



Bala Mandir Research Foundation

cordially invites you to the

***S. Manjubhashini Memorial
Seminar - 2007***

Adolescence: Journey into Adulthood

Parenting the Adolescent 9.30 - 9.40 a.m.

- A time of growing up *Dr. S. Anandalakshmy*
- Bumpy ride into adulthood

Academic Stress and Parental Issues 10.00 a.m.

- High expectations *Ms. Krishna Iyer*
- Family pressures
- Peer group influences

Health and Nutrition Issues 10.20 a.m.

- Awareness *Dr. Veda Zachariah*
- Life style
- Time pressures

Preparing Society for Inclusion 10.40 a.m.

- Barriers *Ms. Rajul Padmanabhan*
- Acceptance

Tea Break 11.00 a.m.

Responsibility and Sexual Behaviour 11.20 a.m.

- Education *Dr. Suchitra Ram Kumar*
- Reproductive health
- Independence

Insights from Literature 11.40 a.m.

- Across cultures & regions *Ms. Lakshmi Krishnamurti*
- Behaviour in response to society
- Gender issues

Communicating Values 12.00 noon

- Self esteem *Dr. Indu Balagopal*
- Role models & relationships
- Integrity & honesty

Date: Saturday 22nd December, 2007

Time: 9.30 a.m. to 1.00 p.m.

Venue: Bala Mandir Resource Centre

8, G.N. Chetty Road, T.Nagar,

(Prakasam Street Entrance - Opp. German Hall)

Chennai - 600 017.