



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

Vaniyambadi, Tirupattur DT - 653 751

Recognized u/s 2(f) & 12(B) of UGC Act 1956 | Accredited with "A+" Grade by NAAC (4th Cycle) | Permanently Affiliated to Thiruvalluvar University | Supported by

DST - FIST



INSTITUTION'S  
INNOVATION  
COUNCIL  
(Ministry of HRD Initiative)  
4 STAR Rating



**School of Life Sciences**

**Ivan Pavlov Association of PG Department of Psychology**

**EXTENSION ACTIVITY ON**  
**Psychological First Aid**

**Date : 03.02.2026**

**Time : 10.30 am**

**Venue : Panchayat Union Middle School**  
**Valayambattu**



- Relaxation Techniques
- Passing the Kindness
- Breaking the problem Circle

**V. Dilip Kumar Jain**  
President

**Anand Singhvi**  
Secretary

**Dr. M. Inbavalli**  
Principal

**PRINCIPAL**  
**Ms. M. Anusha Saha**  
Marudhar Kesari Jain College  
for Women (Autonomous)  
Vaniyambadi - 635 751.  
Tirupattur District



## 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

Accredited by NAAC with "A+" Grade (4<sup>th</sup> Cycle) – Supported by DST - FIST

Vaniyambadi, Tirupattur District

### SCHOOL OF LIFE SCIENCES

### IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY

Organizes

### EXTENSION ACTIVITY

on

### PSYCHOLOGICAL FIRST AID

at

### PANCHAYAT UNION MIDDLE SCHOOL, VALAYAMBATTU

Date: 03.02.2026

### AGENDA

Departure from MKJC	:	11.40 a.m
Reached School Premises	:	12.30 p.m
Introduction to PFA	:	Ms. Afifa Fathima M III B.Sc Psychology
Relaxation Techniques	:	Ms. Khairunnisa M III B.Sc Psychology
Passing the Kindness	:	Ms. Nuseeba Maryam M & Team III B.Sc Psychology
Breaking the Problem Circle	:	Ms. Asba Anam S & Team III B.Sc Psychology
Human Art	:	Ms. Manisha Devi B A & Team III B.Sc Psychology
Feedback	:	School Students
Departed from School	:	02:45 p.m
Reached MKJC Premises	:	03.05 p.m

PRINCIPAL

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

**Activity Report**

Name of the Department / Club / Association / Cell	PG DEPARTMENT OF PSYCHOLOGY		
Title of the Programme / Event	EXTENSION ACTIVITY		
Association With	-		
Alignment of this Programme with	SDGs <input checked="" type="checkbox"/> Viksit Bharat 2047 <input type="checkbox"/> State / National Schemes <input type="checkbox"/> NEP 2020 <input type="checkbox"/> MOU activity <input type="checkbox"/> Others <input type="checkbox"/>		
Mode	OFFLINE		
Type of Activity	OUTREACH		
Level	SOCIETAL		
Date	From : 03.02.2026	To : 03.02.2026	
Venue	PANCHAYAT UNION MIDDLE SCHOOL, VALAYAMBATTU		
Resource Person Details	-		

**Objectives:**

1. To establish a comprehensive understanding of the Psychological First Aid among the school students.
2. To demonstrate basic PFA skills such as listening, comforting, and reassuring.
3. To foster an attitude of empathy and non judgemental behaviour among classmates and friends.
4. To help the students gain confidence in helping others during emergencies.
5. To encourage the students to manage acute emotional outbursts.

**Summary Report**

The Ivan Pavlov Association of the PG Department of Psychology, School of Life Sciences, Marudhar Kesari Jain College for Women (Autonomous), conducted an extension activity on 'Psychological First Aid' for the VI, VII and VIII grade students at the Panchayat Union Middle School, Valayambattu on 03.02.2026.

The activity began with an overview of Psychological First Aid, thereby guiding the students through its definition and exploring why it is such a vital tool in crisis situations.

