

A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8th March and 10 March, 2023

The Department of Physical Education and Yoga, Pondicherry University Community College had conducted A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8th March and 10 March, 2023. This workshop was collaborated and funded by the Rajiv Gandhi National Institute of Youth Development (RGNYD), Sriperumbudur. This workshop is creating awareness on essential to promote and correct lifestyle in order to maintain and promote health. The activity is promoting health and providing public health of the most important bases for the development of youth communities. The inaugural was presided over by the Principal of Pondicherry University Community College, **Prof. Lalitha Ramakrishnan**. The workshop inaugurated by **Prof. Shibnath Deb**, Director, Rajiv Gandhi National Institute of Youth Development Guest of honour **Smt. Padma Jaiswal**, IAS, Secretary to E-Governance and ICT, Government of Puducherry and Special Guest **Dr. B. N. Padmaja Priyadharshini**, Entrepreneur and Managing Director of HomePlanGuru Pvt. Ltd. Welcome Address Delivered by **Dr. R. Murugesan**, Assistant Professor & Head (I/c) Dept. of Physical Education & Yoga and the Scope of the workshop was delivered by the Programme Co-ordinator **Dr. S. Jagadeeswari**, Assistant Professor, Dept. of Physical Education & Yoga, PUCC. The programme had started with 130 participants from different colleges Puducherry and Tamilnadu.

Prof. Shibnath Deb, Director, Rajiv Gandhi National Institute of Youth Development, Sriperumbudur delivered a Chief Guest Address and he overwhelmed the importance of youth's physical & metal health for the future India.

Smt. Padma Jaiswal, IAS, Secretary to E-Governance and ICT, Government of Puducherry, delivered a Guest of honour's Address and she talked about the importance of leading healthy lifestyle through mental health. She interacted with the participants about need and urge of healthy life being and wellness. And she discussed the importance of physical activity and yoga.

Dr. S. Jagadeeswari, Assistant Professor, Dept. of Physical Education & Yoga, PUCC has delivered a vote of thanks.



A Five-day Training of Trainers program for “Child Protection & Child Rights in Disasters and Emergencies” at Cultural Cum Convention Centre, Pondicherry University.

The Department of Social Work, Pondicherry University and National Institute of Disaster Management, Ministry of Home Affairs, Government of India is organizing a Five-day Training of Trainers program for “Child Protection & Child Rights in Disasters and Emergencies” at Cultural Cum Convention Centre, Pondicherry University. Dr. K Anbu, Head (i/c), Department of Social Work welcomed the gathering and thanked the dignitaries and NIDM for collaborating with the Dept.


This was followed by Dr.Kumar Raka, Senior Programme Officer, CCDRR, NIDM, who delivered the opening remarks. He explained the need for the training programme and appreciated the University, Department of Social Work and the Project Coordinator, Training Program for coordinating this program. This was followed by Professor B.B Mohanty, Dean, SSSIS who appreciated the Dept. of Social Work and the team for organising this timely initiative and many others from time to time.

Then the Director (SEI& RR) Prof. K Tharanikkarasu explained the need for this programme. He appreciated all the government departments for having sent their representatives to attend and learn from the resource persons who have expertise in this subject which is very important. Shri Ranjan Kumar from CCDRR, NIDM spelled out the objectives of the programme. This was followed by Prof. A Shahin Sultana, Project Coordinator, Training Programme who thanked the Vice Chancellor, Director, and all other dignitaries, participants, staff and scholars for the successful coordination of this programme. This five day programme has officials and representatives from Department of Health and Family Welfare, School Education, Fire Service, Revenue and Disaster Management, Women and Child Development, Labour, Aapda Mitra, Adi Dravidar Welfare Department and many more. Around 70 to 75 participants participated in the five day Trainers of Training programme.




Invited Special Lecture on Mental Health: Achieving a state of wellness organized by Dept. of Electronic Media & Mass Communication

https://www.pondiuni.edu.in/university_news/invited-special-lecture-on-mental-health-achieving-a-state-of-wellness-organized-by-dept-of-electronic-media-mass-communication/



PONDICHERRY UNIVERSITY
DEPARTMENT OF ELECTRONIC MEDIA AND MASS COMMUNICATION

Weekly Enrichment Activity
Invited special lecture



Mental Health: Achieving a state of wellness


by Dr. B.V.Balachandar

The lecture will be followed with an interactive Q&A session

Friday, 6th January 2023 from 3.30 to 5.30 pm

Venue: The Department of Electronic Media and Mass Communication Auditorium, Silver Jubilee Campus

Public lecture open to all in Puducherry and Tamil Nadu. All are welcome.



For more information regarding our upcoming weekly enrichment activities, contact:
Dr. Radhika Khanna, Head U/c, Department of Electronic Media and Mass Communication, Pondicherry University
email: office.demmo@pondiuni.ac.in
phone: 0413-2654680

Drug Free Puducherry Campaign Community Based Initiatives of Student Peer Educators on Substance Abuse Prevention





**Department of Social Work
Pondicherry University
&
Ministry of Social Justice and Empowerment**

**Drug Free Puducherry
Campaign**

**COMMUNITY BASED INITIATIVES OF STUDENT
PEER EDUCATORS on SUBSTANCE ABUSE
PREVENTION**

| Community | Date | Programmes |
|-------------------|------------|----------------------------|
| Kizhoor | 30.12.2022 | Rangoli Competition |
| Sivaranthagam | 31.12.2022 | Rangoli Competition |
| Solainagar | 04.01.2023 | Awareness programmes |
| Solainagar | 05.01.2023 | School awareness programme |
| Solainagar | 06.01.2023 | Thematic competitions |
| Melthirukanchi | 08.02.2023 | School awareness programme |
| Melthirukanchi | 08.02.2023 | Thematic competitions |
| Keezhparikalpattu | 07.01.2023 | Rangoli Competition |
| Keezhparikalpattu | 09.01.2023 | Awareness programmes |
| Keezhparikalpattu | 09.01.2023 | School Awareness programme |
| Keezhparikalpattu | 09.01.2023 | Thematic competitions |

