



Cordially invites you to the talk and the discussion

Gift of a Friend !

The university student community is built upon friendship, but the COVID and the online education took a toll on it.

We will discuss making friends, how to be a good friend, understanding the friends around you, **giving help, and getting help when needed...**

It will be fun!

Date :

4th Oct

Tuesday

Time :

11.30 am

Venue (in-person only) :

P1 (New Physics)

Lecture Theater

Resource Persons :



Dr. Sayuri Perera

- Senior lecturer, Department of Psychiatry, Faculty of Medicine
- The director, Counseling and Psychological Support Unit (CaPSU), University of Peradeniya
- Consultant Psychiatrist, Teaching Hospital, Peradeniya
- Secretary, Sri Lanka College of Psychiatrists

Dr. Chandima Herath

- Chief Medical Officer, University of Peradeniya

Content :

1. Understanding our student community
2. 'What' is a good friend
3. How to be a good listener
4. How to 'read' our friends
5. What are our boundaries
6. Resources available in & around the campus

See you !

