



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
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## **PROGRAMME REPORT ON**

### **Seminar-Supporting Adolescent : Enhancing Learning and Mental Wellness**

Resource Person

**Mrs.M.ABIRAMI Freelance Counsellor & Psychiatric Social Worker,  
Kumbakonam, Thanjavur.**

Organized by

**SW- PMIST**

Title of the Programme	Date	No. of Participants Attended		
		Male	Female	Total
Supporting Adolescent : Enhancing Learning and Mental Wellness	15.10.2024	40	32	72

<b>Programme No.</b>	01	<b>Topic of the Programme</b>	Supporting Adolescent : Enhancing Learning and Mental Wellness
<b>Date</b>	15.10.2024	<b>Resource Persons</b>	Mrs.M.ABIRAMI Freelance Counsellor & Psychiatric Social Worker, Kumbakonam, Thanjavur.

### Objectives

- Strengthen academic performance and study habits
- Build emotional resilience and coping skills
- Promote overall mental wellbeing and self-care

### Activities of the programme

Mind Club - Department of Social Work Jointly with Dr.A.P.J Abdul Kalam Chair and Centre For Students and Administrative Services, PMIST, and The Spastics Society of Tiruchirappalli on 15.10.2024 at Edison Hall, PMIST. Dr.S.Gnanaraj, Assistant Professor, Department of Social Work, PMIST welcomed the gathering. Dr. A. Anand Jerard Sebastine, Associate Professor, Department of Social Work and Director i/c, Periyar PURA CRD, PMIST delivered an introductory address. He said that, in an era where our young people face unprecedented challenges, from academic pressures to social media influences, the need to address both educational success and mental health has never been more vital.

Mrs.M.Abirami, Freelance Counsellor & Psychiatric Social Worker, Kumbakonam, Thanjavur gave the special address. In her This initiative represents our collective commitment to nurturing not just the minds, but also the hearts and spirits of our young people. Together, we will explore practical strategies and innovative approaches to create a supportive environment where both learning and mental wellness can flourish. Finally, Mrs.I.K.Anagha, II-MSW, Department of Social Work, PMIST proposed a vote of thanks. In this event, 72 faculty and students participated from Department of Social Work and Department of Languages. After that, Dr.A.P.J.Abdul Kalam's birthday was celebrated with a tree plantation.



*Mrs.M.Abirami, Freelance Counsellor & Psychiatric Social Worker delivering the special address*



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## **CELEBRATION OF DR. A.P.J. ABDUL KALAM'S BIRTHDAY & SEMINAR ON ADOLESCENT MENTAL WELLNESS**



**Date : 15th October 2024**

**Organizer: Mind Club (Department of Social Work), Dr. A.P.J. Abdul Kalam Chair, Centre for Students & Administrative Services, PMIST & The Spastics Society of Tiruchirappalli**



Celebration of

**DR.A.P.J.ABDUL KALAM BIRTHDAY**



CLIMBING TO THE TOP DEMANDS STRENGTH - DR.KALAM

**Seminar on**

## **Supporting Adolescent : Enhancing Learning and Mental Wellness**

Date : 15.10.2024

Time: 10.00 AM

Venue: Edison Hall, PMIST

**Welcome Address**

**Dr.S. GNANARAJ**

Assistant Professor,

Department of Social Work, PMIST

**Introductory Address**

**Dr.A.ANAND JERARD SEBASTINE**

Associate Professor, Department of Social Work, PMIST

**Special Address**

**Mrs.M.ABIRAMI**

Freelance Counsellor & Psychiatric Social Worker,  
Kumbakonam, Thanjavur.

**Keynote Address**

**K.VASUKIDEVI**

Course Coordinator, The Spastics Society of Tiruchirappalli

**Felicitation Address**

**Dr. BR. VEERAMANI**

Professor, Department of Languages , PMIST

**Vote of Thanks**

**Ms.I.K.ANAGHA**

II - MSW, Department of Social Work and  
Member, Mind Club, PMIST.