KAP surveys, identification of positive deviant leaders: ongoing since 19/11/2022 on holidays

Prof. R. Nalini
Principal Investigator

Dr. Iftekhar Alam
Co-Principal Investigator





Special Service and Features



Leading our generation to a healthy, peaceful, and happy Drug Free - Puducherry

Posted On: 06 JUN 2023 1:48PM by PIB Chennai

The community-based student peer educators' sentiments for a healthy Puducherry echo the objectives of the project "Towards a Drug Free Puducherry District" – a community-based project jointly undertaken by the Department of Social Work, Pondicherry University and Ministry of Social Justice and Empowerment (MoSJE), Government of India under Nasha Mukta Bharat Abhiyaan, Launched on 6th April 2022, over a period of 12 months, the project sensitized faculty and students from higher educational institutions in Puducherry against substance abuse and alcoholism in Puducherry District. As part of the project, students from 10 higher educational institutions in Puducherry were trained as peer educators to mobilize women, youth, and at-risk groups in local communities to address the substance use-related issues faced by community members and to aid them in accessing psychosocial support services.

The villages of Periyakalpet, Solainagar, Keezhparikalpattu, Kottaimedu, Melthirukanchi, Sivaranthagam, and Kezhoor were selected for peer-led interventions in this phase of the project. Between December 2022 and April 2023, the students organized a series of activities in these communities such as awareness programmes, focus-group discussions with women, youth and self-help group (SHG) members, health awareness sessions, sports and rangoli competitions, and household KAP (knowledge, attitude, and practice) surveys.

The student peer-educators were felicitated by Prof. Gurmeet Singh, Hon. Vice-Chancellor of Pondicherry University and Prof. B.B. Mohanty, Dean, School of Social Sciences and International Studies, Pondicherry University. Prof. R. Nalini, Principal Investigator provided a brief summary of the project's major achievements. Professor Gurmeet Singh, Hon. Vice-Chancellor, Pondicherry University delivered the presidential address and tabled the project report for the period April 2022-March 2023. Felicitations were offered by Professor B. B. Mohanty and Dr. K. Anbu, Head (i/c) Department of Social Work, Pondicherry University.

The dignitaries distributed the certificates and medals to the student peer educators in recognition of their work and achievements in their communities. Dr. Iftekhar Alam, Assistant Professor and Co-Principal Investigator offered the vote of thanks. The felicitation programme was organized to recognize and commend the potential of youth in Puducherry under the Nasha Mukta Bharat Abhiyaan campaign towards reducing the demand for drugs, especially among children and youth for the creation of a healthy and youthful Puducherry.



<https://www.thehindu.com/news/cities/puducherry/student-peer-educators-in-project-against-drug-abuse-felicitated/article66938276.ece>

Dental Camp organized by “Pondicherry University Community College, Lawspet.

https://www.pondiuni.edu.in/university_news/dental-camp-pucc-lawspet-2/

PONDICHERRY UNIVERSITY
COMMUNITY COLLEGE
(A constituent College of Pondicherry University)
Lawspet, Puducherry - 605008

DENTAL CAMP

CONDUCTED BY
MAHATMA GANDHI
POSTGRADUATE INSTITUTE OF DENTAL SCIENCES
PUDUCHERRY

DATE : 25-01-2023
TIME : 8:45 AM
VENUE: PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

ORGANISED BY: NATIONAL SERVICE SCHEME(NSS)

Voluntary Blood Donation Camp “Department of Physical Education & Sports

https://www.pondiuni.edu.in/university_news/voluntary-blood-donation-camp-department-of-physical-education-sports/

INVITATION

!! Donate Blood for a noble cause and save life!!

The Department of Physical Education & Sports, Pondicherry University
is organizing the

6th Voluntary Blood Donation Camp

With support from JIPMER and Lions Club of Pondicherry Central

on Tuesday the 31st of January, 2023

in the Department premises.

The camp will start at 10 AM and is expected to close around 1.30 PM.

We are happy to
invite all the students, staff of Pondicherry University and their friends to
participate in the voluntary blood donation program and
donate blood for a Noble Cause.

Dr. G. Vasanthi

Professor & Head, Dept of Physical Education & Sports

For details contact Dr. R. Ram Mohan Singh on 7338999899, 9080549229 (Coordinator)

Organizing Committee Members

Dr. D. Sultana, Dr. G. Vinod Kumar, Dr. M. Elayaraja (Professors)

Mr. K. Thirumourougan, Dr. A. Praveen, Dr. V. Vino (Associate Professors)

Dr. Chandana Easwar, Dr. Vishal Singh, Dr. S. Sivachandiran, Dr. Dilshit A Kabeer

(Assistant Professors)

Mr. G. Gunasekar, Mr. P. Danasekaran (Office Staff)

To: The system Manager with request to upload in the University Website.

VALEDICTORY FUNCTION

Invocation

Welcome Address : **Dr. P. B. Shankar Narayan**
Assistant Professor, Dept. of Social Work
Pondicherry University

Camp Report : **Ms. Deeptika. S**
I M.S.W, Student

Valedictory Address : **Mr. Gavhal Nithin Ramesh, PPS (SG)**
Superintendent of Police (North)- Karaikal

Special Address : **Shri. P.R. Siva**
Honourable Member of Legislative Assembly,
Thirunallar
Government of Puducherry

Felicitations : **Mr. Dr. K. Sivakumar**
Assistant Professor and Head, Dept. of Social Work,
Aringar Anna Government Arts and Science College,
Karaikal

: **Rev. Fr. Xavier Satheesh, SDB**
Principal, Don Bosco College of Arts and Science
Thamanangudy, Karaikal

: **Rev. Fr. Siby Mathew, SDB**
Secretary, Don Bosco College of Arts and Science
Thamanangudy, Karaikal

Vote of Thanks : **Mr. V. Ajeethkumar**
I MSW, Rural Camp Student's Co-ordinator

Cultural Programme : **I MSW Students**

National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental “ Pucc, Lawspet
https://www.pondiuni.edu.in/university_news/national-workshop-on-leading-healthy-lifestyle-and-improving-self-physical-mental-pucc-lawspet/



PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

(A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY)

LAWSPET, PUDUCHERRY- 605008

DEPARTMENT OF PHYSICAL EDUCATION AND YOGA

ORGANISES

A THREE - DAY NATIONAL WORKSHOP ON LEADING HEALTHY LIFESTYLE AND IMPROVING SELF: PHYSICAL & MENTAL



8TH - 10TH March, 2023

10 AM - 05 PM

AT

SEMINAR HALL

PU - COMMUNITY COLLEGE, LAWSPET

SPONSORED BY

RAJIV GANDHI NATIONAL YOUTH DEVELOPMENT

INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12

MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA

SRIPERUMBUDUR

PROGRAMME COORDINATOR

DR. S. JAGADEESWARI

ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION & YOGA
PUCC

PONDICHERRY UNIVERSITY COMMUNITY COLLEGE
(A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY)
DEPARTMENT OF PHYSICAL EDUCATION AND YOGA
IN COLLABORATION WITH
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA
SRIPERUMBUDUR

ORGANISES

A THREE - DAY NATIONAL WORKSHOP ON

LEADING HEALTHY LIFESTYLE AND IMPROVING SELF: PHYSICAL & MENTAL

AT

SEMINAR HALL

Google Meet Link : <https://meet.google.com/bnz-ediv-szb>

| | |
|---|---|
| <p>INAUGURATION 8TH MARCH, 2023 10:00 am</p> <p>University Anthem</p> <p>Welcome Address Dr. R. MURUGESAN <small>Asst. Prof. & HEAD (I/C), DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC</small></p> <p>Scope of the Workshop Dr. S. JAGADEESWARI <small>Asst. Prof. & PROGRAMME CO-ORDINATOR DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC</small></p> <p>Presidential Address Prof. LALITHA RAMAKRISHNAN <small>PRINCIPAL (I/C) PONDICHERRY UNIVERSITY COMMUNITY COLLEGE LAWSPET, PONDICHERRY</small></p> <p>Chief Guest's Address Prof. SIGNATH DEB <small>DIRECTOR RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT SRIPERUMBUDUR</small></p> <p>Guest of Honour's Address Smt. PADMA JAISWAL, I.A.S. <small>SECRETARY - GOVERNANCE & ICT GOVERNMENT OF PONDICHERRY</small></p> <p>Special Guest's Address Dr. B. N. PADMAJA PRIYADARSHINI <small>MANAGING DIRECTOR N'S HOME PLAN CHILD CONSERVATIVES PVT. LTD. CHENNAI</small></p> <p>Vote of thanks</p> | <p>VALEDICTORY 10TH MARCH, 2023 04:30 pm</p> <p>University Anthem</p> <p>Welcome Address Dr. R. MURUGESAN <small>Asst. Prof. & HEAD (I/C), DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC</small></p> <p>Report of the Workshop Dr. S. JAGADEESWARI <small>Asst. Prof. & PROGRAMME CO-ORDINATOR DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC</small></p> <p>Mime YOUTH'S SOCIAL PROBLEM <small>BY PTH YEAR B.F.E.S. PUCC</small></p> <p>Valedictory Address Prof. VASANTHI RAJENDRAN <small>HEAD, CENTER OF TRAINING DEVELOPMENT AND RESEARCH, RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT SRIPERUMBUDUR</small></p> <p>Guest of Honour's Address Prof. G. VASANTHI <small>DIRECTOR (I/C), DIRECTORATE OF SPORTS & YOGA, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY</small></p> <p>Vote of thanks Dr. S. JAGADEESWARI <small>Asst. Prof. & PROGRAMME CO-ORDINATOR DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC</small></p> <p>National Anthem</p> |
|---|---|

...All are Welcome..

DAY-1
09-03-2023
10:30 AM - 11:30 AM

Dr. B. N. PADMAJA PRIYADARSHINI
MANAGING DIRECTOR, N'S HOME PLAN CHILD CONSERVATIVES PVT. LTD. CHENNAI

PERSONALITY & COMMUNICATION DEVELOPMENT

11:30 AM - 11:45 AM TEA BREAK

11:45 AM - 01:00 PM

Dr. N. NIRMALA SARAVANAN
SENIOR NURSING OFFICER & NATIONAL TRAINER
INDIA GANDHI GOVT. HOSPITAL, PONDICHERRY

GENERAL HEALTH AND WELLNESS

01:00 PM - 02:00 PM LUNCH BREAK

02:00 PM - 03:30 PM

Mr. S. R. NATARAJAN
FORMER PROGRAMMING HEAD, IIT & ENTREPRENEUR

SOCIAL MEDIA ON YOUTH'S LIFE

03:30 PM - 03:45 PM TEA BREAK

03:45 PM - 05:00 PM

Dr. R. MURUGESAN
Asst. Prof. & HEAD (I/C),
DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC

YOGA PRACTICES FOR MENTAL WELL BEING

DAY-2
09-03-2023
10:00 AM - 11:30 AM

Dr. R. M. MURUGAIYAN
ASSISTANT PROFESSOR, DEPARTMENT OF YOGA, PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

Indralaya Halingmargam Vazhiviyal Nurali

11:30 AM - 11:45 AM TEA BREAK

11:45 AM - 01:00 PM

Prof. M. ELAYARAJA
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY

KNOWLEDGE OF PHYSICAL LITERACY AND IMPORTANCE OF PHYSICAL EXERCISE

01:00 PM - 02:00 PM LUNCH BREAK

02:00 PM - 03:30 PM

Dr. B. ARAVINDHAN MD (PSYCHIATRY)
CHIEF MEDICAL OFFICER, N'S HOME PLAN CHILD CONSERVATIVES PVT. LTD. CHENNAI

POSITIVE MENTAL HEALTH IN YOUTH EMPOWERMENT

03:30 PM - 03:45 PM TEA BREAK

03:45 PM - 05:00 PM

Dr. S. BASCARANE
SUPERINTENDENT OF POLICE (NAG) / WIRELESS / VVNL,
DEPARTMENT OF VIOLENCE AND ANTI-CORRUPTION, GOVT. OF PONDICHERRY

UNDERSTANDING OF DIGITAL LIFESTYLE IN YOUTH

PONDICHERRY UNIVERSITY COMMUNITY COLLEGE
(A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY)
LAWSPET, PONDICHERRY-605006

DEPARTMENT OF PHYSICAL EDUCATION AND YOGA

ORGANISES

CORDIALLY INVITES YOU ALL FOR

A THREE - DAY NATIONAL WORKSHOP ON

LEADING HEALTHY LIFESTYLE AND IMPROVING SELF:

PHYSICAL & MENTAL.

