



Southern Luzon State University  
 SUPREME STUDENT COUNCIL FEDERATION  
 Lucban, Quezon

## **Yakap! You Are Not Alone**

NOVEMBER 28, 2020

ONLINE PLATFORMS: ZOOM & FACEBOOK

### **PROGRAM PROPER**

<b>Yakap, YANA (You Are Not Alone) Mental Health Awareness Project</b>		
Invocation National Anthem	9:00 AM – 9:10 AM	AVP
Opening Remarks	9:10 AM – 9:20 AM	<b>Dr. Doracie Zoleta-Nantes</b> University President
<b>Talk 1</b> “Suicide Prevention: Not All Scars Can Be Seen”	9:20 AM – 10:05 AM	<b>Dr. Ma. Joyce Joyas</b>
<b>Talk 2</b> “Stress Management in the New Normal: It’s Really (NOT) a Big Deal”	10:05 AM – 10:50 AM	<b>Dr. Marissa C. Esperal</b>
OPEN FORUM (Question and Answer)	10:50 AM – 11:10 AM	
Synthesis	11:00 AM – 11:10 AM	Samahan sa Sikolohiyang Pilipino - Vice President
Closing Remarks	11:10 AM – 11:15 AM	Samahan sa Sikolohiyang Pilipino - President



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<b>Invocation</b>  <b>National Anthem</b>	10:00 AM – 10:10 AM	AVP
<b>Opening Remarks</b>	10:10 AM – 10:20 AM	<b>Dr. Gondelina A. Radovan</b> University Vice-President for Academic Affairs
<b>AVP of the Speaker's Organizations</b>  <b>AVP of the Samahan sa Sikolohiyang Pilipino</b>	10:20 AM – 10:40 AM	AVP
<b>Talk 3</b> "Mind setting: Show Strength Seek Help"	10:40 AM – 11:25 AM	<b>Ms. Karen Quing</b>
<b>OPEN FORUM</b>	11:40 AM – 11:50 AM	
<b>RAFFLE WINNER ANNOUNCEMENT</b>	11:55 AM – 12:00 PM	SSCF Hosts
<b>Synthesis</b>	12:00 PM – 12:10 PM	Samahan sa Sikolohiyang Pilipino - Vice President
<b>Closing Remarks</b>	12:10 PM – 12:15 PM	<b>Viene Angeli L. Dedace</b> Health and Environment, Head, SSCF