

# INVITATION

The Management, Principal, Staff and Students of SJM Institute of Technology Cordially invite you for

***A Webinar  
on***

***“ADOLESCENT HEALTH CARE”***

At SJMIT

On Saturday, 21<sup>th</sup> November 2020

## Chief Guest

**Dr.Kanya Kumari  
Prof & Head,  
Department of Physiology  
BMCH, Chitradurga.**

## Presided By

**Dr. B C Shanthappa  
Principal  
SJM Institute of Technology  
Chitradurga.**

## Coordinators

**Prof. Sushmita Deb & Prof. Shruthi M K , Women’s cell, SJMIT.  
Prof. Pushpa K G & Prof. Basantha Kumari, Anti Sexual Harassment cell, SJMIT.**

**Webinar on**  
**“ADOLESCENT HEALTH CARE”**

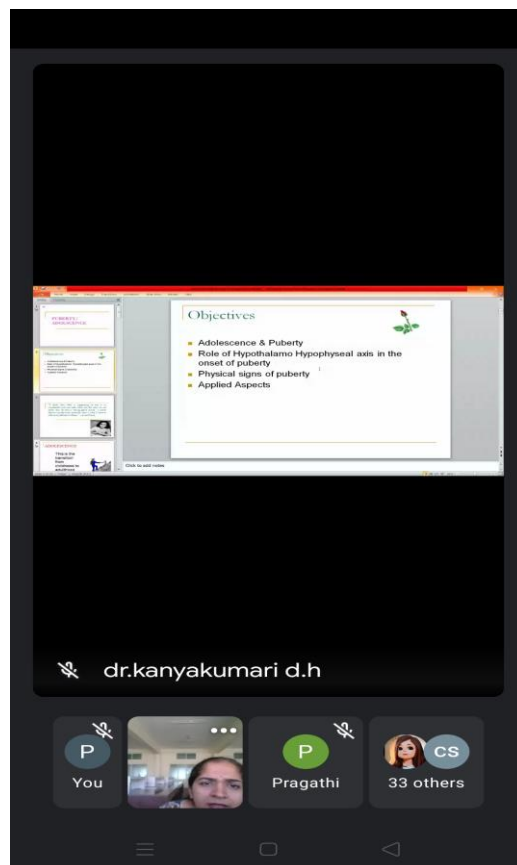
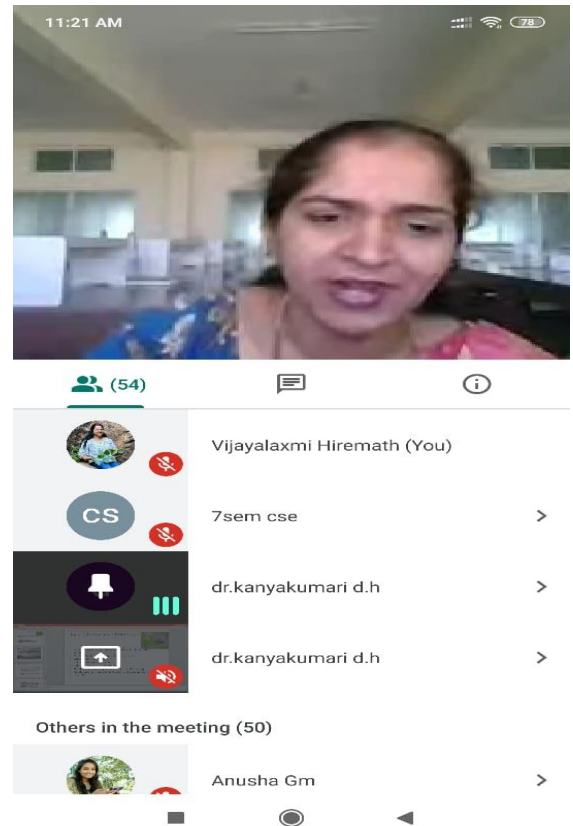
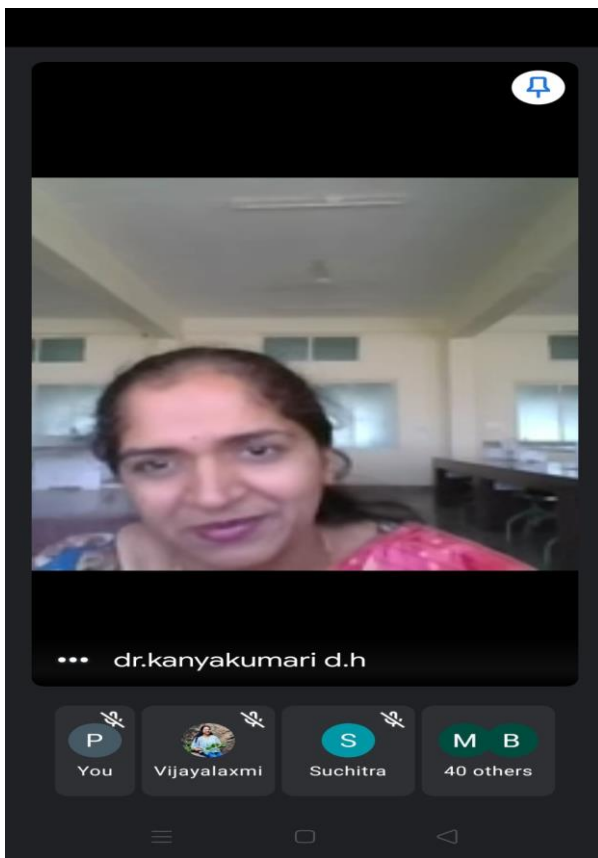
**Date:** 21.11.2020

