

SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY,
Dindigul
An Autonomous Institution



Women Empowerment Cell

Organizes

An Insightful Session on

'A Doctor's Guide to Health and Self-Care for Young Women'

RESOURCE PERSON

Dr. Selvarani Ieyaraman

Managing Director
Sri Amogam Hospital &
Selva Virutcham
Fertility Centre
Dindigul



07.10.2024 (Monday)

Seminar Hall 3

11:00A.M to 12:30P.M

Audience : IV Year Girl Students

Mrs.C.Merlin Rani, AP/Civil
Dr.K.Ganapriya, AP/ECE

Mrs.S.Kavitha, AP/Maths
Mrs.A.Geetha, AP/ECE

Dr.D.Senthil Kumaran

EVENT COORDINATORS

WEC COORDINATORS

PRINCIPAL



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

(An Autonomous Institution)

(Approved by AICTE, New Delhi / Affiliated to Anna University / Accredited by NBA & NAAC)

Email: ssmietdgl@gmail.com , Website: www.ssmiet.ac.in

WOMEN EMPOWERMENT CELL

CIRCULAR

04.10.2024

The Women Empowerment Cell of SSM Institute of Engineering and Technology has planned to organize “Navigating Adolescence: A Doctor’s Guide to Health and Self Care for Young Women”, Scheduled on 07.10.2024 (Monday). In this regard, all IV year girl students are encouraged to attend the session and get benefited.

Resource Person Details:

Dr.Selvarani Jeyaraman

MD(OBG), PG.Dip.Diab., Dip (lap), FRM., DRM&E., Dip (Cos.Gynaec), FICOG., FICMCH., FIMS

Managing Director - Sri Amogam Hospital & Selva Virutcham Fertility Centre

Dindigul

Venue: Seminar Hall 3

Time: 11.00am-12.30pm


Event Coordinators

Dr.K.Ganapriya, AP/ECE

Mrs.C.Merlin Rani, AP/Civil


WEC Coordinators

Mrs.S.Kavitha, AP/Maths

Mrs.A.Geetha, AP/ECE


Principal

Dr.D.Senthil Kumar



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Dindigul - Palani Highway, Dindigul - 624 002.

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Women Empowerment Cell

Organizes

An Insightful Session

on

'A Doctor's Guide to Health and Self-Care for Young Women'

by

Dr.Selvarani Jeyaraman

*Managing Director Srii Amogam Hospital &
Selva Virutcham Fertility Centre, Dindigul*

Date & Time : 07-10-2024 (Monday) & 11:00 A.M to 12:30 P.M

Venue : Seminar Hall - 3

AGENDA

Time	Programme
11:00 AM	Prayer song
11:05 AM	Welcome Address
11:10 AM	Introduction about Chief Guest
11:15 AM	Honoring the Chief Guest
11:20 AM	Chief Guest Address
12:25 PM	Vote of Thanks
12:30 PM	National Anthem



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Email: ssmietdgl@gmail.com , Website: www:ssmiet.ac.in

09/10/2024

WOMEN EMPOWERMENT CELL

REPORT ON

An Insightful Session on 'A Doctor's Guide to Health and Self-Care for Young Women'

Resource Person:

Dr.Selvarani Jeyaraman,
Managing Director - Srii Amogam Hospital &
Selva Virutcham Fertility Centre,
Dindigul.

Event Date : 07.10.2024 (Monday)

Venue : Seminar Hall 3

Time : 11.00A.M to 12:30P.M

The Women Empowerment Cell of SSM Institute of Engineering and Technology organized An Insightful session titled "*A Doctor's Guide to Health and Self-Care for Young Women*" on **07.10.2024 (Monday)** in Seminar Hall 3, with the objective of educating and empowering young women on important health issues and self-care practices. The talk was led by **Dr.Selvarani Jeyaraman**, Managing Director - Srii Amogam Hospital, a renowned healthcare professional with expertise in women's health. It aimed to address the common health concerns faced by young women, promote healthy lifestyle choices, and equip participants with knowledge on maintaining physical and mental well-being. The girl students of IV Year of all Departments of SSMIET had attended the session.

