323)

DR.D.GLADIS,
Principal, BWC
Will preside over the seminar

Ms. KAMALA SELVAM ,
DISTRICT CHAIRMAN IW 323
Will inaugurate the seminar and deliver the Inaugural address
All are Welcome

Date : 27.07.2021

TIME: 9.30 AM

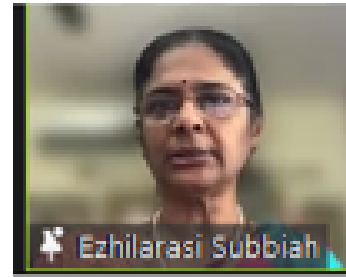
A report of three days (27 -29 July 2021) online seminar “MANORANJITHAM”

With an aim to create awareness of Personal and social issues faced by women and girl children and the implementation of solutions, Inner Wheel Club along with the Placement cell of Bharathi Women's College arranged a three days (27 -29 July 2021) seminar “MANORANJITHAM” organized by Inner Wheel Club Madras District 323 as a Special Project initiative through the online platform Zoom.

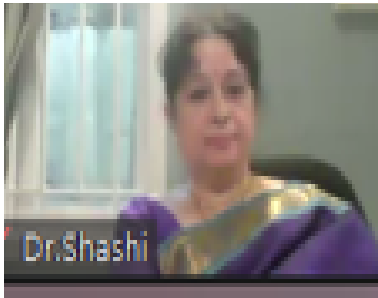
Day 1: 27.07.2021 Tuesday 9:30 a.m – 12 :30 p.m : Dr.T.S.Subha, the President Inner Wheel Club of Bharathi Women's College initiated the webinar with a welcome address. Dr.D.Gladis , the Principal, Bharathi Women's College presided over the webinar and the webinar was inaugurated by Ms.Kamala Selvam, the District Chairman IW 323, who highlighted the need for the webinar and appreciated the IWC, Bharathi Women's College for undertaking this joint venture for the benefit of the students. Special Project Coordinator Mrs.UMA KESHAV proposed vote of thanks.

Speaker's of Day1:

Menstrual Hygiene - Dr.Ezhilarasi Subbiah gave tips to maintain menstrual hygiene and also suggested yogasanas for Pre Menstrual Syndrome symptoms.



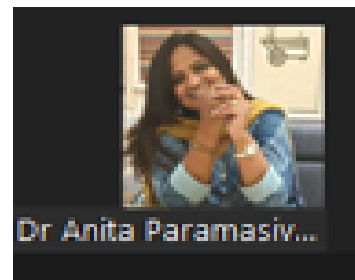
Dr.Ezhilarasi Subbiah - Menstrual Hygiene



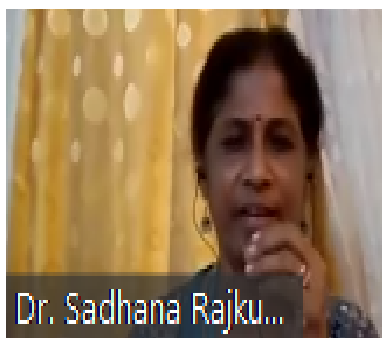
Dr. Shashi Shyamsundar (with motherly feeling)– mentioned about the 4 types of stresses (Physical, Physiological, Emotional & Environmental) and their impacts and solutions.

Dr. Shashi Shyamsundar - Stress related disorders

The third speaker of Day 1, Dr. Anitha Paramasivam created an awareness on breast cancer through a mime and also said that if detected early, the cure is for sure.



Anitha Paramasivam - Awareness talk on Breast Cancer



Dr Sadhana Rajkumar advised to Maintain a Healthy Lifestyle by consuming seasonal fruits and vegetables. She also gave tips on good habits too.

Dr. Sadhana Rajkumar - Nutrition and Fitness

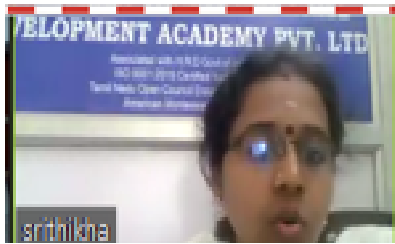
Speaker's of Day 2 (28.07. 2021) Wednesday



Vetri Vidiyal Srinivasan advised the students that Long term or short term, small or big, always set up a goal, visualise it & gradually achieve it without any fear.



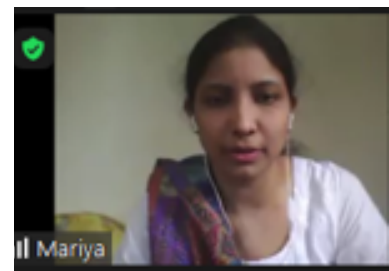
Ms Kavitha Kumar provided information regarding various Govt. Loan schemes and also nicely said that they can be availed by those who have Thaguthi i.e., தன்னம்பிக்கை , குறிக்கோள், திறமை



Ms. Srithika Kumar suggested that the students should enroll themselves in Free online business courses, visit Virtual Learning portals & participate in training programmes. She also rightly quoted

கைத்தொழில் ஒன்றைக் கற்றுக்கொள் கவலை உனக்கில்லை ஒத்துக்கொள்.

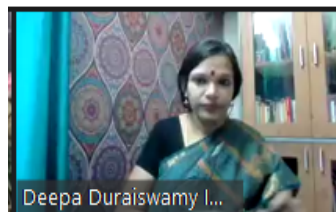
Ms. Mariya Kauser, during her talk insisted that Politeness, Self confidence, Communication skill, grooming & dressing are the basic needs for the best personal presentations.



Speaker's of Day3 (29.07. 2021) Thursday

Signs of Addiction

- Mood Modification
- Salience – Top of Mind
- Tolerance – need higher fix
- Withdrawal
- Conflict
- Relapse



Impact

- Physical
 - Obesity, Stress
- Mental
 - Distraction, ADHD, unable to do deep work
- Social
 - Poor relationships, lack of communication, disrespectful, pressure to post, anxiety, jealousy, lower empathy
- Emotional
 - Low self esteem, loneliness, angst, depression, imposter syndrome
 - Poor body image, risky/ negative behaviour
- Spiritual
 - Stunted

Ms. Deepa Duraiswamy' mentioned signs of Media addiction and its impact & also gave suggestions for Media de-addiction . The major threats in Cyber security and the measures to safeguard from them were also pointed out.



Ms. Ananthi Manimaran, pointed out different types of child abuse and remedies for child maltreatment.

Ms. Vidhya Alagu Perumal's Legal remedies for various issues and problems faced by women are to be known by every woman.



The following were the take home messages from the webinar MANORANJITHAM: Regular physical activity, along with wholesome nutrition, is the foundation for a healthy lifestyle.

Set Goal, Think positively, learn soft skills ; Know about Govt loan Schemes, Join in free business online courses & training programmes.

Be HAPPY in Real Life and NOT on Social Media. Be aware of legal remedies for your safety.

Everyone has fire but the spark is to be ignited, the spark of hope in the students of Bharathi Women's College was ignited by IWC 323 hoping to see them as champions in the future.

The concluding speech on Day 3 was deliberated by the Special Project Coordinator IWC 323 Mrs.UMA KESHAV , who expressed appreciation for the faculty and the students for their patient participation and their immense positive feedback.

After the vote of thanks , the webinar ended with the national anthem.