Organized by

**Mind Club - Department of Social Work**

Jointly with

**Dr.A.P.J Abdul Kalam Chair and**

**Centre For Students and Administrative Services, PMIST**

and

**The Spastics Society of Tiruchirappalli**



Seminar on

# "Supporting Adolescent : Enhancing Learning and Mental Wellness"

Special Address



**Mrs.M.ABIRAMI B.Tech., MSW.,**

**Freelance Counsellor & Psychiatric Social Worker, Kumbakonam.**

**Date : 15.10.2024**

**Time: 10.00 AM**

**Venue: Edison Hall, PMIST**

Organized by

**Mind Club - Department of Social Work**

Jointly with

**Dr.A.P.J Abdul Kalam Chair and  
Centre For Students And Administrative Services, PMIST**



PERIYAR  
MANIAMMAI  
INSTITUTE OF SCIENCE & TECHNOLOGY

Celebration of  
DR.A.P.J.ABDUL KALAM BIRTHDAY



CLIMBING TO THE TOP DEMANDS STRENGTH - DR.KALAM

Seminar on

**Supporting Adolescent : Enhancing Learning and Mental Wellness**

Date : 15.10.2024

Time: 10.00 AM

Venue: Edison Hall, PMIST

Participants Attendance

S.No	Name	Department & Year	Mobile Number	Sign
1	M.D.T.S. Unnam	AP / MSW	91159510079	[Signature]
2	Dr. ANAND JERARD	Asso. prof / Social work	950978128	[Signature]
3	T. Evangeline.	Tamil	9941069025	[Signature]
4	A. Divine Britto	English	9865003720	[Signature]
5	A. Agline	Tamil	9942533206	Agali
6	T. Therasathony	English	9941069025	Thuar
7	R. Antria Joseph	English	998877001	Antria
8	G.R. Prakalya	I MSW	9600353553	[Signature]
9	X. Thasliha Banu	I MSW	9344553709	X.T.Lft
10	H. Kaciya	I MSW	8607416539	H. Kaciya
11	K. Vinitha	I MSW	9342099177	K. Vinitha
12	L. Lavaharima	I MSW	7339629135	L.L.Ht
13	Keerthi R	II - MA(Tam)	123011908004	Kj
14	S. Mary Jayanai	Research Scholar	9941069025 1220011772010	[Signature]
15	D. Kiruthika	B.A Eng [III rd Year]	12201163103	D. Kiruthika
16	S. Mohanapriya	B.A Eng [III rd Year]	122012163106	S. Mohanapriya
17	S. Shrivastri Head,	B.A Eng [III rd Year]	12201163118	[Signature]

Department of Social Work,  
Periyar Maniammai Institute of Science and Technology  
Vellore, Tamil Nadu, 622 015


Participants Attendance

S.No	Name	Department & Year	Mobile Number	Sign
18	R. Nandhini	III BA English	7904137230	R.N.
19	J. Sakthisree	III BA English	8438455122	Sakthisree
20	S. Priyadharsini	III BA English	7094342970	S.
21	Gr. Ashika	III BA English	7558162688	Gr. Ashika
22	S. Manikandan	III BA English	766309716	S. Manikandan
23	K. Pavithran	IV BA English	9361195905	K. Pavithran
24	P. John Bernini	IV B.A. English	8428315770	P. John Bernini
25	R. Muktham	II B.A. - Tamil	9363214326	R. Muktham
26	Gr. Arun Kumar	"	6369771497	Gr. Arun Kumar
27	K. Baranitharan	"	720076008	K. Baranitharan
28	A. Amarnath	"	9626621690	A. Amarnath
29	M. Sathasaran	"	9342339976	M. Sathasaran
30	K. Jeyadeesan	"	9080596246	K. Jeyadeesan
31	Hani Prasanna P	MSW. I <sup>st</sup> year	8220441947	Hani Prasanna P
32	K. Vergatesh	MSW. I <sup>st</sup> year	8940440201	K. Vergatesh
33	S. Sambash	III - Tamil/BA	6381857814	S. Sambash
34	M. Balakrishnan	III BA English	7904432229	M. Balakrishnan
35	K. Arun Kumar	III B.A. Tamil	7339174188	K. Arun Kumar
36	S. Sathish	IV B.A. Tamil	8098048760	S. Sathish
37	A. Guhan	III B.A. Tamil	9626748745	A. Guhan
38	P. Vinodh	"	9585463861	P. Vinodh
39	J. Vasanthakumari	III B.A. JMC	6369894771	J. Vasanthakumari
40	Gr. Vengatesh	III B.A. JMC	9843340198	Gr. Vengatesh
41	S.S. Sarjai Kumar	III BA English	9003514206	S.S. Sarjai Kumar

  
 Head,  
 Department of Social Work,  
 Periyar Maniammai Institute of Science and Technology,  
 Vallam, Thanjavur - 613 403.

Participants Attendance

S.No	Name	Department & Year	Mobile Number	Sign
42	S. Parthiyam	III - B.A. English	8801820942	SP
43	viswajith	B.A. English	9363135500	viswajith
44	R. Jakkiraj	III B.A. English	8838215110	R. Jakkiraj
45	Nirmala Devi. A	I - MSW	9003477693	N.D.
46	Devapriya. P	I - MSW	8428068671	Devapriya
47	Vijaya Vijayam	II - MSW	8296739881	Vijaya
48	Mohamed Lopez	MSW - II	9048245890	M Lopez
49	Vandhana. P.	B.A. Eng (III <sup>rd</sup> year)	8341509276	Vandhana
50	Kanshika	B.A. Eng	8984735718	Kanshika
51	Angelina	MA (English)	9153222487	Angelina
52	PUNYA	BA (III <sup>rd</sup> year) Tamil	8980713721	PUNYA
53	Gowtham	II BA - Tamil	-	Gowtham
54	Siva Pragasam	II - MSW	8082243849	Siva Pragasam
55	Karimab Anandraj	II - MSW	9480274918	Karimab
57	Srinivas	A "	9639472817	Srinivas
58	Harsh Pandey	"	9485324916	Harsh
59	Aranya Mary	BA Tamil (III <sup>rd</sup> year)	9638234617	Aranya
60	Nishitha	II - MSW	9853425376	Nishitha
61	Keerthana. K	Tamil	7941826685	Keerthana
62	Sahana.	Tamil	8947683267	Sahana
63	Nila.	English	9478366806	Nila
64	Anvita	"	9082767548	Anvita
65	Anu. V	"	8910476523	Anu
66	Bhennatham	Tamil	9060372615	Bhennatham

  
S. BRAMESWARAR

Head,  
Department of Social Work,  
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Vailam, Thanjavur - 613 403.