The primary objective of this extension activity was to equip the school students with stress management strategies and foster a culture of peer support. Through a series of

structured, activity-based interventions, students were introduced to mindfulness and emotional regulation. The activity then dealt with relaxation techniques like mindful breathing, providing immediate physiological stabilization and focus. This was followed by the 'Kindness Passing' exercise to bolster self-esteem and communal appreciation. To address cognitive stressors, the 'Balloon Burster' activity served as a symbolic externalization and release of negative thoughts. The session concluded with dance therapy, utilizing kinesthetic expression to promote emotional well-being. Ultimately, the program successfully integrated therapeutic principles into an interactive format, enhancing the students' collective emotional resilience.

The students actively participated in the activity with great enthusiasm and demonstrated excellent cooperation, contributing to its successful completion by registering their valuable feedbacks on the activities conducted.

### Conclusion

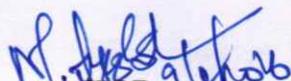
The Psychological First Aid extension activity conducted at the school was highly impactful in promoting emotional well-being and mental health awareness among students. The activity also strengthened the institution's commitment to community outreach and social responsibility by addressing the psychological needs of school students. Overall, the program was well received and contributed meaningfully to fostering a supportive and resilient school environment.

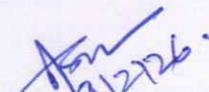
### Outcome of the Program:

1. The students were able to understand the basic concept of Psychological First Aid.
2. The students acquired practical skills in relaxation and stress management techniques.
3. The students were able to showcase enhanced emotional expression and effective public speaking skills.
4. The students developed the capacity to promote teamwork, empathy, and peer support among peers.
5. The students reported feeling happier, calmer, and mentally refreshed following the session.

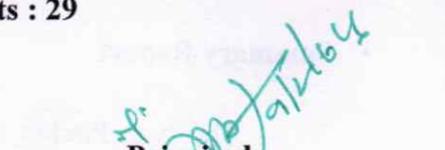
### Participants Count :

Internal Participants : Faculty :2 ; Students: 14  
External Participants : Faculty: Nil ; Students : 29

  
HOD 9/12/26

  
Dean 9/12/26

  
IQAC Director 9/12/26

  
Principal  
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32 Years of Educational Excellence

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

SCHOOL OF LIFE SCIENCES

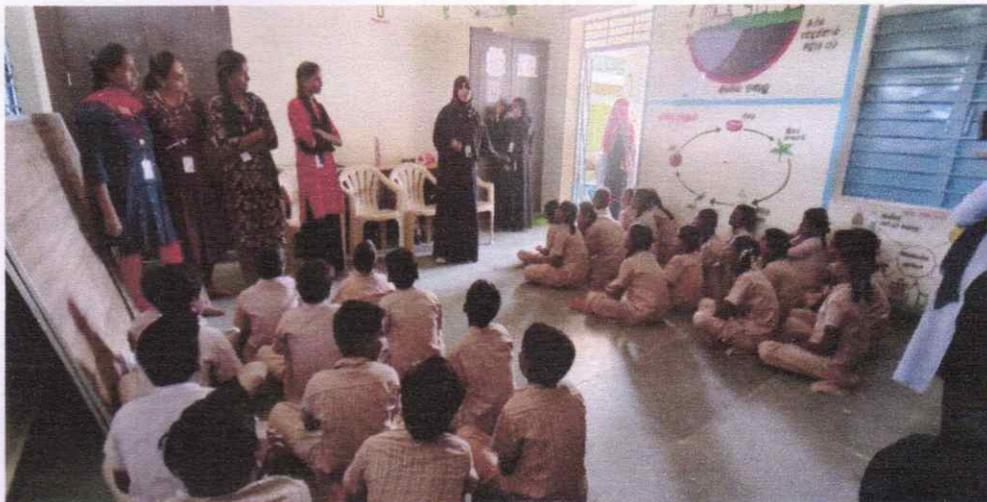
IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY

EXTENSION ACTIVITY PSYCHOLOGICAL FIRST AID

Date: 03.02.2026



Students of Psychology performing Psychological First Aid activity at Panchayat Union Middle School, Valayambattu



M. Anand HOD SLS

DEAN, SLS

PRINCIPAL

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