The program commenced at 11:00 AM in Seminar Hall 3 with the *Tamizh Thai Vazhthu*, followed by the welcome address by K.Vikashini of IV Year ECE and the introduction of the

chief guest by K.Shreenithi of IV Year ECE. The chief guest was honoured by Dr. S. Karthigai Lakshmi, Dean (Academics), and Dr. C. Sujatha, Dean (School of Computing).

The session was then handed over to the speaker of the day, during which the following points were addressed.

Key Points Discussed:

1. **Understanding Female Health:** The session began with an overview of the unique health needs of young women. Topics covered included menstrual health, hormonal balance, reproductive health, and the importance of routine check-ups like gynecological visits and breast self-examinations.
2. **Nutrition and Diet:** Dr.Selvarani Jeyaraman emphasized the significance of a balanced diet rich in essential nutrients such as iron, calcium, and vitamins. Special focus was given to understanding the role of diet in hormonal health and energy levels. Participants were also educated on how to develop healthy eating habits that align with their lifestyle and health goals.
3. **Mental Health Awareness:** Mental well-being was a major topic of discussion, as young women often face stress, anxiety, and societal pressures that can impact their mental health. The speaker provided strategies to manage stress, improve mental resilience, and seek professional help when needed.
4. **Exercise and Physical Fitness:** Regular physical activity was highlighted as a cornerstone of health. The speaker recommended incorporating a mix of cardiovascular, strength training, and flexibility exercises. Young women were encouraged to adopt a fitness routine that is enjoyable and sustainable.
5. **Self-Care Practices:** Dr.Selvarani Jeyaraman introduced the concept of self-care beyond physical health, focusing on emotional self-care, the importance of setting boundaries, and taking time for activities that nurture the mind and soul.
6. **Preventive Health Measures:** The session emphasized the importance of preventive health care, including vaccinations, regular health screenings, and safe practices for reproductive health.

Interactive Q&A Session:

Following the presentation, an interactive Q&A session allowed participants to ask questions and clarify doubts. Queries ranged from managing menstrual irregularities to mental health support and tips for maintaining work-life balance. Dr.Selvarani Jeyaraman addressed each question with practical advice and shared resources for further guidance.

Impact and Takeaways:

