

Panel of Professional Counselors of Pondicherry University

<https://www.pondiuni.edu.in/wp-content/uploads/2024/01/Annexure-A-Names-of-approved-clinical-counsellors.pdf>

PANEL OF PROFESSIONAL COUNSELORS OF PONDICHERRY UNIVERISTY

Sl. No.	Counselor, Qualification and Address	Contact Details	Expertise in Counseling Services	Timings to contact for appointment	Location of counseling & Mode
1	Dr. V.Sunil Kumar, M.A. Psy., M.Phil. (Clin. Psy.), FAGE, Ph.D.Clinical Psychologist, Mind Zone,No.4,(1sr Floor) 3 rd Cross Street, Mohan Nagar, Near Rajiv Gandhi Women and Children Hospital, Puducherry-605 005	Clinical Psychologist Mobile No: 9444297058/9444020006 Email: mailmindzone@gmail.com	<ul style="list-style-type: none"> Substance Abuse, Behavioural Addiction, Career related issues(careeranxiety) Stress and Anxiety (academic pressure, transition stress), Depression (Academic or social struggles, Homesickness), Identity Exploration (Identitycrisis) Social Pressure (peer pressure and social comparisons), Time management and Procrastination, Pressure to Succeed, Relationship issues (Friendships and Roomate conflicts, conflicts in romantic relationship), SelfDevelopment (Self awareness, goal setting, personality development, lifeskills), Crisis Intervention, Promotion of Well-being 	Monday to Saturday Online from 10 am to 10 pm Offline : By Appointment	Mind Zone Clinic or Students' Council Office (Students' Service Centre), PU Online/Offline
2	Dr. C. Saravanan M.A.,MPhil.,Ph. D. (Clinical Psychology), HoD & Associate Professor Clinical Psychology Scholl of Rehabilitation & Behavioural Sciences Aarupadai VeeduMedical College Campus Vinayaka Mission's Research Foundation Pondicherry, India	Clinical Psychologist H/P : 9789644521 Email: csaravelu@rediffmail.com	<ul style="list-style-type: none"> Mental health, Psychoeducation Cognitive behavior therapy 	Monday to Saturday Online from 5.30 pm to 8.30 pm Offline: Byappointment	Saravana Rehabilitation center, Plot no 4, 1 st cross Bharathi Nagar, K (nearShivaji Statue) Pondicherry-8 or Students' Council Office (Students' Service Centre), PU Online/Offline

Sl. No.	Counselor, Qualification and Address	Contact Details	Expertise in Counseling Services	Timings to contact for appointment	Location of counseling & Mode
3	Ms. Aruna Kumari G., M.Sc. (Applied Psy.), M.Phil. (Clinical Psy.), No.30, Car Street, Pillaichavady, Puducherry – 605014	Clinical Psychologist Mobile: 9080556076 Email: abigailaruna02@gmail.com	<ul style="list-style-type: none"> Personality Disorder, Psychometric Assessment Behavior Modification Therapy Cognitive Behavioural Therapy (CBT) Dialectical Behavior Therapy (DBT), Child Psychology 	Monday to Friday From 5 pm to 8 pm Saturday 3 pm to 7 pm Online/Offline	Clinic or Students' Council Office (Students' Service Centre), PU Online/Offline
4	Mr. D. Vijayaragavan M.Sc.Psy,M.Phil. (Clin. Psy.), RCICRR NO: A10867 Dept. ofPsychiatry JIPMER, Puducherry	Clinical Psychologist Mobile No. 9677774099 E-mail. vijayaragavan12@yahoo.co.in	<ul style="list-style-type: none"> Anxiety, Depression, Severe and enduring mental illness (Psychosis), PTSD, Psychological effects of medical conditions, Sexual Disorders, Substance Use Disorders, Addictions (Internet, Mobile, Substance etc.) Physical and sexual abuse, Interpersonal relationship Issues, Adjustment Problems, Stress Management, Sleep Hygiene, Time Management, Behavioural Problems, Dementia, Acquired brain injury, Childhood developmental disorders, Learning difficulties 	Monday to Saturday Psychiatry OPD with JIPMER case-sheet 8.30 am to 1.30 pm Offline : By Appointment	OPD, JIPMER, Puducherry Offline : By Appointment

Sl. No.	Counselor, Qualification and Address	Contact Details	Expertise in Counseling Services	Timings to contact for appointment	Location of counseling & Mode
5	Mrs. M.Yaazhini, M.Sc (Psy),B.Ed(Spl.Edu), MBA, M.Phil (Clinical Psychology) Appa Mental Health Facility, Tiruvannamalai	Clinical Psychologist Mobile No.No:8508355088 Email: yaazhinikanth@gmail.com	<ul style="list-style-type: none"> • Stress, Anxiety, Low mood , • Depression, Peer pressure, • low motivation, • Procrastination, Time management, • Substance abuse, • Behavioral issues, • Adjustment problems, • Interpersonal relationship • Conflicts, Poor frustration tolerance, • Crisis intervention, • Self-development. 	Monday to Saturday Online: from 10 am to 08 pm Offline : By Appointment	Appa Mental Health Facility, Tiruvannamalai or Students 'Council Office (Students' Service Centre), PU Online/Offline
6	Dr. Parthiban, MBBS, M.D. (Psychiatry), ACCMAD(Addiction Medicine), PDF(Psycho Sexual Medicine), Psychiatrist, Mind Care Clinic, Rani Hospital. No. 27, Vazhudavoor Road, Near Rajiv Gandhi Statue, Aruthra Nagar, Puducherry- 605009	Psychiatrist Mobile No: 7406651840, 9500423778	<ul style="list-style-type: none"> • Counselling for Depression, Anxiety, OCD, Schizophrenia etc. • De-Addiction counselling • Counselling for Gambling and Gaming disorder • Relaxation therapy for Insomnia • Psychological Assessment (IQ , Learning disability ,Personality testing & Neuropsychological Assessment) • Psychological Problems for adults • Cognitive behaviour therapy (CBT), Grief therapy • Pre-marital Counselling • Therapy for sexual dysfunction • Family Counselling • Stress management • Anger management technique • Occupational Therapy for with Attention deficit hyperactive disorder, Autism, Intellectual development delay. 	Monday to Saturday Online from 10 am to 10 pm Offline : By Appointment	Mind Zone Clinic or Students' Council Office (Students' Service Centre), PU Online/Offline

Sl. No.	Counselor, Qualification and Address	Contact Details	Expertise in Counseling Services	Timings to contact for appointment	Location of counseling & Mode
7	Mrs. Divya Bablani, M.A. Psy., PG Diploma in Guidance & Counseling, UGC - NET in Psy., Psychiatrist, Door Number 4, B-1 Second floor, Pattamal Illam, Kumaran Street, Near Lotus Hotel, Puducherry - 605001.	Mobile No: 9818761662. Email: divya.bablani@gmail.com	Guidance and Counseling of students, teachers and parents, Motivational Issues, Social-emotional Challenges, Academic Issues, Indian Psychology and Integral Development	Tuesday to Saturday From 12 noon to 8 pm	Clinic or Students' Council Office, PU Online/Offline

Guidelines for students to get counselling service

<https://www.pondiuni.edu.in/wp-content/uploads/2024/01/Annexure-B-Guidelines-for-Students-to-Get-Counselling-service.pdf>

GUIDELINES FOR STUDENTS TO GET COUNSELING SERVICES

1	Counseling services are provided by a Panel of Counselors registered under Rehabilitation Council of India/Medical Council of India/Qualified Counsellors.
2	Detail of the Panel of Counselors (Name, Address, Contact number with E-mail ID, Expertise in counselling, Appointment, Timing and Location) are available in University Website (DSW page). The same also will be available with Office/Head of Departments/Centers.
3	Students who needs counselling service can directly reach any one of the counselors over mobile phone as per their requirement and fix the appointment.
4	The students can avail the counseling service in Offline either at the Clinic of the counselor or at Students' Council Office, Pondicherry University after getting the appointment.
5	There is an option of online counseling session if students opt for it. This is also based on appointment.
6	The counseling fee claims of the Counselors will be forwarded by the Office of Dean – Students' Welfare to the Finance Section for payment .
7	The Office of the Dean – Students' Welfare will coordinate with panel of counselors for ensuring counseling services for needy students of Pondicherry University to enhance their mental health and well-being.

Office of the Dean – Students' Welfare

Guidelines for Counsellors

<https://www.pondiuni.edu.in/wp-content/uploads/2024/01/Annexure-C-Guidelines-for-Counsellors.pdf>

GUIDELINES FOR COUNSELORS

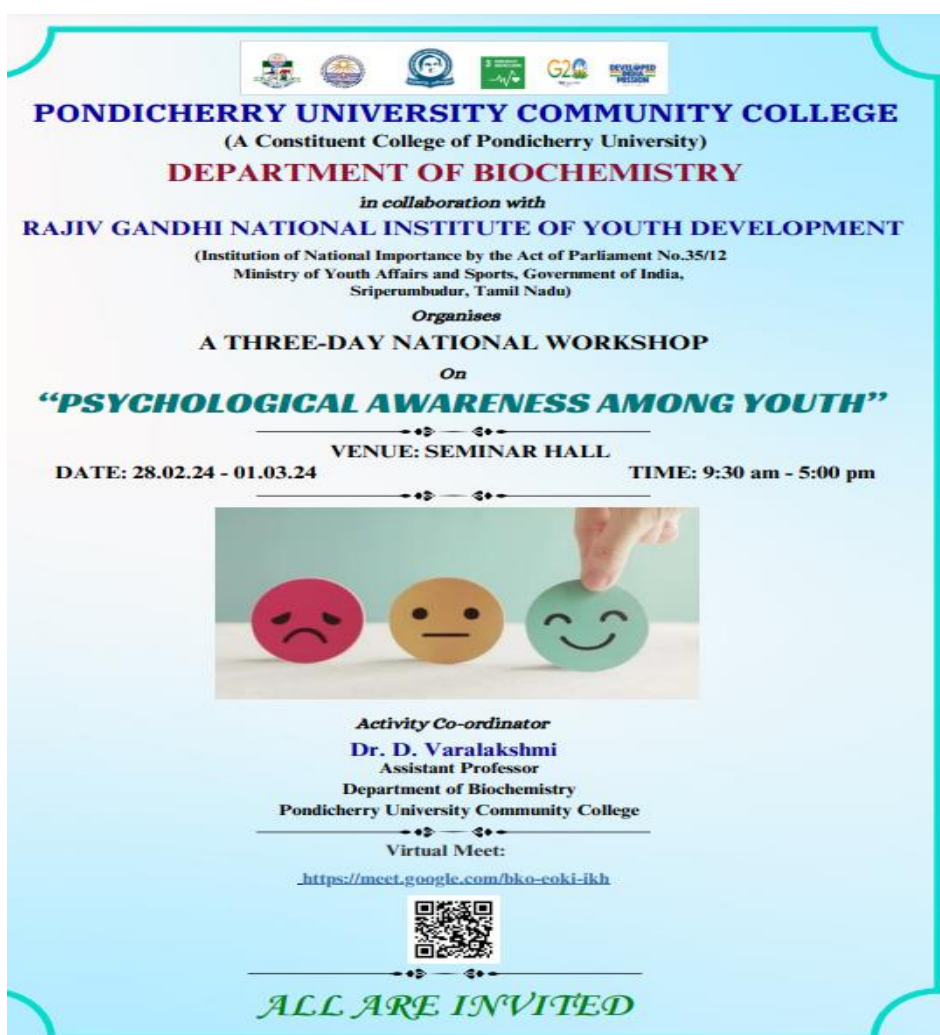
1.	Counseling services are provided by a Panel of Counselors registered under Rehabilitation Council of India/Medical Council of India/Qualified Counsellors.
2.	Detail of the Panel of Counselors (Name, Address, Contact number with E-mail ID, Expertise in counselling, Appointment, Timing and Location) are available in University Website (DSW page).
3.	Students who needs counselling service will directly reach any one of the counselors over mobile phone as per their requirement and fix the appointment.
4.	The students can avail the counseling service in Offline either at the Clinic of the counselor or at Students' Council Office (Students' Service Centre), Pondicherry University after getting the appointment.
5.	There is an option of online counseling session if students opt for it. This is also based on appointment.
6.	The student after availing counseling service, the same may be informed to Office of Dean – Students' Welfare for processing consultancy fee Rs500/- per each session (45 minutes to 1 hour).
7.	The counselors should strictly maintain the record of the students who have taken counseling services with utmost confidentiality and also with professional ethics.
8.	The counseling fee claims with no. of session for each student will be submitted (offline or online) to the Office of Dean – Students' Welfare for onward transmission to Finance Section Pondicherry University.
9.	The Office of the Dean – Students' Welfare will coordinate with panel of counselors for ensuring counseling services for needy students of Pondicherry University to enhance their mental health and well-being.

Office of the Dean – Students' Welfare

National Workshop on “Psychological Awareness among Youth” – PUCCL, Lawspet organized by Department of Biochemistry, PUCCL from 20th February, 2024 to 1st March 2024

Spreading awareness on the state of mental health in youth is necessary to surface deep and honest conversations on the many ways adolescents are subjected to high levels of stress and trauma. It allows communities across all demographic groups to recognize the warning signs and prevent the dismissal of severe struggles as just another assumed kid or teenage habit.


https://www.pondiuni.edu.in/university_news/invitation-national-workshop-on-psychological-awareness-among-youth-pucc-lawspet/



The poster is a light blue rectangular card with rounded corners and a decorative border. At the top, there is a row of six logos: the Government of India, the Ministry of Health and Family Welfare, the Department of Biochemistry, the G20 India 2023 logo, and the National Institute of Youth Development. Below the logos, the text is centered and reads: 'PONDICHERRY UNIVERSITY COMMUNITY COLLEGE (A Constituent College of Pondicherry University) DEPARTMENT OF BIOCHEMISTRY 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, Tamil Nadu) Organises A THREE-DAY NATIONAL WORKSHOP On "PSYCHOLOGICAL AWARENESS AMONG YOUTH"'. The date is '28.02.24 - 01.03.24', the venue is 'SEMINAR HALL', and the time is '9:30 am - 5:00 pm'. In the center, there is an image of three circular emoji-like faces: a sad pink one, a neutral yellow one, and a happy green one, with a hand touching the happy one. Below the image, it says 'Activity Co-ordinator Dr. D. Varalakshmi Assistant Professor Department of Biochemistry Pondicherry University Community College'. A virtual meet link is provided: 'https://meet.google.com/bko-eoki-ikh'. At the bottom, there is a QR code and the text 'ALL ARE INVITED'.


PONDICHERRY UNIVERSITY COMMUNITY COLLEGE
(A Constituent College of Pondicherry University)
DEPARTMENT OF BIOCHEMISTRY
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, Tamil Nadu)
Organises
A THREE-DAY NATIONAL WORKSHOP
On
“PSYCHOLOGICAL AWARENESS AMONG YOUTH”

DATE: 28.02.24 - 01.03.24 **VENUE: SEMINAR HALL** **TIME: 9:30 am - 5:00 pm**



Activity Co-ordinator
Dr. D. Varalakshmi
Assistant Professor
Department of Biochemistry
Pondicherry University Community College

Virtual Meet:
<https://meet.google.com/bko-eoki-ikh>



ALL ARE INVITED

National Workshop on Mindfulness Practices for Youth – PUCC, Lawspet organized by Department of Mathematics, PUCC from 11 – 13 March, 2024

Most youth experience states of mindfulness sometimes through a physical activity or being in nature. With continued practice, mindfulness can become a trait or disposition and an approach to life. MBIs such as the well-known Mindfulness-Based Stress Reduction (MBSR) are recognized as evidenced- based practices for stress reduction and other challenges such as anxiety. Many programs for youth have been adapted from MBSR.

https://www.pondiuni.edu.in/university_news/invitation-national-workshop-on-mindfulness-practices-for-youth-pucc-lawspet/

DEVELOPED INDIA MISSION **30 YEARS OF PUCC** **AMRIT MAHOTSAV** **75 Azadi Ka Amrit Mahotsav**

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

DEPARTMENT OF MATHEMATICS
ORGANESES

A THREE-DAY NATIONAL WORKSHOP ON
MINDFULNESS PRACTICES FOR YOUTH
Date: 11/03/24 to 13/03/24
AT
SEMINAR HALL, PUCC

IN COLLABORATION WITH
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.10/11
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA
SRIPPERUMBUR

Co-Organizers :-
Dr. S.JAGADEESWARI
Asst. Prof & Head(I/c)
Dept. Of Physical Education & Yoga, PUCC
Dr.R.MURUGESAN
Asst. Prof
Dept. Of Physical Education & Yoga, PUCC

PROGRAMME COORDINATOR
Dr. A. THANGAM
Asst. Prof & Head(I/c)
Dept. of Mathematics, PUCC

- No Registration fee
- Interested UG/PG/Scholars can register using URL:
<https://docs.google.com/forms/d/e/1FAIpQLSdCByFnGTaUonjGBRZaEsohJ1vv8QrggIwxEghYFaTpoFehA/viewform>
- Participation Certificate will be provided. Only limited seats on first serve basis
- Lunch & refreshments will be provided. No TA/DA will be provided.
- No accommodation shall be provided by the organizers.
- For further details contact Phone No: 8220733570

SCAN

Talk on Mental Health Matters organized by Department of Management Studies on 12th August, 2024

Mental health and wellness are essential to overall health. The World Health Organization defines health as “... a state of complete physical, mental, and social well-being...”¹ For all of us, our mental, physical, and social health are interdependent.

https://www.pondiuni.edu.in/university_news/talk-on-mental-health-matters-department-of-management-studies/



PONDICHERRY UNIVERSITY
SCHOOL OF MANAGEMENT
DEPARTMENT OF MANAGEMENT STUDIES

Invites you to

TALK ON
MENTAL HEALTH
MATTERS

2:30 p.m. - 4:00 p.m.

SPEAKER:
Dr. D. Barani Kanth
Associate professor,
Department of Applied
Psychology, PU

Introduction

Welcome Address

Felicitation

Special Lecture

Vote of Thanks

Dr.S. Riasudeen
professor , DMS, PU

Prof. R. Kasilingam
Head, DMS, PU

Prof. Malabika Deo
Dean, School of Management, PU

Dr. D. Barani Kanth
Resource Person

Q and A Session
3:30 p.m. - 4:00 p.m.


SOM
AUDITORIUM

12
AUG

Observes International Suicide Prevention Day 2024 “Changing the Narrative on Suicide” organized by Department of Social Work on 5th September, 2024

Understanding the factors contributing to suicide attempts is crucial for developing effective suicide prevention plans. In a study, survivors of suicide attempts were interviewed to understand the reasons for suicide and several common factors were identified. Let's look at some key factors responsible for youth suicide attempts.

https://www.pondiuni.edu.in/university_news/international-suicide-prevention-day-2024-changing-the-narrative-on-suicide-department-of-social-work/



DEPT OF SOCIAL WORK, SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES, PONDICHERRY UNIVERSITY IN COLLABORATION WITH INDIRA GANDHI GOVT. GENERAL HOSPITAL AND POSTGRADUATE INSTITUTE (IGGGH&PGI), PUDUCHERRY

OBSERVES INTERNATIONAL SUICIDE PREVENTION DAY, 2024
“CHANGING THE NARRATIVE ON SUICIDE”
ON 5th SEPTEMBER, 2024 (THURSDAY) 10:00 AM ONWARDS
VENUE: SEMINAR HALL, SSSIS

A FIELD WORK PARTNER COLLOBARATIVE PROGRAMME (2024-25)

PROGRAMME SCHEDULE

10:00 am: Welcome Address:	Prof. K. Anbu Head, Dept. of Social Work Pondicherry University
10:05 am: Opening Remarks:	Prof. A. Shahin Sullana Programme Coordinator cum Field Work Coordinator (2024-25) Dept. of Social Work, Pondicherry University
10: 10 am: Inaugural Address:	Prof. G. Chandhrika Dean, School of Social Sciences and International Studies, Pondicherry University, Puducherry
10: 20 am: Special Address:	Dr. K. Balan Ponmani Stephen, HOD, Dept of Psychiatry, Specialist IGGGH & PGI, Govt of Puducherry; Nodal officer for National Mental Health Programme; Program coordinator for National Tele Manas Programme, Govt. of Puducherry
10:30 -10:45 am:	Tea Break
10: 45 am – 12: 25 pm:	Awareness Session from the Team of IGGGH & PGI
12: 30 pm:	Vote of Thanks

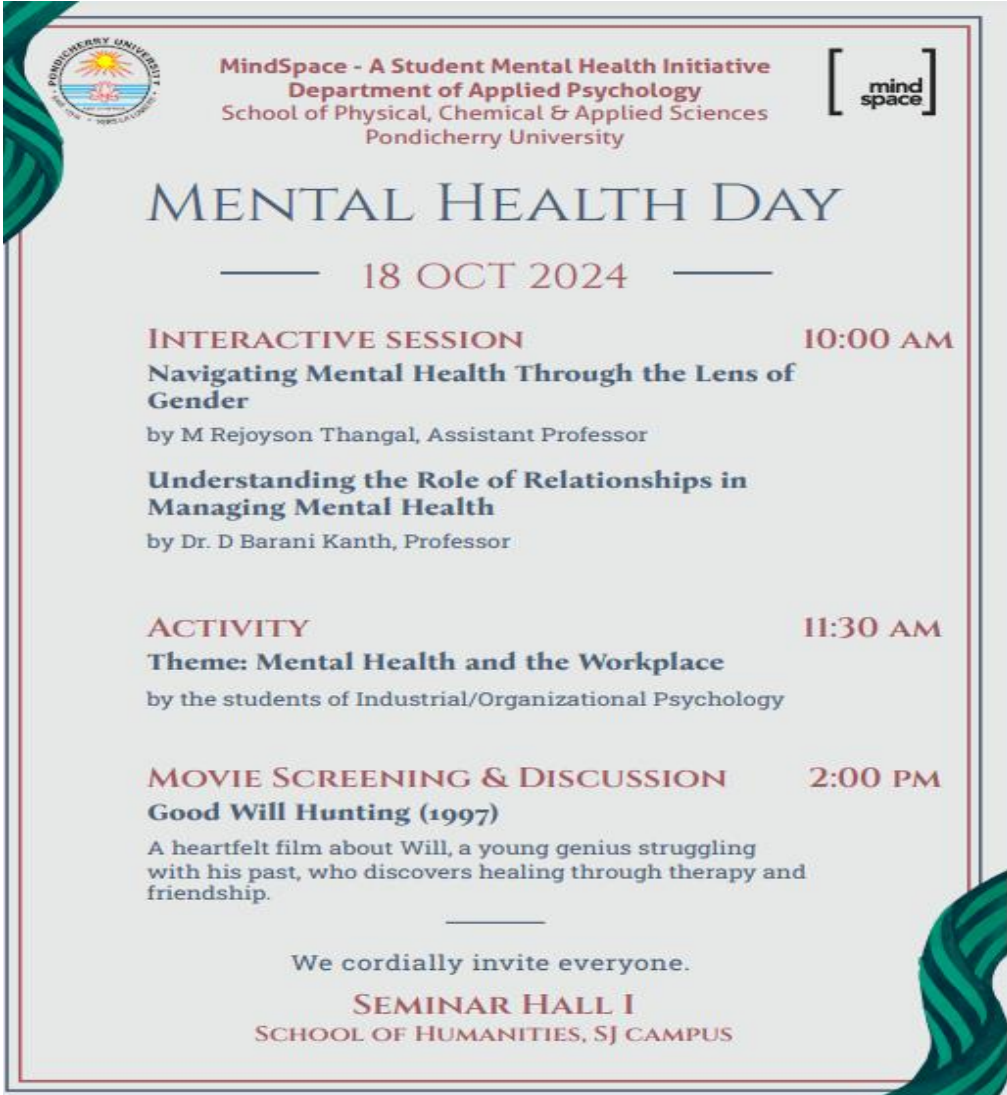
MSW Field Work Trainees Organizing Team: Ashwin MS, Chinmaya Sunil, Greeshma
Thomas, BR Lakshmi, Mohana S, Nandhini M, Reshma K, Tamizh Thenaruli S

