

Interactive session on “PEER PRESSURE”

SPTM, NMIMS, Shirpur campus had organised an interactive session on “PEER PRESSURE” for I year students of B. Pharm & B. Pharm (MBA).

Date & Time of the event: Saturday, 16th September 2023 11am -12pm

Spokesperson: Ms. Kiran Kalyani Akasapu (Counsellor)

Venue: C- Wing, Seminar Hall – I

Sessions Objective: The session aimed to equip participants with practical tools and insights to navigate peer pressure positively, fostering confident decision-making.

Sessions outline:

Understanding Peer Pressure: Definition and types of peer pressure (positive, negative).

Real-life scenarios to illustrate different forms of peer pressure.

Influence of Peer Groups: How peer groups shape behaviours, interests, and decisions.

Factors affecting & impacts peer pressure.

Resisting Peer Pressure: Strategies to overcome from peer pressure. Building self-confidence and self-esteem to withstand negative influences.

Activity: Conducted activity on positive peer pressure, case study discussions and Brainteasers.

Peer Support Networks: Importance of having a supportive peer network.

Brainstorming ways to create and maintain positive peer relationships.

Key Takeaways:

- Deeper understanding of peer pressure dynamics.
- Factors affecting peer pressure.
- Practical tips to overcome from peer pressure.
- Emphasis on building a supportive peer network.
- Psychological Assessment.
- Developing confidence in making independent choices that align with their values and goals.
- Understanding the importance of setting and maintaining personal boundaries, and how they align with individual values and priorities.

The Q&A session provided a platform for participants to seek clarifications and share their personal experiences. The session went well and received very good feedback from the students.



Glimpses of “PEER PRESSURE” Interactive session