8TH - 10TH March, 2023

10:00 AM - 05:00 PM

AT

SEMINAR HALL

PU - COMMUNITY COLLEGE, LAWSPET

IN COLLABORATION WITH

RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA
SRIPERUMBUDUR

... ALL ARE INVITED ...

DAY-3
10-03-2023
10:30 AM - 11:30 AM

Dr. NARAYANASAMY SANGEETHA
ASSOCIATE PROFESSOR, DEPT. OF FOOD SCIENCE & TECHNOLOGY, PONDICHERRY UNIVERSITY

GOOD NUTRITION FOR HEALTHY LIFESTYLE CHANGES

11:30 AM - 11:45 AM TEA BREAK

11:45 AM - 01:00 PM

Prof. D. SULTANA
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY

ROLE OF PHYSICAL ACTIVITY FOR HEALTH & MENTAL WELL BEING

01:00 PM - 02:00 PM LUNCH BREAK

02:00 PM - 03:30 PM

Dr. SELVARANI
DIRECTOR
NLS NUTRITION RESEARCH AND DEVELOPMENT ORGANIZATION
PONDICHERRY

GENDER EQUALITY

03:30 PM - 03:45 PM TEA BREAK

03:45 PM - 05:00 PM

Prof. G. VASANTHI
DIRECTOR (I/C), DIRECTORATE OF SPORTS &
YOGA, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,
PONDICHERRY UNIVERSITY

STRESS AND ITS IMPACT ON MENTAL HEALTH

CHIEF PATRON

Prof. GURMEET SINGH
HON'BLE VICE CHANCELLOR OF PONDICHERRY UNIVERSITY

PATRON

Prof. K. THARANIKKARASU
DIRECTORATE OF STUDIES, EDUCATIONAL INNOVATIONS & RURAL RECONSTRUCTION
PU

Prof. RAJEEV JAIN
DIRECTOR CULTURE & CULTURE RELATION, PU

Prof. RAJNEESH BHUTANI
REGISTRAR (I/C), PU

PRINCIPAL (I/C)

Prof. Dr. LALITHA RAMAKRISHNAN
HEAD (I/C)

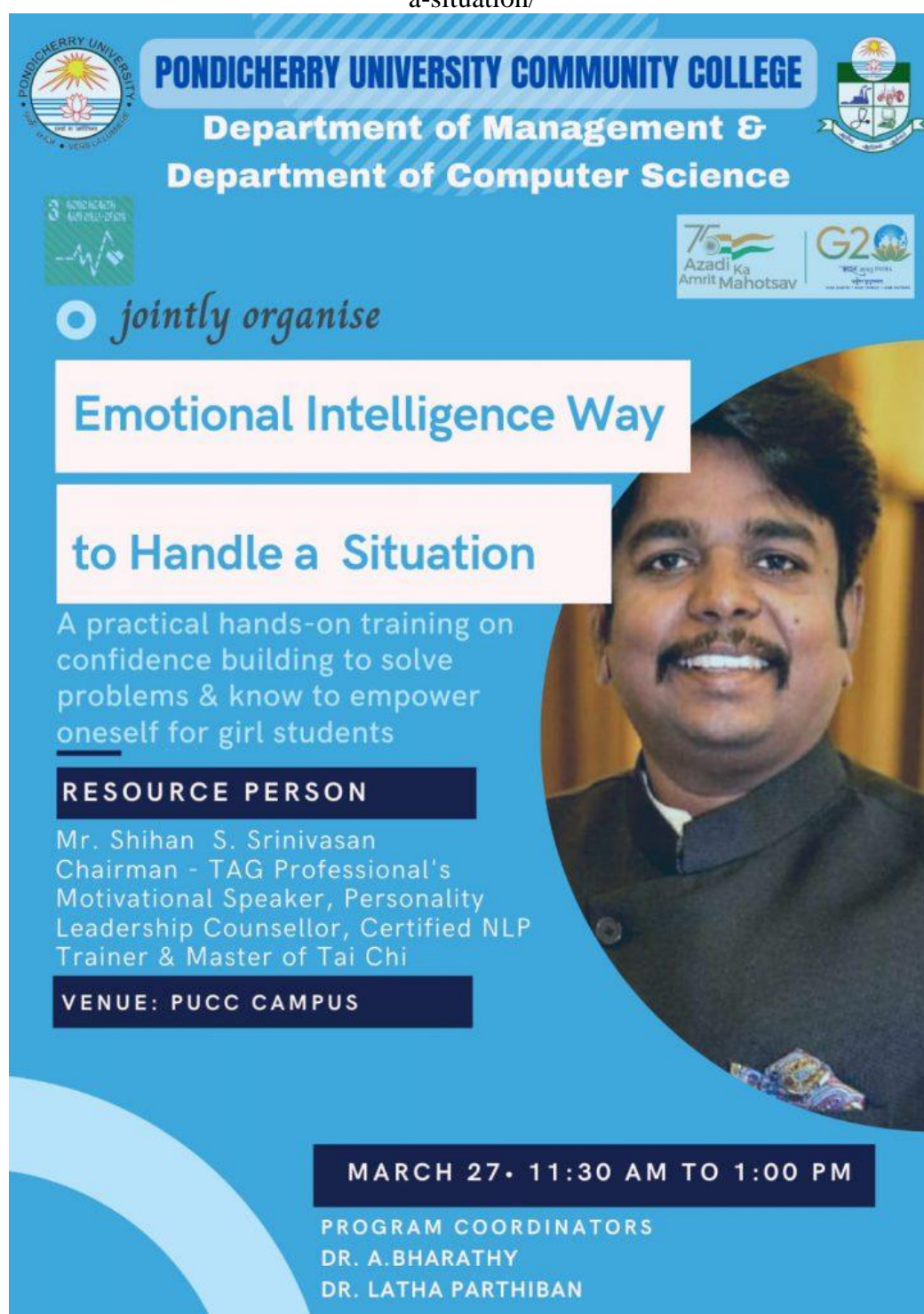
Dr. R. MURUGESAN
Asst. Prof., DEPARTMENT OF PHYSICAL EDUCATION & YOGA