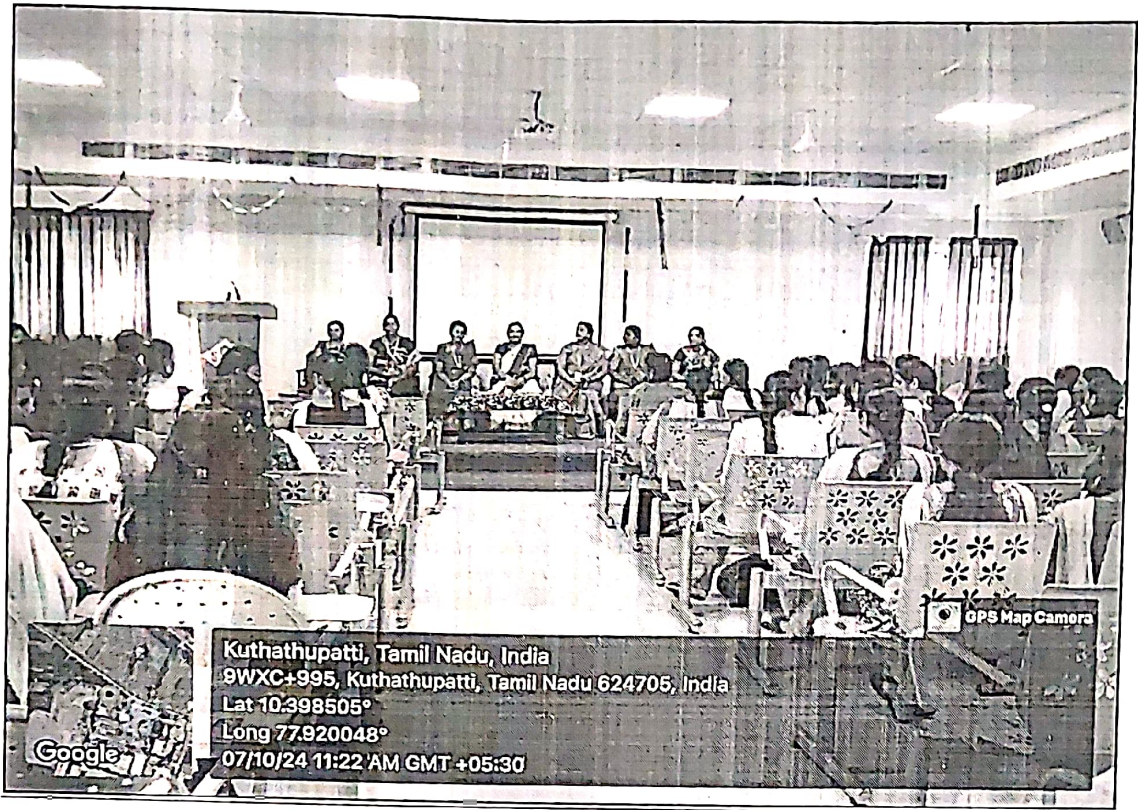
The session proved to be highly informative and inspiring for the young women in attendance. It highlighted the importance of being proactive in health management and adopting a holistic approach to self-care. Participants left with a better understanding of their health needs and practical strategies to implement self-care in their daily lives.

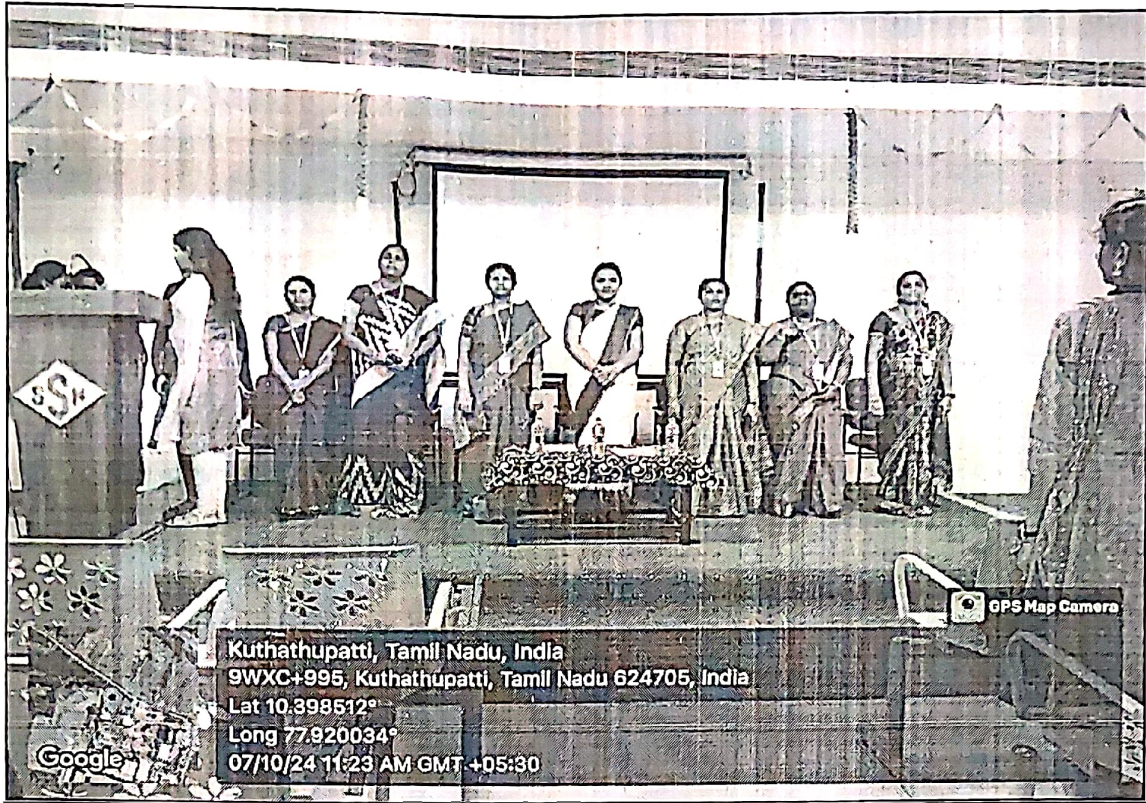
Finally, the session concluded with a strong emphasis on the importance of self-care and health, underscoring that prioritizing physical and mental well-being is essential for personal empowerment. The guest speaker highlighted that self-care is a necessity, especially for young women managing multiple responsibilities.

