



# Staff Development Centre

University of Jaffna, Sri Lanka

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## Announcement

### WORKSHOP ON COUNSELLING AND PSYCHOSOCIAL SUPPORT

Target group	Student counsellors of the University of Jaffna <b>Please see SDC website for Registration</b>
Date	10 July 2019
Venue	SDC Conference Hall
Time	Program schedule
08:30-10:00	How to be an effective helper; Befriending and counselling skills
10:00-10:30	Tea Break
10:30-12:00	Introduction to Counselling and Psychosocial Support Introducing Psychosocial problems and how to handle psychosocial problems
12:00-01:00	Lunch
01:00-02:00	Introduction to mind fullness
02:00-02:30	Psychosocial problems in Jaffna university students
02:30-03:30	Positive Thinking
03:30-04:30	Stress management through relaxation
Resource Persons	Prof. Daya Somasundaram, Mr. N. Navarajah, Mrs. Suseela Rajah, Mrs. Menaka Sivakaran, Mr. M.Sathiyakumar and Mrs.S.Ravichandran

Director/SDC