PROGRAMME CO-ORDINATOR

Dr. S. JAGADEESWARI
Asst. Prof., DEPARTMENT OF PHYSICAL EDUCATION & YOGA

Training - Emotional Intelligence Way to Handle a Situation

https://www.pondiuni.edu.in/university_news/training-emotional-intelligence-way-to-handle-a-situation/



The poster is for a training session titled "Emotional Intelligence Way to Handle a Situation". It is organized jointly by the Department of Management & the Department of Computer Science at Pondicherry University Community College. The session is a practical hands-on training on confidence building to solve problems and empower oneself for girl students. The resource person is Mr. Shihan S. Srinivasan, Chairman of TAG Professional's, Motivational Speaker, Personality Leadership Counsellor, Certified NLP Trainer & Master of Tai Chi. The venue is Pucc Campus. The session is on March 27, from 11:30 AM to 1:00 PM. The program coordinators are Dr. A. Bharathy and Dr. Latha Parthiban. The poster features the Pondicherry University logo, a small logo with the number 3, and logos for the 75th Azadi Ka Amrit Mahotsav and G20 India 2023. A circular portrait of Mr. Shihan S. Srinivasan is on the right side.

PONDICHERRY UNIVERSITY COMMUNITY COLLEGE
**Department of Management &
Department of Computer Science**

jointly organise

**Emotional Intelligence Way
to Handle a Situation**

A practical hands-on training on
confidence building to solve
problems & know to empower
oneself for girl students

RESOURCE PERSON

Mr. Shihan S. Srinivasan
Chairman - TAG Professional's
Motivational Speaker, Personality
Leadership Counsellor, Certified NLP
Trainer & Master of Tai Chi


VENUE: PUCC CAMPUS

MARCH 27 • 11:30 AM TO 1:00 PM

PROGRAM COORDINATORS
DR. A. BHARATHY
DR. LATHA PARTHIBAN

Special Talk on Mindfulness for University Students: Well-Being, Personal Growth & Professional Development “ Department of Computer Science

https://www.pondiuni.edu.in/university_news/special-talk-on-mindfulness-for-university-students-well-being-personal-growth-professional-development-department-of-computer-science/




DEPARTMENT OF COMPUTER SCIENCE
SCHOOL OF ENGINEERING & TECHNOLOGY
PONDICHERRY UNIVERSITY




Organizes


A SPECIAL TALK ON
MINDFULNESS FOR UNIVERSITY STUDENTS : WELL-BEING ,
PERSONAL GROWTH & PROFESSIONAL DEVELOPMENT
(An Initial Exploration)

Journey Towards - Excellence - Well-being - Happiness - Authenticity - Freedom




Date : 03.05.2023 **Time : 10:30 A.M** **Venue : Seminar Hall 2**





FACILITATOR
Mr.GANESH KRISHNAMURTHY
Founder , A Mindfulness Project
Auroville Bio-region
Tamil Nadu



PATRON
Prof.T.Chithralekha
Dean, School of Engg & Tech

CONVENOR
Prof.S.Siva Sathya
HOD, Dept of Computer Science

FACULTY COORDINATORS
Dr.G.Krishnapriya
Dr.S.L.Jayalakshmi

Towards a Drug-Free Puducherry under Nasha Mukh Bharat Abhiyaan “ Felicitation of Community-Based Student Peer Educators

https://www.pondiuni.edu.in/university_news/towards-a-drug-free-puducherry-under-nasha-mukt-bharat-abhiyaan-felicitation-of-community-based-student-peer-educators/



PONDICHERRY UNIVERSITY
SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES
DEPARTMENT OF SOCIAL WORK

IN ASSOCIATION WITH

MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT
GOVERNMENT OF INDIA

Towards a Drug-Free Puducherry
under
Nasha Mukt Bharat Abhiyaan

**FELICITATION OF COMMUNITY-BASED
STUDENT PEER EDUCATORS**

Date: Friday, 2nd June 2023

Time: 3:00 P.M. to 4:00 P.M.

Venue: EC Hall, Administrative Block,
Pondicherry University

For further details, kindly write to us
@ drugfreepuducherry@gmail.com

Ambassadors
for a Healthy &
Youthful
Puducherry!

Workshop on 9th International Yoga Day on 20th June 2023

https://www.pondiuni.edu.in/university_news/workshop-on-9th-international-yoga-day-on-20th-june-2023/

Workshop on 9th International Yoga Day on 20th June 2023

Organised by: Dept. of Physical Education & Sports
and Directorate of Sports

**Topic: "Yoga Related practices
for general wellbeing"**

By, Mr. K. Tirumourugane,
Associate Professor, Dept. of Physical Education & Sports

Time : 3.30 - 4.15 pm

**Topic: "Breath Regulation Through
Pranayama"**

By Dr. D. Sultana
(Professor, Dept. of Physical Education & Sports)

