



## SEPTEMBER 2022

<b>ACTIVITY NAME</b>	SPEF INAUGURATION 2022 & SEMINAR ON STRESS MANAGEMENT & COPING WITH PEER PRESSURE OBSERVING WORLD SUICIDE PREVENTION MONTH
<b>DATE</b>	23 <sup>rd</sup> SEPTEMBER 2022
<b>TIME</b>	9:00 am-11:00am
<b>VENUE</b>	MINI AUDITORIUM
<b>INVITATION</b>	 <p>SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN, AFFILIATED TO UNIVERSITY OF MADRAS, RE-ACCREDITED A+ GRADE BY NAAC CHROMEPET, CHENNAI- 600 044</p> <p>PG DEPARTMENT OF SOCIAL WORK STUDENTS PARTICIPATORY EMPOWERMENT FORUM (SPEF)</p> <p>In Association With <b>SHADITHYA HOSPITAL, Pallavaram</b> Organizes <b>Seminar on "Stress Management &amp; Coping with Peer Pressure"</b> observing <b>World Suicide Prevention Month</b> &amp; <b>SPEF INAUGURATION 2022</b></p> <p><b>Resource Person:</b></p>  <p>Mr. K. Jayandra Kumar, Psychiatric Social Worker, Shadithya Hospital, Pallavaram.</p> <p><b>Venue:</b> Mini Auditorium      <b>Date:</b> 23.09.2022      <b>Time:</b> 9.00 a.m to 11.00 a.m</p>
<b>REPORT</b>	<p>PG department of Social work has inaugurated Student Association SPEF and organised Seminar on Stress management and coping up with peer pressure in Association with Shadithya Hospital, Pallavaram observing World Suicide Prevention Day. The program was glorified with the presence of Principal madam and the resource person Mr.K.Jayandra Kumar, Psychiatric Social worker. The program was started at 9:20am with the department song and welcome address. The Principal Madam addressed the students and the program was proceeded with the SPEF FORUM inauguration. The Student participatory Empowerment Forum (SPEF) is an active body under which all our department program are</p>

	<p>been organised with zeal and enthusiasm. The Elected office bearers of SPEF forum 2022 was given the batch and the inauguration was proceeded with the Oath taking ceremony and concluded with the proposal of SPEF annual report and action plan.</p> <p>The PG Social Work Students performed street play on Prevention Of suicidal thoughts and behavior. The Resource Person Mr.K. Jayandra Kumar, Psychiatric Social Worker headed the session with his commendable talk on the subject of Stress Management and coping up with peer pressure. The Resource Person discussed about the Symptoms, Preventive measures and tips to deal with stress and some simple relaxation techniques like Deep breathing exercises, Progressive Muscular relaxation technique and so on. The pleasurable activities which help us to segregate happy hormones via Reading Books, Watching TV, Playing with children were discussed. The session ended up with Feedback questions. The students gave their utmost enthusiastic participation throughout the program and clarified their doubts. The students also exchanged their thoughts and views on coping with peer pressure.</p>
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### PICTURES OF THE EVENT:

