UNIVERSITY OF KWAZULU-NATAL
INYUVESI YAKWAZULU-NATALI

COLLEGE OF HEALTH SCIENCES

STUDENT SUPPORT SERVICES

PERMAH PERSONAL GROWTH GROUP

This group has a strong focus on personal goals for growth. It further serves as a support group where students engage and learn from one another. The overall aim is to enhance the psychological well-being of the group participants.

YOU ARE INVITED TO JOIN

EVERY TUESDAY FROM 12 MAY TO 28 AUGUST 2026

CLICK HERE TO JOIN THE MEETING

17H00 -18H00

THE TITLE “PERMAH” IS AN ACRONYM FOR EACH SESSION OF THE GROUP:

1ST SESSION:	INTRO TO PERMAH, **P – POSITIVE EMOTIONS**, GETTING TO KNOW THE GROUP MEMBERS	12/05/2026
2ND SESSION:	**E – ENGAGEMENT**:	28/07/2026
3RD SESSION:	**R – RELATIONSHIPS**:	04/08/2026
4TH SESSION:	**M – MEANING**:	11/08/2026
5TH SESSION:	**A – ACCOMPLISHMENT**:	18/08/2026
6TH SESSION:	**H – HEALTH AND WELLNESS**, WRAP UP:	25/08/2026

THE FORMAT OF EACH IS SESSION IS:

- PARTICIPATIV E/ INTERACTIVE
- PSYCHO-EDUCATIONAL COMPONENT (LECTURETTES)
- JOURNALLING FOR SELF REFLECTION
- IN-SESSION PRACTICAL EXERCISES
- REFLECTION TASKS BETWEEN EACH SESSION
- FEEDBACK ON REFLECTION TASKS