



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)
VANIYAMBADI - 635 751

33
Years of
Educational
Excellence

- ★ Recognized u/s 2(f) & 12(B) of UGC Act 1956
- ★ Permanently Affiliated to Thiruvalluvar University
- ★ Supported by DST - FIST | DBT STAR College Scheme



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of Education Initiative)

The Ivan Pavlov Association
of the

PG DEPARTMENT OF PSYCHOLOGY

Under the School of Life Sciences,
Mental Health and Well-Being Cell
of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi

in Collaboration with
Door-Step Mental Healthcare, Vellore
cordially invites you all to the

MoU SIGNING CEREMONY *cum* GUEST LECTURE

on

"Living Happily - A Positive Psychological Approach"

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.



Date : 31.08.2026



Time : 10.30 a.m



Venue : Sri Arihanth Block
Seminar Hall

V. Dilip Kumar District
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

Resource Person



Ms. SONALI MONDAL.,

Practitioner-Scientist, Behavioral Science
Asst. Project Director,
Doorstep Mental Health Care -
Reaching the Unreachable, Vellore



DOORSTEP MENTAL
HEALTH CARE
Reaching the Unreachable



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)



(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University, Vellore
Accredited by NAAC with "A+" Grade (4th Cycle) – Supported by DST - FIST & DBT STAR College Scheme
Vaniyambadi, Tirupattur District

School of Life Sciences

IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH AND WELL - BEING CELL

In Collaboration with

DOOR STEP MENTAL HEALTH CARE, VELLORE

Organizes

MoU SIGNING CEREMONY CUM GUEST LECTURE

On

"LIVING HAPPILY - A POSITIVE PSYCHOLOGICAL APPROACH"

Date: 31.08.2026

Time: 10.30 a.m - 12.30 p.m

Venue: Sri Arihanth Seminar Hall

Master of Ceremony: Ms. Aathika Ruffaida K, III B.Sc Psychology

AGENDA

Prayer and Tamil Thaaai Vazhthu

Welcome Address

: Ms. Rida Fathima Margayal,
II B.Sc Psychology, MKJC

Felicitation

: Dr.M. Inbavalli, Principal, MKJC

Resource Person Introduction

: Ms. Aiman Fathima S T
III B.Sc Psychology, MKJC

Honoring the Resource Person

: Dignitaries on the Dias

MoU Signing Ceremony

: Both Parties

Resource Person Address

: Ms. Sonali Mondal
Practitioner-Scientist, Behavioral Science
Assistant Project Director,
Doorstep Mental Health Care – Reaching the Unreachable
Vellore

Interactive Session

: Participants

Feedback

: Participants

Vote of Thanks

: Ms. Sidra Kulsum K P
III B.Sc Psychology, MKJC

National Anthem

PRINCIPAL

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District



**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI**



Activity Report

SUMMARY REPORT

TOPIC / SUBJECT OF THE ACTIVITY

The Ivan Pavlov Association of the PG Department of Psychology under the School of Life Sciences, Mental Health and Well - Being Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi in association with Doorstep Mental Healthcare – Reaching the Unreachable, Vellore organized a MoU Signing Ceremony Cum Guest lecture titled 'Living Happily: A Positive Psychological Approach' on 31.08.2026 at Sri Arihanth Seminar Hall.

The programme aimed to promote positive psychological well-being and strengthen institutional collaboration in the field of mental health.

PROGRAMME PROCEEDINGS

The programme commenced with a **prayer and Tamil Thai Vazhthu**, setting a solemn and purposeful tone for the event. The **Welcome Address** was delivered by **Ms. Rida Fathima Margayal., II B.Sc. Psychology, MKJC**, who extended a warm and cordial welcome to the dignitaries, resource person, faculty members, and participants.

The programme was felicitated by Vice Principal, **Dr.H.Lookman Sithic Sir.**, who highlighted the significance of promoting mental health awareness, positive psychological well-being and experiential learning among students. The felicitation marked a moment of appreciation and recognition of the resource person's contribution towards strengthening academic and professional collaboration in the field of psychology and mental healthcare.