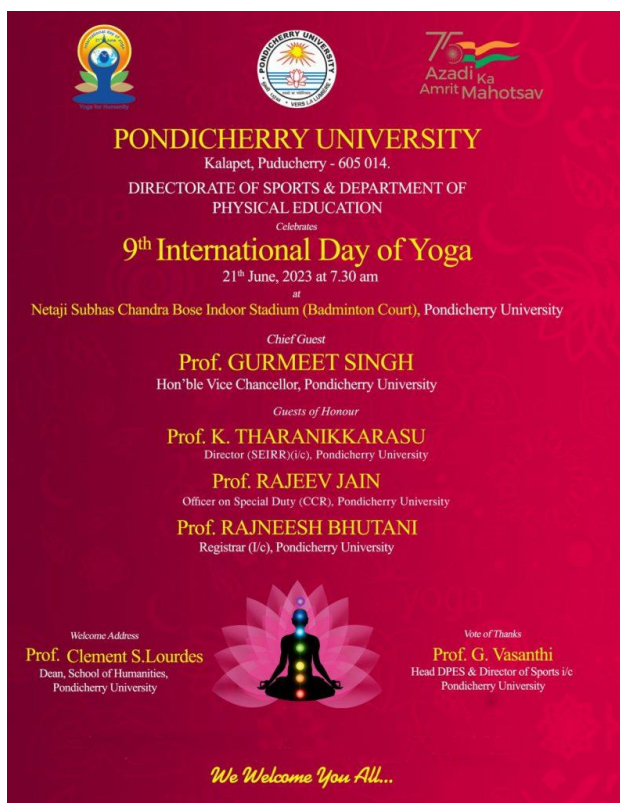
Time: 4:15 - 5 pm

Venue: Rajiv Gandhi Stadium

Made with PosterMyWall.com

9th International Day of Yoga on 21.06.2023 - Department of Physical Education and Sports

https://www.pondiuni.edu.in/university_news/9th-international-day-of-yoga-on-21-06-2023-department-of-physical-education-and-sports/



Lecture on Understanding Yoga as a Holistic Way of Life “ Department of Philosophy
https://www.pondiuni.edu.in/university_news/lecture-on-understanding-yoga-as-a-holistic-way-of-life-department-of-philosophy/



**DEPARTMENT OF PHILOSOPHY
SCHOOL OF HUMANITIES
PONDICHERRY UNIVERSITY**

YOU ARE CORDIALLY INVITED FOR LECTURE ON

UNDERSTANDING YOGA AS A HOLISTIC WAY OF LIFE

Dr. ANANDA BALAYOGI BHAVANANI
Director - Institute of Salutogenesis and Complementary Medicine (ISCM) &
Professor of Yoga Therapy, Sri Balaji Vidyapeeth University, Puducherry

Date: 04.07.2023

Time: 11.00 - 13.00 Hrs.

**VENUE : SEMINAR HALL - 1
SCHOOL OF HUMANITIES
PONDICHERRY UNIVERSITY**

World Suicide Prevention Day “ PUCC, Lawspet

https://www.pondiuni.edu.in/university_news/world-suicide-prevention-day-pucc-lawspet/



Observes World Suicide Prevention Day (WSPD), 2023 Affect in Action “ Department of Social Work

https://www.pondiuni.edu.in/university_news/observes-world-suicide-prevention-day-wspd-2023-affect-in-action-department-of-social-work/



DEPT OF SOCIAL WORK, SCHOOL OF SOCIAL SCIENCES AND
INTERNATIONAL STUDIES, PONDICHERRY UNIVERSITY
IN COLLABORATION WITH
TRUST FOR YOUTH AND CHILD LEADERSHIP, PUDUCHERRY

OBSERVES WORLD SUICIDE PREVENTION DAY (WSPD), 2023
"AFFECT IN ACTION"

ON 19th SEPTEMBER, 2023 (TUESDAY) 11:00 AM
VENUE: LECTURE HALL, MSW I YEAR

AS PART OF ITS OUTREACH PROGRAMME (2023-2024)

PROGRAMME SCHEDULE

- 11:00 am: Welcome Address: Prof. K. Anbu
Head (i/c), Dept. of Social Work,
Pondicherry University
- 11:05 am: Opening Remarks: Prof. A. Shahin Sultana
Coordinator, Outreach Programme (2023-24),
Dept. of Social Work, Pondicherry University
- 11:10 am: Guest of Honour: Ms Kalaivani V, Consultant Psychologist,
Trust for Youth and Child Leadership,
Puducherry
- 12:30 pm: Vote of Thanks: Outreach Student Representative (MSW 1st year),
Dept of Social Work, Pondicherry University

All are cordially welcome!

Organising Committee Members

Prof. K. Anbu, Prof. R. Nalini, Prof. A. Shahin Sultana, Prof. K. Devan,
Dr. C. Sathesh Kumar, Dr. P. B. Shankar Narayan, Dr. Iftekhar Alam,
Office Staff, Scholars and Students

Lecture on overcoming depression, anxiety and finding one's peace by Mr.Rakesh Babu followed by an experiential workshop on mind-body awareness and mental health by Dr. Radhika Khanna organised by the Department of Electronic Media & Mass Communication

https://www.pondiuni.edu.in/university_news/lecture-on-overcoming-depression-anxiety-and-finding-ones-peace-by-mr-rakesh-babu-followed-by-an-experiential-workshop-on-mind-body-awareness-and-mental-health-by-dr-radhika-khanna-organised-by-th/



PONDICHERRY UNIVERSITY

DEPARTMENT OF ELECTRONIC MEDIA
&
MASS COMMUNICATION

World Mental Health Day, 10 October 2023

Mental health is a universal human right



**Lecture on overcoming depression, anxiety and finding one's peace
by Mr. Rakesh Babu followed by an experiential workshop on
mind-body awareness and mental health by Dr. Radhika Khanna**



N.R. Rakesh Babu
Psychologist,
Doctoral Researcher



Dr. Radhika Khanna
Head i/c
DEMMC, PU

Mr. N.R. Rakesh Babu, is a dedicated, lifelong learner with 17 years of professional experience. As a research psychologist, he believes that the mind is the key to everything. Focusing on our mental well-being allows us to become more intentional, composed, and aware in everything we do. This enables us to think proactively and peacefully. Remember, if we treat ourselves with kindness, we are less likely to harm others.

