



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University)  
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited  
think • innovate • transform

## **PROGRAMME REPORT ON**

### **Children's Day Celebration-Wellness and welfare of Adolescents**

Resource Person

**Dr.A.ANAND JERARD SEBASTINE Associate Professor,  
Department of Social Work, PMIST. Mrs. D. ANTONY LILY  
PUSHPAM Psychological Counsellor, PMIST.**

Organized by

**SW- PMIST**

Title of the Programme	Date	No. of Participants Attended		
		Male	Female	Total
Children's Day Celebration - Wellness and welfare of Adolescents - Interaction Programme - Live on Periyar Community Radio - 90.4mhZ	14.11.2024	2	6	8

<b>Programme No.</b>	01	<b>Topic of the Programme</b>	Children's Day Celebration - Wellness and welfare of Adolescents
<b>Date</b>	14.11.2024	<b>Resource Persons</b>	<b>Dr. A. ANAND JERARD SEBASTINE</b> Associate Professor, Department of Social Work, PMIST. <b>Mrs. D. ANTONY LILY PUSHPAM</b> Psychological Counsellor, PMIST.

### Objectives

- Promote healthy lifestyle habits among adolescents.
- Enhance awareness of mental and emotional well-being.
- Facilitate access to welfare services and resources.

### Activities of the programme

Mind Club – Department of Social Work, in collaboration with Periyar Community Radio (90.4 MHz), PMIST, organized a Children's Day Celebration and an Interaction

Program on "Wellness and Welfare of Adolescents," broadcast live on Periyar Community Radio (90.4 MHz) on 14.11.2024 at 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, spoke about child rights and child marriage. This was followed by an interactive session featuring Mrs. D. Antony Lily Pushpam, Psychological Counsellor, PMIST; Dr. C. Narmatha, Deputy Director, Periyar Community Radio, PMIST; Mrs. T. Alamelu, Assistant Professor and Student Counsellor, Department of Social Work, PMIST; Ms. R. Anbumathi, Counsellor Trainee, PMIST; and Ms. A. Ragavi, Counsellor Trainee, PMIST. They engaged with callers on Periyar Community Radio, addressing their queries and providing valuable insights on promoting adolescent well-being.

**MIND CLUB**  
PERIYAR COMMUNITY RADIO 90.4  
PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY

Celebration of  
**CHILDREN'S DAY - 2024**  
Interaction Programme - Live on  
**Periyar Community Radio - 90.4MHz**

**WELLNESS AND WELFARE OF ADOLESCENTS**

Organized by  
**Mind Club - Department of Social Work**  
Jointly with  
**Periyar Community Radio and Centre For Students and Administrative Services, PMIST**

PCIR Deputy Director

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



Celebration of  
**CHILDREN'S DAY - 2024**  
Interaction Programme - Live on  
**Periyar Community Radio - 90.4mhZ**



**WELLNESS AND WELFARE OF ADOLESCENTS**

Date : 14.11.2024      Time: 11.00 AM - 12.30PM      Venue: Periyar Community Radio 90.4mhZ, PMIST

*"Listen to the Future"*

**Resource Persons**

**Dr.A.ANAND JERARD SEBASTINE**  
Associate Professor, Department of Social Work, PMIST

**Mrs. D. ANTONY LILY PUSHPAM**  
Psychological Counsellor, PMIST.

**Dr.S. GNANARAJ**  
Assistant Professor,  
Department of Social Work, PMIST

**Dr.C. NARMATHA**  
Deputy Director,  
Periyar Community Radio, PMIST



**Facilitators**

**Mrs.T. ALAMELU**

Assistant Professor and Students Counsellor  
Department of Social Work, PMIST



**Ms.R.ANBUMATHI**  
Counsellor Trainee, PMIST

*Happy children's day!*

**Ms.A. RAGAVI**  
Counsellor Trainee, PMIST



Call us : Periyar Community Radio - **90.4mhZ** - 9944495670

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Jointly with

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Coordinator



PCR Deputy Director

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