

D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1



DEPARTMENT OF PSYCHOLOGY



**IMPROVE YOUR WELL-BEING
THROUGH
INTERNATIONAL SELF CARE DAY
WORKSHOP
ON
RESILIENCE, ADAPTABILITY AND THRIVING IN ADVERSITY**



03.08.2023

D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1



DEPARTMENT OF PSYCHOLOGY INTERNATIONAL SELF CARE DAY



WORKSHOP ON

Resilience, Adaptability and Thriving in Adversity

Program Objective:

The workshop was scheduled to train the methodology of conducting self-care assessment sheets to the people.

Date	:	03.08.2023
Time	:	2.00 p.m to 4.00 p.m
Venue	:	D III 14 Classroom
Trainer	:	<i>Ms.Pavithra .M.,M.Sc</i> Assistant Professor Department of Psychology Auxilium College, Katpadi
No of participants	:	35 students of I, II and III B.Sc Psychology

Report:

The program was started by 2.00 p.m with a prayer in D III 14 B.Sc Psychology classroom. Mrs.Aarthi.D, the Head of the Department inaugurated the workshop and Ms. Soniya.K, Assistant Professor has introduced the resource person Ms.Pavithra.M, the Distinguished Alumni of 2017-2020 batch and currently working as Assistant Professor of Psychology ,Auxilium College, Katpadi. The resource person acted as trainer for this workshop to train the students in conducting self-care assessment worksheets and scales of measurement associated with the same. She has also conducted activities that represent the importance of resilience and adaptability for self-care. 35 students from I, II and III B.Sc Psychology has took part in the workshop and benefitted. The session winded up at 4.00 p.m after certificates were distributed to the participants. Ms.Elakiya.V, Assistant Professor has proposed vote of thanks.



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PROGRAM SCHEDULE

Prayer

Welcome Address : Mrs.Aarthi. D,
Head of the Department

Introduction of the Chief Guest : Ms.Soniya.K,
Assistant Professor

Training for Self-Care :

***Assessment Worksheet and
Methodology of Scoring***

Activity-1: Holding Hands :

***Activity 2: Tear and Wear
therapy*** :

***Session I: Importance of
Resilience*** :

Short story session : Ms. Pavithra.M
Assistant Professor of
CBT therapy : Psychology

Session II: Adaptability : Auxilium College, Katpadi
“Survival of the fittest”

***Session III: Thriving to
adversity*** :

***Group Discussion session
(For and against)***

Activity 3: JPMR relaxation :
technique

Vote of thanks : Ms.Elakiya.V,
Assistant Professor



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RESOURCE PERSON BIODATA



Name of the Resource : Ms. Pavithra.M

Person

Educational : M.Sc. Applied Psychology, Periyar University, Salem

Qualification

Internships attended :

- CMC, Vellore
- Vazhikatti Mental Health and Research Institute, Peelamedu
- Global Institute of Behaviour, Coimbatore
- Saral De Addiction and Psychiatric Hospital, Coimbatore
- Recovery Home Foundation, T.V. Malai

Research Experience : Mental Health and Internet Addiction among College Students

**Current work status : Working as Assistant Professor
Department of Psychology
Auxilium College, Katpadi**

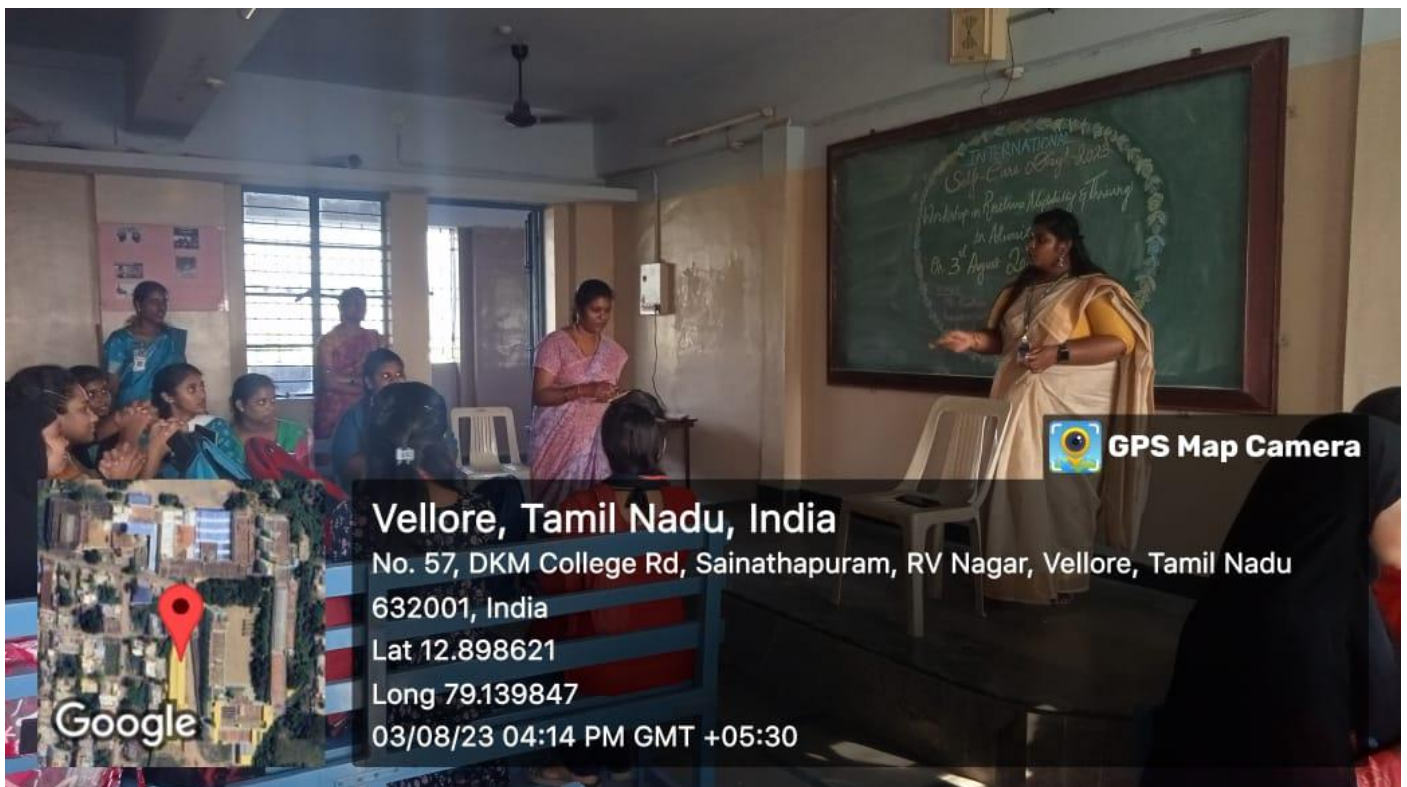


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SELF CARE DAY**

PHOTOGRAPHS



The trainer Ms.Pavithra .M, giving activity session on JPMR Relaxation technique to the students on 03.08.2023 during departmental workshop on Self care



The trainer Ms.Pavithra .M, giving activity session on TECHNIQUES FOR SURVIVAL AND ADAPTABILITY to the students on 03.08.2023 during departmental workshop on Self care



A group photo taken along with the trainer Ms.Pavithra.M and the participants at the end of self-care workshop on 03.08.2023