



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 (4th Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

PG DEPARTMENT OF PSYCHOLOGY

ORGANIZED

OUTREACH ACTIVITY CUM COUNSELLING SESSION

On

DRAIN OUT THE DOUBT

03.02.2025

INVITATION

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)

Vaniyambadi, Tirupattur District - 635 751



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PG DEPARTMENT OF PSYCHOLOGY

ORGANIZES

Outreach Activity Cum Counselling Session

Date : 03.02.2025 | Time : 01.30 pm to 03.30 pm

Venue :

**YMCA Brown Memorial Matriculation-Higher
Secondary School, Tirupattur**

MOTTO

Drain out the Doubt

PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

V. Dilip Kumar Jain
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

Dr. C. Asokan
Dean, Life Sciences

Ms. M. Ayesha Sabeen
Head

AGENDA



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Vaniyambadi, Tirupattur District

PG DEPARTMENT OF PSYCHOLOGY

Organizes

OUTREACH ACTIVITY CUM COUNSELLING SESSION

On

DRAIN OUT THE DOUBT

Date : 03.02.2025
Time : 01.30 p.m - 03.30 p.m
Venue : YMCA Brown Memorial Matriculation Higher Secondary School, Tirupattur

AGENDA

Tamil Thaa Vazhthu

Welcome Address

: Ms. Sharikha Naaz
I B.Sc Psychology, MKJC

About the College & Department

: Ms. Bhavani R
I B.Sc Psychology, MKJC

Creative Balance

: Students of I B.Sc Psychology

In and Out

: Students of I B.Sc Psychology

Sensory Deprivation

: Students of I B.Sc Psychology

Adolescent Counselling –

Depression and Coping Techniques

: Aathika Ruffaida K / Aiman Fathima S T
I B.Sc Psychology

Flip the bottle

: Students of I B.Sc Psychology

Action Song

: Students of I B.Sc Psychology

Interactive Session

: School Students

Feedback

: School Students

Vote of Thanks

: Ms. Dhanish Hareem K
I B.Sc Psychology, MKJC

National Anthem

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Marudhar Kesari Jain College
for Women

Vaniyambadi - 635 751

REPORT



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



Activity Report

Title	Drain out the Doubt		
Organized By	PG Department of Psychology		
Type of Activity	Outreach Activity cum Counselling Session		
Level	Institutional		
Date	03.02.2025	Time	01.30 a.m to 03.30 p.m
Venue	YMCA Brown Memorial Matriculation Higher Secondary School, Tirupattur	Mode	Offline
Resource Person Details			
Objective of the Outreach Activity Cum Counselling Session	To help the students identify the symptoms and understand the impact of depression in daily life. To educate the students to explore their personal history, trauma and cognitive patterns contributing to depression. To teach the students skills like mindfulness, relaxation techniques and problem solving abilities. To motivate the students to strengthen relationships, to develop effective communication and to seek external support when needed. To encourage the students to manage anxiety, self esteem issues, or any other mood changes.		
Internal Participants Count	Students : 18 Faculty : 1	External Participants Count	Students : 55 Faculty : 3

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 'Drain out the Doubt' on 03.02.2025 at YMCA Brown Memorial Matriculation Higher Secondary School, Tirupattur between 01.30 p.m – 03.30 p.m for the class VII, VIII and IX students of the school. The program began with an invocation to Mother Tamil.

Ms. Sharikha Naaz of I B.Sc Psychology welcomed the gathering. Ms. Bhavani R of I B.Sc Psychology spoke about the college and the Department. The activity focused on developing social interaction with friends, stress management techniques, mindfulness

practices and relaxation techniques. The students of I B.Sc Psychology then conducted various activities like creative balance, in and out, sensory deprivation, flip the bottle, action song and attention and coordination to bring out the active and creative side of the students.

Ms. Aathika Ruffaida K and Ms. Aiman Fathima S T of I B.Sc Psychology addressed on address the doubts regarding depression and gave the students a detailed explanation of their own emotion and depression. The goal was to provide students guidance, support and strategies to overcome emotional and stressful challenges in their lives.

The school students actively participated in discussions, cleared their queries and also shared their personal experiences. Emotional well-being concerns were raised, with some students seeking further one - on - one counselling. The visit to YMCA Brown Memorial Matriculation Higher Secondary School, Tirupattur was successful in addressing key concerns and providing students with valuable insights.


. Ms. Dhanish Hareem K of I 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 experienced reduced feelings of sadness, anxiety and hopelessness.
2. The session enabled students to learn strategies to manage stress, negative thoughts and emotional distress.
3. The outreach activity encouraged the students to develop improved concentration, motivation and classroom participation.
4. The outreach activity inspired the students to be more willing to talk about their struggles and seek support.
5. The students will be able to feel confident to involve themselves in group discussions, role playing and mindfulness activities.


Head/Co Ordinator



IQAC Director


Principal
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Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

PHOTOS






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