

# LIFE SKILLS PROGRAM

# Caring for you : A Talk on Menstrual Health and Self-Care

**Date :**

18th & 19th Oct, 2024

**Resource person :**

Ms. Harshita Sponsored by,  
Globalhunt Foundation

**Co-ordinator :**

Mrs. V Kalaivani

**Organizer :**

Dr.G. Fathima  
HOD/CSE





# **Navigating Adolescence Health Well - Being for Teenage Boys**

**Date :**

19th Oct 2024

**Resource person :**

Ms. Chitra Powered by  
Globalhunt Foundation.

**Co-ordinator :**

Mrs. V.Kalaivani

**Organizer :**

Dr.G. Fathima  
HOD/CSE



hormones are chemical substances made and released in one part of the body that stimulate change in another part of the body.

## Adolescent Morbidity and Mortality -

AT THE GATE OF EGYPT

## Female Hormone released - Oestrogen & Progesterone

### BOYS

• Bone remodeling  
• Shoulder fracture  
• Bone hair growth  
• Bone production starts  
• Brain development and  
• movement of  $N$  ions

## Boys and Girls

Planning and flow  
Growth, market, - value in  
height & weight  
How prepare you can expand  
and change

## **girls**

Brussels sprouts  
Bitter melon  
Pumpkin seeds



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THE PRACTICAL CLOTHESMAKER

# Building Scalable AI Powered Applications (From Design to Deployment)

## Date :

1st to 4th April 2025

## Resource person :

Ms. Karthiya Banu,  
Founder & CEO,  
Mr. Aravind  
Technical Educator & Developer  
Inspire Softech Solutions, Chennai.

## Co-ordinator :

Mrs. V.Saranya

## Organizer :

Dr.G. Fathima  
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