The session was highly interactive, with students actively engaging in discussions and asking insightful questions. This engagement fostered a sense of community among participants and enriched the learning experience.

The program ended with a heartfelt Vote of Thanks by R.Vishnu Priya of IV Year ECE, expressing gratitude to the guest speaker and participants. The National Anthem was sung, promoting unity and empowerment. The event wrapped up at 12:30 PM, leaving attendees motivated and with a deeper understanding of self-care and health.

Photos taken during the session

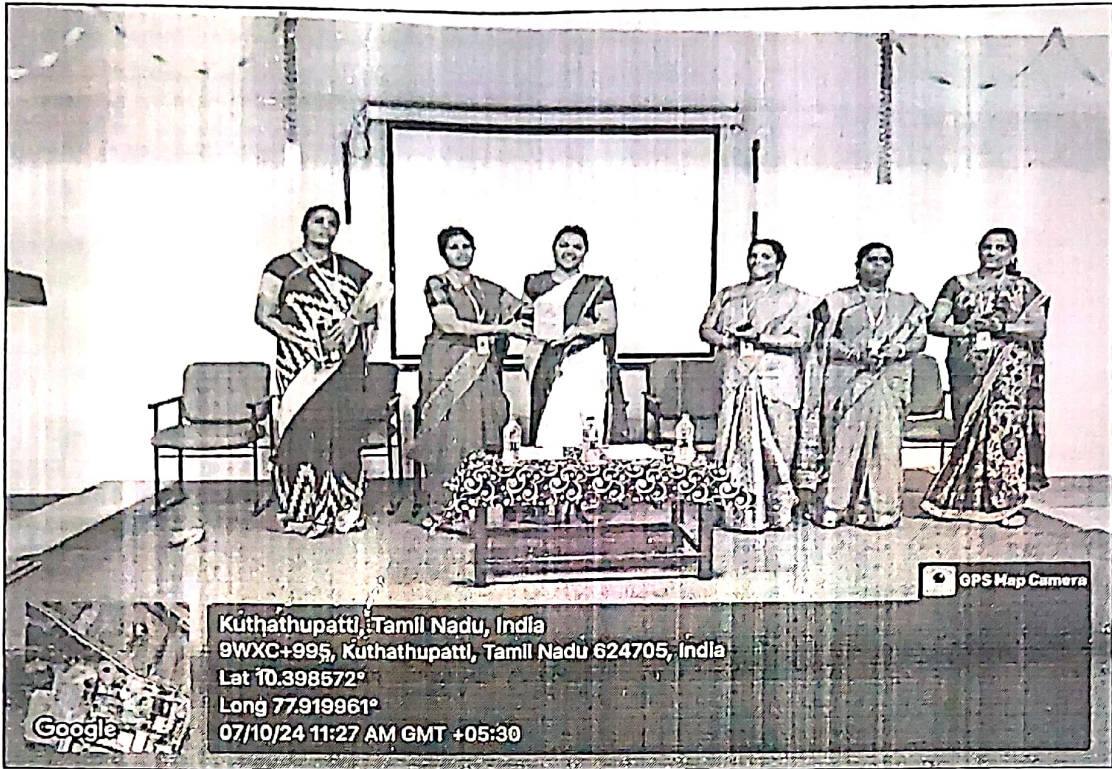




Kuthathupatti, Tamil Nadu, India
9WXC+995, Kuthathupatti, Tamil Nadu 624705, India
Lat 10.398512°
Long 77.920034°
07/10/24 11:23 AM GMT +05:30



