



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 Please see SDC website for Registration
Date	20 November 2019
Venue	SDC Conference Hall
Time	Program schedule
08:30-10:00	Stress management
10:00-10:30	Tea Break
10:30-12:00	Introduction to minor mental problems
12:00-01:00	Lunch
01:00-02:00	Introduction to major mental problems
02:00-03:30	Suicide
03:30-05.00	Relaxation methods
Resource Persons	Prof. Daya Somasundaram, Mr. N. Navarajah, Dr. Umakaran, Dr. Sivathas, Dr. Sivayokan and Mrs.S.Ravichandran

Director/SDC