Organizing Committee Members
Prof. K. Anbu, Prof. R. Nalini, Prof. A. Shahin Sullana, Prof. K. Devan, Dr. C. Satheesh Kumar,
Dr. P. B. Shankar Narayan, Dr. Iftekhar Alam, Office Staff, Scholars and Students


**Mental Health Day – Interactive session organized by Department of Applied Psychology
on 18th October 2024**


World Mental Health Day is celebrated every year on 10 October. The day is about coming together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs.

https://www.pondiuni.edu.in/university_news/invitation-mental-health-day-department-of-applied-psychology/



The poster is a rectangular invitation with a light grey background and a thin red border. It features the Pondicherry University logo in the top left corner and a 'mind space' logo in the top right. The main title 'MENTAL HEALTH DAY' is centered in a large, blue, serif font. Below it, the date '18 OCT 2024' is centered in a smaller, red, serif font. The poster lists three activities: an interactive session at 10:00 AM, an activity at 11:30 AM, and a movie screening at 2:00 PM. Each activity includes a title, a theme, and the name of the speaker or organizer. The bottom of the poster features a cordial invitation and the location: Seminar Hall I, School of Humanities, SJ Campus. The poster is decorated with green and blue wavy patterns on the left and right sides.

 **MindSpace - A Student Mental Health Initiative**
Department of Applied Psychology
School of Physical, Chemical & Applied Sciences
Pondicherry University



MENTAL HEALTH DAY

— 18 OCT 2024 —

INTERACTIVE SESSION **10:00 AM**

Navigating Mental Health Through the Lens of Gender
by M Rejoyson Thangal, Assistant Professor

Understanding the Role of Relationships in Managing Mental Health
by Dr. D Barani Kanth, Professor

ACTIVITY **11:30 AM**

Theme: Mental Health and the Workplace
by the students of Industrial/Organizational Psychology

MOVIE SCREENING & DISCUSSION **2:00 PM**

Good Will Hunting (1997)
A heartfelt film about Will, a young genius struggling with his past, who discovers healing through therapy and friendship.

—

We cordially invite everyone.

SEMINAR HALL I
SCHOOL OF HUMANITIES, SJ CAMPUS

World Mental Health Day – Guest Talk on “Addiction the Impending Tsunami” organized by Department of Management, PUCC on 22nd October, 2024

We’ll cleanse an area on your arm and insert a new sterile needle for the blood draw. (This feels like a quick pinch and is over in seconds.)

A whole blood donation takes about 8-10 minutes, during which you’ll be seated comfortably or lying down while approximately a pint of whole blood is collected.