Kuthathupatti, Tamil Nadu, India
9WXC+995, Kuthathupatti, Tamil Nadu 624705, India
Lat 10.398562°
Long 77.919998°
07/10/24 11:24 AM GMT +05:30





Celebrated on 07/10/24
K. Cejjathorn
 Event Coordinators

Mrs.C.Merlin Rani, AP/Civil
 Dr.K.Ganapriya, AP/ECE

02/10/24
A. C. Lili
 WEC Coordinators

Mrs.S.Kavitha, AP/Maths
 Mrs.A.Geetha, AP/ECE

07/10/24
 Principal

Dr.D.Senthil Kumaran



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WOMEN EMPOWERMENT CELL

An Insightful Session

on

'A Doctor's Guide to Health and Self-Care for Young Women'

Date : 07/10/2024 (Monday)

Time : 11:00 A.M to 12:30P.M

ATTENDANCE SHEET

YEAR : IV

BATCH : 2021 - 2025

S.No.	Dept.	Register Number	Name of the student	Signature of the student
1	ECE	922121106088	K. Shreerithi	K. Shreerithi
2	ECE	922121106110	K. Vikashini	K. Vikashini
3	ECE	922121106111	R. Vishnu Priya	R. Vishnu Priya
4	ECE	922121106097	S. Shomranga Praveen	S. Shomranga Praveen
5	ECE	922121106099	M. Swetha	M. Swetha
6	ECE	922121106107	S. Vedha Sri	S. Vedha Sri
7	ECE	922121106113	M. Yuva Sri	M. Yuva Sri
8	ECE	922121106105	M. Venushini	M. Venushini
9	EEE	922121105038	R. Ragavi	R. Ragavi
10	EEE	922121105043	Santhiya .M	Santhiya .M
11	EEE	922121105010	A. Celin Jeya mooy	A. Celin
12	EEE	922121105039	J. Rajeshwari	J. Rajeshwari
13	EEE	922121105047	M. Sharmila	M. Sharmila
14	EEE	922121105009	M. Cathrin Nisha	M. Cathrin
15	ECE	922121106061	J. Nultha	J. Nultha
16	ECE	922121106058	N. Naveena	N. Naveena
17	ECE	922121106043	S.A. Manasvini	Manasvini
18	ECE	922121106068	M. Priya	M. Priya
19	ECE	922121106040	S. Madhu Bala	S. Madhu Bala
20	ECE	922121106070	R. Priya Shreshini	R. Priya
21	ECE	922121106071	M. Priya Lakshmi	M. Priya Lakshmi

C. Neeha Ravi, A/P/ECE
K. Vijayalakshmi
Event Coordinators

S. S. S. S.
07/10/24
WEC Coordinators

Principal

C. Neeha Ravi, A/P/ECE
Dr. K. Ganapriya, A/P/ECE

An Insightful Session

'A Doctor's Guide to Health and Self-Care for Young Women'

