



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

MENTORING WORKSHOP SERIES-CREATING SAFE LEARNING ENVIRONMENT- A FRAMEWORK FOR STUDENTS MENTAL HEALTH WELL BEING AND SUICIDE PREVENTION

Resource Person

**MRS. V. ANNIE CHRISTABLE, CLINICAL PSYCHOLOGIST AND
PRO, CSI MISSION GENERAL HOSPITAL, TRICHY-3**

Organized by

CHEMISTRY - PMIST



**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**
Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

**CENTER FOR STUDENTS AND ADMINISTRATIVE SERVICES &
DEPARTMENT OF FOUNDATION COURSES**

Mentoring Workshop Series	Experts / Guest Speaker	Beneficiaries
<p>Mentoring Workshop Series (MWS #07) on Creating Safe Learning Environment: A Framework for Students Mental Health Well-being and Suicide Prevention.</p> <p>Date / Period: 16-10-2025 Time: 10.30 a.m. to 12.30 p.m.</p>	<p>Mrs. V. Annie Christable Clinical Psychologist & Public Relation Officer, C.S.I Mission General Hospital, Trichy-3</p> <p>Mobile: +91 9787846302</p>	<p>First year B.Arch , B.Tech (All Branches; CSE (C)), First year post graduate (Social Work), Fourth Year B.Sc.B.Ed, Faculty Members, Institute Professional Counsellors</p>
<p>Report / Summary / Key points discussed:</p> <p>The session covered the causes of mental illness and suicide ideation, along with coping strategies and mindfulness-based relaxation techniques such as the 5-4-3 grounding method, mirror neuron exercises and the 4-7-8 breathing technique for effective stress management.</p>		<p align="center">268</p>



Inauguration and Valedictory function of Mentoring Workshop Series (MWS #07)



Stress Management Practices and Interaction with the students



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**CENTRE FOR STUDENTS AND ADMINISTRATIVE SERVICES
ALONG WITH DEPARTMENT OF FOUNDATION COURSES
ORGANISES**

MENTORING WORKSHOP SERIES (MWS #07)

A MENTORING WORKSHOP

ON

**Creating Safe Learning Environment : A Framework for
Students Mental Health Well-being
& Suicide Prevention**



RESOURCE PERSON

Mrs. V. Annie Christable

Clinical Psychologist & PRO

C.S.I Mission General Hospital

Trichy-3



16.10.2025 & 10.30 a.m - 12.30 p.m



Einstein Hall, PMIST

Convener

Dr. C. V. Subramanian

Director / CSAS

Co-Conveners

Dr. S. Buvaneshwari, HoD/Foundation Courses

Dr. S. Gomathi, Deputy Director/CSAS

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MENTORING WORKSHOP SERIES (MWS #07)

ON

**CREATING SAFE LEARNING ENVIRONMENT: A FRAMEWORK FOR STUDENTS
MENTAL HEALTH WELL-BEING & SUICIDE PREVENTION**

Date :16.10.2025 Time : 10.30 am to 12.30 pm

LIST OF PARTICIPANTS

S.No	Department	No. of Participants
1.	Architecture	33
2.	Aerospace	16
3.	Biotech	35
4.	CSE	50
5.	Civil	13
6.	EEE	3
7.	ECE	55
8.	Mechanical	18
9.	Social Work	12
10.	Education	4
11.	Faculty Members	26
12.	PMIST Counselors	3
Total No. of Participants		268

S. S. S.
Deputy Director
(CSAS)

S. S. S.
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