This was followed by the **Introduction of the Resource Person**, presented by **Ms. Aiman Fathima S T., III B.Sc Psychology**, who highlighted the professional background and accomplishments of the resource person. The resource person was subsequently **formally honored by the dignitaries on the dais** as a mark of respect and appreciation.

OBJECTIVES (INPUT):

- To promote awareness of **positive psychological approaches** to happiness and well-being.
- To help students understand the psychological factors that contribute to a happy and meaningful life.
- To encourage students to develop a positive outlook towards personal, academic and social challenges.

- To provide exposure to practical applications of **behavioral science and mental healthcare**.
- To strengthen institutional collaboration through the **Memorandum of Understanding (MoU)** between the PG Department of Psychology and Door-Step Mental Healthcare - Reaching the Unreachable, Vellore.

METHODOLOGY (PROCESS):

The programme was conducted as a **MoU Signing Ceremony cum Guest Lecture**. The event brought together the academic community of the PG Department of Psychology and representatives of Door-Step Mental Healthcare - Reaching the Unreachable, Vellore.

The programme involved the formalization of the institutional collaboration through the MoU signing ceremony, followed by an expert guest lecture on **“Living Happily – A Positive Psychological Approach.”** The resource person shared insights from the perspective of behavioral science and mental healthcare, enabling students to connect psychological concepts with their practical applications.

The interactive academic session facilitated knowledge sharing and encouraged students to reflect on positive psychological practices that can contribute to personal well-being and healthy living.

OUTPUT:

The immediate outputs of the programme included:

- A **Memorandum of Understanding (MoU)** was formally established between the PG Department of Psychology and Door-Step Mental Healthcare, Vellore.
- A guest lecture on **“Living Happily – A Positive Psychological Approach”** was conducted.
- Students received expert-level exposure to **positive psychology, behavioral science and mental healthcare**.
- The programme provided a platform for academic interaction between the institution and an external mental healthcare organization.
- The collaboration created scope for future academic and professional activities related to psychology and mental health.

OUTCOMES:

The programme contributed to the following outcomes:

The programme enhanced students' awareness of the importance of maintaining a **positive psychological perspective** in everyday life. The expert interaction helped students

appreciate the relevance of psychological principles beyond the classroom and understand their practical applications in promoting mental health and well-being.

The MoU signing also strengthened the institution's connection with a professional mental healthcare organization and opened avenues for **collaborative academic activities, knowledge exchange, experiential learning and community-oriented mental health initiatives.**

The programme further encouraged students to view happiness and well-being as areas that can be supported through positive attitudes, healthy psychological practices and informed behavioral approaches.

CONCLUSION

The **MoU Signing Ceremony cum Guest Lecture on "Living Happily – A Positive Psychological Approach"** served as a meaningful academic and collaborative initiative of the PG Department of Psychology. The programme successfully combined institutional partnership with expert knowledge sharing, providing students with valuable insights into positive psychology and mental well-being. The formal collaboration with Door-Step Mental Healthcare - Reaching the Unreachable, Vellore, is expected to strengthen future academic and community-based initiatives in the field of psychology and mental healthcare.

Participants Count :

Internal Participants	:	Faculty : 6; Students: 93
External Participants	:	Delegates: - ; Students : -


HOD


Dean


IQAC Director


Principal

PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(Autonomous), VANIYAMBADI
SCHOOL OF LIFE SCIENCES

**IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY,
MENTAL HEALTH & WELL - BEING CELL**

In Collaboration with

Doorstep Mental Healthcare – Reaching the Unreachable, Vellore

MoU SIGNING CEREMONY CUM GUEST LECTURE ON

“Living Happily: A Positive Psychological Approach”

Date: 31.08.2026



M. Jyoti
HOD, SLS

[Signature]
DEAN, SLS

[Signature]
IQAC DIRECTOR

[Signature]
PRINCIPAL

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