Mr. N.R. Rakesh Babu is a certified in Master Practitioner NLP - NeuroPsychology, Certified Professional Facilitator, Certified Brain Profiling Consultant, Diploma in Neuro Linguistic Programming, Certified Soft Skill Trainer, EMS - ISO 14001:2004 - LEAD AUDITING, NEBOSH ICC (UK), Diploma in OHSE.

Dr. Radhika Khanna began her career as an actor-teacher under the eminent theatre practitioner, Mr. Barry John. She has been a Theatre-in-Education (TIE) facilitator since 1992 - training teachers and students to use TIE for self development and a holistic education.



Tuesday, 10 October 2023
@ 3:30 p.m. to 5:30 p.m.



Lecture hall III, DEMMC

**This event is open to general public in Puducherry and Tamil Nadu.
All are welcome!**

For more information regarding our upcoming weekly enrichment lectures, contact:
Dr. Radhika Khanna, Head i/c,
Department of Electronic Media and Mass Communication,
Pondicherry University
email: office.demmc@pondiuni.ac.in
Phone: 0413-2654680

Faculty Development Programme on Psycho-Social Care in Disaster Management

Faculty Development Programme on Psycho-Social Care in Disaster Management

06th - 10th November, 2023



nidm
National Institute of Disaster Management
Government of India, Ministry of Home Affairs
www.nidm.gov.in

Pondicherry University
(A Central University)
www.ponduni.edu.in

BACKGROUND

India is vulnerable to a variety of natural and man-made disasters. Disaster knows no boundaries and impacts everyone. Its impact includes the vast destruction of infrastructure, leaving people distressed with shaken inner strength. This impact, at times, changes the behavioral pattern of the affected and is very difficult to visualize. This largely depends on the degree of the dent created by the neighborhood and trained professionals. Often, such behavioral changes are mistaken for mental malfunctions. This thinking adds to the seclusion of an already distressed person.

Along with relief, rehabilitation, and care of physical health and injuries, psycho-social and mental health issues are also essential and must be prioritized. Psycho-social support in the context of disasters refers to comprehensive interventions that address a wide range of psycho-social problems arising in the aftermath of a disaster. Psycho-social support comprises general interventions related to the larger issues of relief work needs, social relationships, and harmony to promote or protect the psycho-social well-being of the survivors. Mental health services comprise interventions to prevent or treat psychological symptoms or disorders. These interventions help individuals, families, and groups restore social cohesion and infrastructure while maintaining independence and dignity.

The experience of disasters that have impacted various regions of India has revealed that Psycho-Social Support and Mental Health Services (PSSMHS) need to be planned ahead of disasters to be executed in a coordinated and integrated manner during disasters.

Psycho-social support for disaster-affected communities needs to be provided on a long-term basis. Appropriate and timely interventions will determine the victims' adjustments to various lifestyle changes caused by the disaster.

The interventions must be community-based and culturally sensitive, considering the needs of vulnerable groups like women, children, the elderly, the disabled, etc. Such support can relieve the psychological distress of the affected people to a significant extent.

PSYCHO-SOCIAL SUPPORT

Psycho-social support in the context of disasters refers to comprehensive interventions that address a wide range of psychosocial and mental health problems arising in the aftermath of disasters. These interventions help individuals, families, and groups build human capacities, restore social cohesion and infrastructure, and maintain their independence, dignity, and cultural integrity. Psycho-social support helps in reducing the level of actual and perceived stress and in preventing adverse psychological and social consequences amongst disaster-affected communities.

India, due to its unique geo-climatic conditions, has been experiencing natural disasters like earthquakes, tsunamis, cyclones, floods, droughts and landslides. The country is equally vulnerable to man-made disasters like chemical, biological, radiological and nuclear emergencies. Disasters, whether natural or man-made, cause enormous devastation and human suffering to the community. These disasters usually leave a trail of human agony, including loss of human life and injuries. Emotional trauma, and loss of livestock, property and livelihood, resulting in long-term psychosocial and mental health problems. Apart from logistic and material help, the affected community requires Psycho-Social Support.

Importance of Psycho-Social care in Disaster management

For a considerable amount of time, the direction of disaster management efforts was focused on the physical impact of the disaster. Only after international human rights agencies brought awareness did psycho-social care in disaster management become part of rescue and rehabilitation manuals. Disaster's psychological impact is considered a forte of trained psychologists. But very few need and can access these services based on severe cases like PTSD. The second objective of the workshop is to make participants aware of the relevance of psycho-social care in disaster management.

Psycho-social Care with Women

Disasters generally lead to migration, mass displacement, the spread of epidemics, and issues of social security, etc. Women are more susceptible to the impact of disaster management due to already existing issues pertaining to them. The third objective of the workshop will include practical difficulties in psycho-social support for women in disaster-affected regions. It focuses on an intersectionality approach, which emphasizes layers of identity. Social, economic, and political vulnerabilities of women and inferior genders worsen with the advent of disaster.

Psycho-social Care with Children

Children lack the social and language skills to express their agony and difficulties. It becomes more severe in terms of psychological impact. Psycho-social care with children in disaster management areas includes several practical difficulties. Losing a loved one/family member/parent in a severe disaster also leads to generational traumas.

Not providing adequate psycho-social care for children suffering in case of disaster will lead to significant life challenges for them in the future. The workshop will inculcate orientation with experts in child psycho-social care.

Psycho-social care with marginalized / vulnerable populations: intersectionality, accessibility, rehabilitation.

The impact of disaster experienced by communities differs across their standing in the social, political, and economic ladder of society.

Navigating through rural and urban populations:

Community participation is more in the rural region due to its size and social connectivity. While people in urban spaces are more vulnerable to mental health issues due to hectic lifestyles, lack of socialization, alienation due to the nuclear nature of families, etc., in terms of psycho-social care, these elements play an essential role in the approach to psycho-social support caregiver.

Role of social worker/ Strength Perspective:

Social worker plays a multifold role in disaster management. The workshop will help social work educators, practitioners, and learners understand their role in these situations. Psycho-social care is an interdisciplinary approach, so it is essential for social workers. Very few social work educators are trained in Psycho-Social Care in Disaster Management. So this workshop will be more beneficial to the Social Work Educators.