For a Power Red donation, a device will use a single-use kit to collect two units of packed red blood cells and return your plasma along with saline through the same sterile needle in approximately 45 minutes.

https://www.pondiuni.edu.in/university_news/world-mental-health-day-guest-talk-on-addiction-the-impending-tsunami-pucc-lawspet/

The poster is for a World Mental Health Day event. At the top, it features logos for FIT INDIA, 3 (Good Health and Well-being), and DEVELOPED INDIA MISSION. The main text identifies the event as being organized by PONDICHERRY UNIVERSITY COMMUNITY COLLEGE, Department of Management, in association with CII - Indian Women Network. The title of the talk is 'ADDICTION THE IMPENDING TSUNAMI'. The speaker is Dr. K. Mathan, MD Psychiatry, Professor & HOD at the Department of Psychiatry, Indira Gandhi Medical College & Research Institute, Puducherry. The event is also in the presence of Prof. Lalitha Ramakrishnan, Principal (i/c). The date and time are Tuesday, 22 October 2024, from 10:30 AM to 12:00 NOON. The organizers are Dr. A. Bharathy (Assistant Professor & Head(i/c)), and the co-organizers are Dr. C. Arjunan (Assistant Professor), Dr. R. Sathiyamoorthy (Assistant Professor), and Dr. R. Venkatajalapathy (Resource Person). The poster also notes it is an initiative for BBA students.

World Mental Health Day
Guest Talk on
**ADDICTION
THE IMPENDING TSUNAMI**

Our Speaker:
Dr. K. Mathan
MD Psychiatry
Professor & HOD
Department of Psychiatry
Indira Gandhi Medical College &
Research Institute, Puducherry

In the presence of:
Prof. Lalitha Ramakrishnan
Principal (i/c)

Tuesday, 22 October 2024
10:30 AM – 12:00 NOON

Organiser:
Dr. A. Bharathy
Assistant Professor & Head(i/c)

Co-organisers:
Dr. C. Arjunan
Assistant Professor
Dr. R. Sathiyamoorthy
Assistant Professor
Dr. R. Venkatajalapathy
Resource Person

An Initiative for BBA students

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

HELLO Stress HELLO Grief
HELLO Anxiety HELLO Depression
HELLO Frustrated HELLO Shame

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, Department of Electronic Media and Mass Communication, Pondicherry University
email: office.demmc@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 Awareness programmes
Solainagar	04.01.2023	School awareness programme Thematic competitions
Solainagar	05.01.2023	School awareness programme Thematic competitions
Solainagar	06.01.2023	School awareness programme Thematic competitions
Melthirukanchi	08.02.2023	Rangoli Competition Awareness programmes
Keezhparikalpattu	07.01.2023	Rangoli Competition
Keezhparikalpattu	09.01.2023	School Awareness programme 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. Thiroumourougan, Dr. A. Praveen, Dr. Y. 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

Felicitation : **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 “ PUCCL, 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)
LAWSPET, PONDICHERRY-605006

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>

INAUGURATION

8TH MARCH, 2023

10:00 am

University Anthem

Welcome Address

Dr. R. MURUGESAN

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

Scope of the Workshop

Dr. S. JAGADEESWARI

Asst. Prof. & PROGRAMME CO-ORDINATOR
DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC

Presidential Address

Prof. LALITHA RAMAKRISHNAN

PRINCIPAL (I/C)
PONDICHERRY UNIVERSITY COMMUNITY COLLEGE,
LAWSPET, PONDICHERRY

Chief Guest's Address

Prof. SIBNATH DEB

DIRECTOR
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
SRIPERUMBUDUR

Guest of Honour's Address

Smt. PADMA JAISWAL, I.A.S.

SECRETARY - GOVERNANCE & ICT
GOVERNMENT OF PONDICHERRY

Special Guest's Address

Dr. B. N. PADMAJA PRIYADARSHINI

MANAGING DIRECTOR
RVS HEMIPARADISE GYM CONSULTANTS PVT. LTD.
CHENNAI

Vote of thanks

VALEDICTORY

10TH MARCH, 2023

04:30 pm

University Anthem

Welcome Address

Dr. R. MURUGESAN

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

Report of the Workshop

Dr. S. JAGADEESWARI

Asst. Prof. & PROGRAMME CO-ORDINATOR
DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC

Mime

YOUTH'S SOCIAL PROBLEM

BY P. VIJAY & P. L. S. PUCC

Valedictory Address

Prof. VASANTHI RAJENDRAN

HEAD, CENTER OF TRAINING
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
SRIPERUMBUDUR

Guest of Honour's Address

Prof. G. VASANTHI

DIRECTOR (I/C), INSTITUTE OF YOUTH & WELFARE,
PUCC, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,
PONDICHERRY UNIVERSITY

Vote of thanks

Dr. S. JAGADEESWARI

Asst. Prof. & PROGRAMME CO-ORDINATOR
DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC

National Anthem

...All are Welcome..