**Time:** 11:00 am to 12:00pm

We organized a webinar on “Adolescent health care” on 21/11/2020 at 11:00am. This webinar is conducted by Women’s cell in collaboration with Anti sexual Harassment cell.


- Welcome speech and introduction about the guest was given by Prof. Pushpa K G.
- The chief guest explained about physical signs of adolescence and puberty role of Hypothalamus Hypophyseal axis in the onset of puberty.
- Adolescence is the time for formulating a sense of personal identity. Also it is time for gaining emancipation from the family unit. The age of adolescence is generally regarded as 11-19 years.
- Interaction was done with the students and faculties.
- The program was largely attended by girl students and lady faculties of the institution. Many of them interacted with the chief guest and got remedial advices for their personal health issues.
- The program was concluded by giving vote of thanks by Prof. Basantha Kumari.

SJM Vidyapeetha ®  
S.J.M. INSTITUTE OF TECHNOLOGY, CHITRADURGA



11:21 AM

## Late Adolescence - Both Sexes



- Establishment of ego identity - "Where do I fit into the world?"
- Dad's a doctor and I want to be a rock star
- Growth finally subsided
- Full stature almost attained
- Intimate relation with buddy fades
- Needs acceptance by society, in job, and in college
- Needs parental respect for opinion and acceptance of maturity

(53)

Vijayalaxmi Hiremath (You)

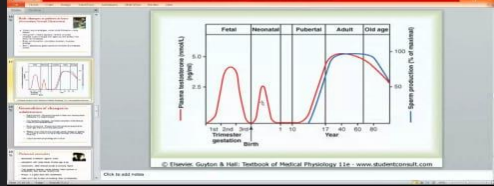
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dr.kanyakumari d.h >

dr.kanyakumari d.h >

Others in the meeting (49)


Anusha Gm >



dr.kanyakumari d.h

You Pragathi 47 others

## Physical signs of puberty



### Females :

- Development of breasts – **thelarche** 8 - 13 yrs ( 11 yrs )
- Growth of ducts & fat deposition in mammary glands
- Development of axillary & pubic hair – **pubarche** 9 - 13 yrs
- Appearance of pubic (flat topped pattern) & axillary hair
- Secretion of adrenal androgens - **adrenarche** 9.5 – 15 yrs
- First menstrual period – **menarche**
  - typically occurs by age 10 - 16 yrs ( 13 yrs )
  - initially may involve anovulatory, irregular cycles
  - This event separates the prepubertal from the postpubertal girl

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