



## **Santhi Family Counselling and Personality Development Centre**

**Kumaranalloor PO., Kottayam-686016, Kerala State.**

### **Workshop on Personality Development.**

#### **Programme Schedule.**

**Date- 28-03-2019. At St. Jude Global School & Junior College, Kottayam.**

09.00-09.15 am - Inauguration

09.15-10.30 am -Personality development and Goal oriented life.

(Fr. Sunny Mathew SJ, Director, Santhi FCPDC)

10.30-11.30 am -Respect to, and Interpersonal relationship with parents, teachers and Students

today and tomorrow ( Mrs. Susan Thomas, MA, BEd, MSc CFT)

11.30-11-45 -Break .

11.45 -13.00 -Cyber addiction and its Consequences (Mr. Adv. Dr.MA Babu Msc, LLB, PhD).

13.00-13-30. -Lunch Break

13.30-14-00 -Naadan Pattukal (Fr. Sunny Mathew SJ)

14.00-14.50 -Time Management (Fr. Sunny Mathew SJ)

14.50-15.45. -Self-Esteem. (Mrs. Susan Thomas, MA, BEd, MSc CFT)

15.45-16.45. - Psychoactive Substance Abuse And consequences (Mr.Adv.Dr.MA Babu Msc,LLB, PhD)

16.45-17.00 - Evaluation, Farewell meeting, Good bye.