TARGET AUDIENCE

The key target audience for this programme will be faculties from social science background and social work practitioners from Southern India. Preference will be given to social work educators. A maximum of 40 participants will be enrolled for the Five (5) days of TOT on Psycho-social support and care.

AIM OF TRAINING

Aim of this training programme is to build the capacity among the Social Work Educators and practitioners on basic concepts of disaster risk management and strengthening the mechanism for effective psycho-social care in disaster management.

OBJECTIVES

1. To explain the basic concepts of Disaster Management
2. To understand varied needs of the survivors of disasters
3. To reflect upon the need for psycho-social care in disaster related work
4. To develop an understanding of how people react in stressful situations
5. To understand varied needs of the survivors of disasters
6. To develop an understanding of holistic caregiving approach
7. To understand the role psycho-social care givers need to play
8. To internalize techniques of psycho-social caregiving while working with children
9. To develop an understanding of needs of women in disasters and understand the role of women in disaster
10. To understand the importance of self-care and gain knowledge about skills on taking care of self while working in stressful situations.

DMS Talk Series on Mental Health Matters

https://www.pondiuni.edu.in/university_news/dms-talk-series-on-mental-health-matters/

PONDICHERRY UNIVERSITY
பாண்டிச்சேரி विश्वविद्यालय பான்னாச்சேரி பல்கலைக்கழகம்
SCHOOL OF MANAGEMENT
DEPARTMENT OF MANAGEMENT STUDIES
DMS TALK SERIES

Dr. D. Barani Ganth
Associate Professor, Department
of Applied Psychology,
Pondicherry University

Topic - Mental Health Matters

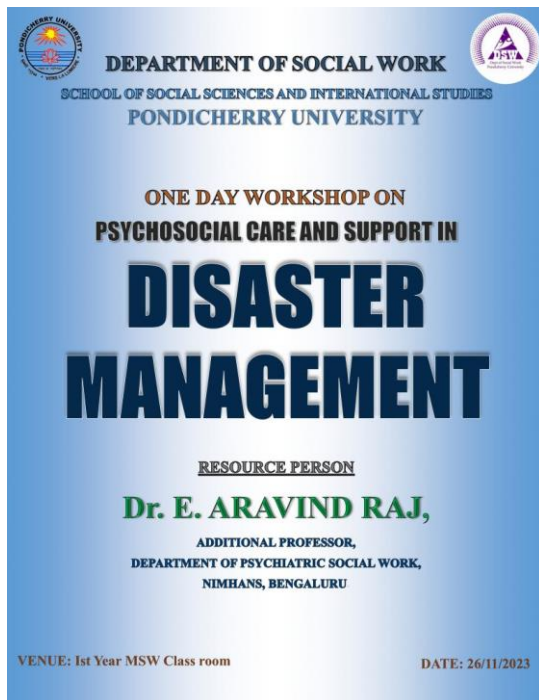
02 November 2023
02:15 PM - 05:00 PM
Venue - **SOM Auditorium**

Coordinator
Dr. S. Riasudeen
Professor
DMS, Pondicherry University

Convener
Dr. R. Kasilingam
Professor & Head
DMS, Pondicherry University

**Workshop on Psychosocial Care and Support in Disaster Management “
Department of Social Work**

https://www.pondiuni.edu.in/university_news/workshop-on-psychosocial-care-and-support-in-disaster-management-department-of-social-work/



Workshop on Health and Stress Management

https://www.pondiuni.edu.in/university_news/workshop-on-health-and-stress-management/



PONDICHERRY UNIVERSITY

A central University under Ministry of Education, Govt. of India

Cultural Coordination Wing, Pondicherry University is organising a
Workshop
on

HEALTH AND STRESS MANAGEMENT

(Under Sustainable Development Goal 3, Ensure Healthy Lives and Promote Wellbeing)

Resource person: Clapping for health Management

Mr. Arun Rishi, Founder of Ayushyamaanbhav Trust & Research Centre, Ujjain, M.P.

ALL ARE INVITED!

VENUE

JN AUDITORIUM

Administrative Building

Date: November 28, 2023 (Tuesday), Time: 4:30 pm

Cultural Coordination wing.

PONDICHERRY UNIVERSITY

Cultural Coordination wing, Pondicherry University

Workshop

On

HEALTH AND STRESS MANAGEMENT

Date: 28/11/2023

Time: 4:30 pm

Programme schedule

| | |
|-----------|---|
| 4:30 pm : | UNIVERSITY ANTHEM |
| 4:35 pm : | WELCOME ADDRESS (Prof. Sreekala. E , Cultural Coordinator) |
| 4:40 pm : | PRESIDENTIAL ADDRESS (Prof. Clement Sagayaradja Lourdes, Director, C& CR) |
| 4:50 pm : | Refreshments |
| 5:00 pm : | WORKSHOP ON CLAPPING FOR HEALTH MANAGEMENT (Mr. Arun Rishi, Founder of Ayushyamaanbhav Trust & Research Centre , Ujjain , M.P) |
| 6:30 pm : | Vote of Thanks (Dr. G. Subhalakshmi , Deputy Cultural Coordinator) |
| 6:35 pm : | National Anthem |

Venue

JN AUDITORIUM

Administrative Building

Invited Talk on Recent Progress on HIV/AIDS Cure “ Department of Microbiology
https://www.pondiuni.edu.in/university_news/invited-talk-on-recent-progress-on-hiv-aids-cure-department-of-microbiology/



INVITED LECTURE

**Department of Microbiology
Pondicherry University**

Invites you to the talk on :

“Recent progress on HIV/AIDS cure”

Being presented by:

Dr. SIDDAPPA BYRAREDDY, PhD

Professor & Vice Chair of Research, Department of Pharmacology
and Experimental Neuroscience, Durham Research Centre,
USA

Date : December 04, 2023

Time : 3.00 pm

Venue : Seminar Hall, Department of
Microbiology, Room No: 212

“All are cordially invited”

Dr. Maheswaran Mani
Head
Department of Microbiology

Dr. V. Thillai Sekar
Associate Professor
(Seminar Co-ordinator)