DAY-1

08-03-2023

10:30 AM - 11:30 AM

Dr. B. N. PADMAJA PRIYADARSHINI

MANAGING DIRECTOR, RVS HEMIPARADISE GYM CONSULTANTS 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 & NURSING TUTOR,
INDIRA GANDHI HOSPITAL, PONDICHERRY

GENERAL HEALTH AND WELLNESS

01:00 PM - 02:00 PM LUNCH BREAK

02:00 PM - 03:30 PM

Mr. S. R. NATARAJAN

FOUNDER 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 TAMIL, PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

Indriya Hingmargam Vazhiviyal Murali

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

MBBS (PSYCHIATRY)
CONSULTANT NERVOUS PSYCHIATRIST AND AN ADDICTION SPECIALIST,
GOVT. CHIEF MEDICAL OFFICER, INDIRA GANDHI GOVT. GENERAL HOSPITAL, PONDICHERRY

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 (NAC/ W/RELESS/ W/INT,
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
NILA 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 &
HEAD, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,
PONDICHERRY UNIVERSITY

STRESS AND ITS IMPACT ON MENTAL HEALTH

CHIEF PATRON

Prof. GURMEET SINGH

NON-DEPUTY 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/

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/

PONDICHERRY UNIVERSITY
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 Mukta 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/



PONDICHERY 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

**Ambassadors
for a Healthy &
Youthful
Puducherry!**

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

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. Tiroumourouane,
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/




PONDICHERRY UNIVERSITY
Kalapet, Puducherry - 605 014.
DIRECTORATE OF SPORTS & DEPARTMENT OF
PHYSICAL EDUCATION
Celebrates
9th International Day of Yoga
21st June, 2023 at 7.30 am
at
Netaji Subhas Chandra Bose Indoor Stadium (Badminton Court), Pondicherry University

Chief Guest
Prof. GURMEET SINGH
Hon'ble Vice Chancellor, Pondicherry University

Guests of Honour
Prof. K. THARANIKKARASU
Director (SEIRR)(i/c), Pondicherry University
Prof. RAJEEV JAIN
Officer on Special Duty (CCR), Pondicherry University
Prof. RAJNEESH BHUTANI
Registrar (I/c), Pondicherry University

Welcome Address
Prof. Clement S.Lourdes
Dean, School of Humanities,
Pondicherry University



Vote of Thanks
Prof. G. Vasanthi
Head DPES & Director of Sports i/c
Pondicherry University

We Welcome You All...

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 “ PUCCL, Lawspet

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




PONDICHERRY UNIVERSITY COMMUNITY COLLEGE
DEPARTMENT OF BIOCHEMISTRY

IN ASSOCIATION WITH
TRUST FOR YOUTH AND CHILD LEADERSHIP (TYCL)

COMMEMORATES



World Suicide Prevention Day
Creating Hope Through Action
September 10



**We heartily welcome everyone to
join us in the campaign**

 **Date: 01/09/2023**  **Time: 10.30 AM**
 **Venue: Badminton Court**

**"The epic story of tomorrow
can't be written if it ends today"**

Event organized by
Dr. D. Varalakshmi,
Assistant Professor
Dr. M. Tharaheswari,
Assistant Professor & HOD(i/c)



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 Sullana
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: Vole 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 Sullana, 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/

PONDICHERY 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 IGC (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 பாண்டிச்சேரி டிப்ளோமாவில் கல்வி
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

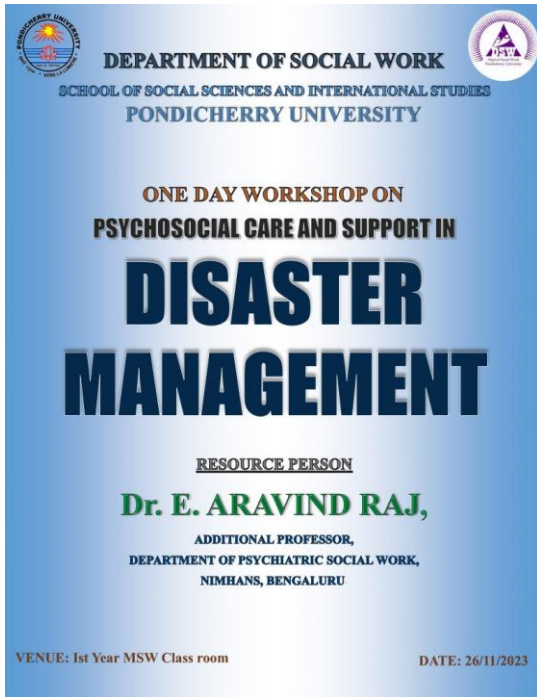
02 November 2023
02:15 PM - 05:00 PM
Venue - **SOM Auditorium**

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)