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S.No.	Dept.	Register Number	Name of the student	Signature of the student
22	ECE	922121106064	M. Proja	Proja
23	ECE	922121106045	J. Nargate Sreka	Sreka
24	ECE	922121106041	P. Mahalakshmi	Maha
25	ECE	922121106069	C.M. Peiyadhaushini	Praya
26	ECE	922121106056	S. Nagapriya	Nagapriya
27	ECE	922121106003	S. Aemas Marjiya	Aemas
28	ECE	922121106024	Kajal Krishna . C	Kajal
29	ECE	922121106032	Kiruthiga . M	Kiruthiga . M
30	ECE	922121106036	Latha . K	Latha . K
31	ECE	922121106082	M. Samithra Shree	M. Samithra
32	ECE	922121106078	S. Sujitha Jathanna	Sujitha
33	ECE	922121106094	S. Sri Sreetha	Sreetha
34	ECE	922121106097	N. Subhashini	Subha . N
35	ECE	922121106085	P. Lakshmi Priya	Lakshmi Priya P.
36	ECE	922121106013	B. Divya Sree	S. Divya Sree
37	ECE	922121106025	S. Kalpana	S. Kalpana
38	ECE	922121106029	U. Keerthana	U. Keerthana
39	ECE	922121106028	M. Kaviya	M. Kaviya
40	ECE	922121106020	GT. JAMUNA.	Jamuna . G.
41	ECE	922121106027	M. Kaviya	M. Kaviya
42	ECE	922121106004	S. Analarani .	Anala .

K. Sreetha
Event Coordinators

S. Sujitha
W.C Coordinators

Principal

C. Neethi Rani, AP/Cinl
Dr. K. Ganapriya, AP/ECE

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S.No.	Dept.	Register Number	Name of the student	Signature of the student
43	ECE	922121106014	Farhath Naseem J	Farhath
44	ECE	922121106005	Angel Paulina. B.	Paulina. B.
45	ECE	922121106011	Dhivya Dharshini. B	Dhivya Dharshini. B
46	ECE	922121106076	G.T. Sai Aishwarya.	G.T. Sai
47	ECE	922121106096	N. Subha	N. Subha
48	ECE	922121106098	P. Sugapriya.	P. Sugapriya
49	ECE	922121106100	B. Swetha. -.	B. Swetha.
50	ECE	922121106010	N. Dhivya.	N. Dhivya
51	EEF	922121105001	G. ABIRAMI	G. Abirami
52	EEF	922121105003	M. P. AISHWARYA	M. P. Aishwarya
53	EEF	922121105004	B. ARCHANA DEVI	B. Archana Devi
54	EEF	922121105002	K. KAMILA SAI	K. Kamila Sai
55	EEF	922121105023	K. KANYA	K. Kanya
56	EEF	922121105032	K. MINI PRIYA	K. Mini Priya
57	ECE	922121106012	K. Divyadharshini	K. Divyadharshini
58	ECE	922121106009	R. Dhanashree	R. Dhanashree
59	ECE	922121106701	B. Bala Subhanu	B. Bala Subhanu
60	ECE	922121106046	J. MARIA CHRISTY	J. Marichristy
61	ECE	922121106051	S. MOHANA PRIYA	S. Mohana Priya
62	EEF	922121105021	Kamalee. A	Kamalee. A
63	CIVIL	922121103302	NIRMALA DEVI	Nirmala Devi

Event Coordinators
K. Ganapriya

WEC Coordinators
07/10/24

Principal

Dr. K. Ganapriya, AP/ECE

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S.No.	Dept.	Register Number	Name of the student	Signature of the student
64	CIVIL	922121103304	Suba Shini	C. Suba
65	CIVIL	922121103010	NIVASHINI P	P. Nivashini
66	CIVIL	922121103012	SHANMUGAPRIYA K	K. Shanmuga
67	ECE	922121106079	A. SANTI	A. SANTI
68	ECE	922121106075	M. SABITHA JONES	M. Sabitha Jones
69	ECE	922121106103	M. Vascha	M. Vascha
70	ECE	922121106102	K. Vashigadevi	K. Vashigadevi
71	ECE	922121106084	B. Pathyadevi	B. Pathyadevi
72	ECE	922121106101	P. Valasmathi	P. Valasmathi
73	CSE	922121104007	K. Bavani	K. Bavani
74	CSE	922121104019	S. Karpagam	S. Karpagam
75	CSE	922121104040	S. Parithivaharini	S. Parithivaharini
76	CSE	922121104035	M. Nivethitha	M. Nivethitha
77	CSE	922121104045	S. Santana Kaleeswari	S. Santana Kaleeswari
78	CSE	922121104034	S. Meena	S. Meena
79	CSE	922121104058	T. Vijayalakshmi	T. Vijayalakshmi
80	CSE	922121104049	A. Shirani	A. Shirani
81	CSE	922121104052	V. Suvaramlika	V. Suvaramlika
82	CSE	922121104037	M. Nithya Bala	M. Nithya Bala
83	CSE	922121104050	S. Shruthi Laya	S. Shruthi Laya
84	EEE	922121105034	P. Narmatha Devi	P. Narmatha Devi

