



# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956-Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A+" Grade (4<sup>th</sup> Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

**PG DEPARTMENT OF PSYCHOLOGY**

**ORGANIZED**


**OUTREACH ACTIVITY CUM COUNSELLING SESSION**

**On**

**THE ART OF ACTIVE LISTENING**


**28.01.2025**

**INVITATION**



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**  
**(AUTONOMOUS)**  
Vaniyambadi, Tirupattur District - 635 751

Recognized u/s 2(f) & 12(B) of UGC Act 1956 | Accredited with "A+" Grade by  
NAAC (4th Cycle) | Permanently Affiliated to Thiruvalluvar University  
An ISO 21001:2018 Certified Institution | Supported by DST - FIST



**PG Department of Psychology**  
**Organizes**

**Outreach Activity Cum  
Counselling Session**

**Date : 28.01.2025 Time : 10.30 am to 1.00 pm**

**Venue : Sigaram Matric Higher Secondary  
School, Vaniyambadi**

**MOTTO**

**"The Art of Active  
Listening"**

**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751

<b>V. Dilip Kumar Jain</b> President	<b>Anand Singhvi</b> Secretary	<b>Dr. M. Inbavalli</b> Principal	<b>Dr. C. Asokan</b> Dean, Life Sciences	<b>Ms. M. Ayesha Sabeen</b> Head
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## AGENDA



### MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

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Vaniyambadi, Tirupattur District

#### PG DEPARTMENT OF PSYCHOLOGY

Organizes

#### OUTREACH ACTIVITY CUM COUNSELLING SESSION

On

#### THE ART OF ACTIVE LISTENING

Date : 28.01.2025  
Time : 10.30 a.m - 01.00 p.m  
Venue : Sigaram Matriculation Higher Secondary School, Vaniyambadi

#### AGENDA

##### Tamil Thaaai Vazhthu

Welcome Address	:	Ms. Umme Ayman N II B.Sc Psychology, MKJC
About the College & Department	:	Ms. Alina Nadeem / Ms. Afifa Fathima M II B.Sc Psychology, MKJC
Grab the bottle	:	Students of II B.Sc Psychology
Symbolic Play	:	Students of II B.Sc Psychology
Story Creation	:	Students of II B.Sc Psychology
Presentation – Career Counselling	:	Aliza Iram Bakshi Syed / Harmain Kulsum M II B.Sc Psychology
Pictionary	:	Students of II B.Sc Psychology
Stroop Effect	:	Students of II B.Sc Psychology
Taboo	:	Students of II B.Sc Psychology
Interactive Session	:	School Students
Feedback	:	School Students
Vote of Thanks	:	Ms. Maliha Suman J II B.Sc Psychology, MKJC
National Anthem		

  
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## REPORT



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



### Activity Report

<b>Title</b>	<b>The Art of Active Listening</b>		
<b>Organized By</b>	<b>PG Department of Psychology</b>		
<b>Type of Activity</b>	<b>Outreach Activity cum Counselling Session</b>		
<b>Level</b>	<b>Institutional</b>		
<b>Date</b>	<b>28.01.2025</b>	<b>Time</b>	<b>10.30 a.m to 01.00 p.m</b>
<b>Venue</b>	<b>Sigaram Matriculation Higher Secondary School, Vaniyambadi</b>	<b>Mode</b>	<b>Offline</b>
<b>Resource Person Details</b>	-		
<b>Objective of the Outreach Activity Cum Counselling Session</b>	To help the students grasp the meaning, importance and principles of active listening To educate the students to exhibit patience and attentiveness during conversation. To teach the students to use active listening to strengthen personal and professional relationships. To help the students to report better understanding and more meaningful connection with others. To encourage the students to create a personal action plan to improve their listening abilities.		
<b>Internal Participants Count</b>	<b>Students : 28 Faculty : 2</b>	<b>External Participants Count</b>	<b>Students : 122 Faculty : 2</b>

#### Summary

The PG Department of Psychology under the School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), conducted Outreach activity cum Counselling Session on 'The Art of Active Listening' on 28.01.2025 at Sigaram Matriculation Higher Secondary School, Vaniyambadi between 10.30 a.m – 01.00 p.m for the SSLC, higher secondary first and second year students of the school. The program began with an invocation to Mother Tamil.

Ms. Umme Ayman of II B.Sc Psychology welcomed the gathering. Ms. Alina Nadeem and Ms. Afifa Fathima M of II B.Sc Psychology spoke about the college and the Department. The activity focused on developing effective communication, active listening

skills, mindful learning abilities, promoting empathetic interactions and reflecting emotions, . The students of II B.Sc Psychology then conducted various activities like grab the bottle, symbolic play, story creation, Pictionary, Stroop events and taboo to bring out the active and creative side of the students.


Ms. Aliza Iram Bakshi Syed and Ms. Harmain Kulsum of II B.Sc Psychology spoke on the importance of counselling like improved mental health, establishing better relationships, coping skills, personal growth and crisis management. They also discussed on the various types of counselling and focused on career counselling and its varied benefits to the students.

The school students found the outreach activity and counselling session to be very inspiring and interactive and registered their valuable feedbacks about the session. Ms. Maliha Suman J of II B.Sc Psychology then proposed the vote of thanks. The session came to an end by singing the National Anthem.

#### **Outcome of the Outreach Activity Cum Counselling Session**

1. The students gained a better understanding of what active listening entails.
2. The session enabled students to develop stronger connections in their personal and professional relationships due to better listening skills.
3. The outreach activity encouraged the students to develop a deeper appreciation for diverse perspectives by listening without judgement.
4. The outreach activity inspired the students to feel more empowered and motivated to pursue their career goals.
5. The students will be able to feel confident about the next steps and can explain the reason behind their choices.


  
Head/Co-Ordinator

  
Principal  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vanivambadi - 635 75\*



## PHOTOS




  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751



*M. Singh*  
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