85

EEE

922121105008

G. Bhuvaneshwari

G. Bhuvaneshwari

Event Coordinators
K. G. S. / K. G. S.

WEC Coordinators
07/10/24

Principal

Dr. K. Ganapathy, AP/ECE

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YEAR : IV

BATCH : 2021 - 2025

S.No.	Dept.	Register Number	Name of the student	Signature of the student
85	CSE	922121104013	Harini . S	R. Harini
86	ECE	922121106038	Lisha . R	R. Lisha
87	CSE	922121104008	R. Devaki	R. Devaki
88	CSE	922121104001	N. Ananthi	N. Ananthi
89	CSE	922121104056	C. Vaishravi	C. Vaishravi
90	CSE	922121104048	M. Sherin Sifhara	M. Sherin
91	CSE	922121104032	D. Manikra Sri	D. Manikra Sri
92	CSE	922121104018	M. Kajalakshmi	M. Kajalakshmi
93	CSE	922121104008	N.B. Anirtha Shree	N.B. Anirtha
94	CSE	922121104028	Mahima . R	Mahima . R
95	EEE	922121105018	S. Jayasri	S. Jayasri
96	EEE	922121105013	J. Divya	Divya
97	EEE	922121105019	S. Sai Supraja	S. Sai Supraja
98	EEE	922121105050	M. Vaishali	Vaishali
99	CSE	922121104054	J. Turin Pooja	J. Turin Pooja
100	CSE	922121104044	S. Sakthi priya	S. Sakthi priya
101	CSE	922121104047	N. Sathya priya	N. Sathya priya
102	CSE	922121104061	V. Vishva dharshini	V. Vishva
103	CSE	922121104010	S. Dhanshri	S. Dhanshri
104	CSE	922121104023	J. Kaniya	J. Kaniya
105	CSE	922121104005	J. Anisha	J. Anisha
106	CSE	922121104017	S. Tejaswree	S. Tejaswree

Dr. K. Ganapathy
Event Coordinator

Dr. K. Ganapathy, AP/GCE

Dr. K. Ganapathy
NCC Coordinators

Principal

An insightful session

'A Doctor's Guide to Health and Self-Care for Young Women'

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Time : 11:00 A.M to 12:30P.M

FACULTY ATTENDANCE SHEET

YEAR : IV

BATCH : 2021 - 2025

S.No.	Dept.	Register Number	Name of the student FACULTY	Signature of the student FACULTY
1	CIVIL	-	M. MUTHULAKSHMI	
2	EEE	-	R. RAMYA	
3	CSE	-	V. Sudharsana	
4	CSE	-	A. Aldo Peris	
5.	MATHS ^{SC/H}	-	N. BHUVANESWARI	
6.	EEE	-	K. UMA MAHESWARI	
7	MATHS	-	S. Kavitha	
8	ECE	-	M. GEETHA	
9.	Civil	-	C. Meetha Rani	
10.	ECE	-	Dr. K. Ganapriya	

Event Coordinators

W.E.C Coordinators
07/10/24

Principal

C. Meetha Rani, AP/Civil
Dr. K. Ganapriya, AP/ECE