



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

i) FINDING CALM IN THE STORM

**ii) SILENT WALLS: UNDERSTANDING & OVERCOMING SOCIAL
DETACHMENT**

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 :
**CSI Girls Matriculation Higher
Secondary School, Tirupattur**

MOTTO

1. Class VI & VIII : Finding Calm in the Storm
**2. Class VII & IX : Silent Walls : Understanding &
Overcoming Social Detachment**


PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751
Ms. M. Ayesha Sabeen
Head

V. Dilip Kumar Jain **Anand Singhvi** **Dr. M. Inbavalli** **Dr. C. Asokan**
President Secretary Principal Dean, Life Sciences

AGENDA



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Vaniyambadi, Tirupattur District

PG DEPARTMENT OF PSYCHOLOGY

Organizes

OUTREACH ACTIVITY CUM COUNSELLING SESSION

On

FINDING CALM IN THE STORM

Date : 03.02.2025
Time : 01.30 p.m - 03.30 p.m
Venue : CSI Girls Matriculation Higher Secondary School, Tirupattur
Students : Class VI and Class VIII

AGENDA

Tamil Thaaai Vazhthu

Welcome Address	:	Ms. Mehek Anjum C II B.Sc Psychology, MKJC
About the College & Department	:	Ms. Alina Nadeem / Ms. Afifa Fathima M II B.Sc Psychology, MKJC
Mystery Box	:	Students of II B.Sc Psychology
Story Seed	:	Students of II B.Sc Psychology
Flower Fusion	:	Students of II B.Sc Psychology
Behavioral Disorder Counselling –		
Coping with Chaos	:	Harmain Kulsum M / Manisha Devi B A II B.Sc Psychology, MKJC
Interactive Session	:	School Students
Feedback	:	School Students
Vote of Thanks	:	Ms. Musaitha Zainab P II B.Sc Psychology, MKJC
National Anthem		

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Vaniyambadi, Tirupattur District

PG DEPARTMENT OF PSYCHOLOGY

Organizes

OUTREACH ACTIVITY CUM COUNSELLING SESSION

On

SILENT WALLS: UNDERSTANDING AND OVERCOMING SOCIAL DETACHMENT

Date : 03.02.2025
Time : 01.30 p.m - 03.30 p.m
Venue : CSI Girls Matriculation Higher Secondary School, Tirupattur
Students : Class VII and Class IX

AGENDA

Tamil Thaa Vazhthu

Welcome Address	:	Ms. Jeevitha V III B.Sc Psychology, MKJC
About the College & Department	:	Ms. Sugapriya A III B.Sc Psychology, MKJC
Missing Letters	:	Students of III B.Sc Psychology
Cognitive Memory	:	Students of III B.Sc Psychology
Memory Span Test	:	Students of III B.Sc Psychology
Counselling Session – The Detachment Paradox		
How Technology both unites and isolates us	:	Sakthi Priya S / Monika Sri V N III B.Sc Psychology, MKJC
Interactive Session	:	School Students
Feedback	:	School Students
Vote of Thanks	:	Ms. Sowmiya S III B.Sc Psychology, MKJC
National Anthem		


PRINCIPAL

Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

REPORT



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



Activity Report

Title	Finding Calm in the Storm		
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	CSI Girls Matriculation Higher Secondary School, Tirupattur	Mode	Offline
Resource Person Details	-		
Objective of the Outreach Activity Cum Counselling Session	1. To equip students with coping strategies to manage emotional and psychological distress. 2.To promote self awareness and personal growth through guided counselling interventions. 3.To help individuals identify and express their emotions in a healthy manner. 4. To enhance self esteem and self confidence in managing daily challenges. 5.To improve communication skills, social participation and strengthen relationship with family and peers.		
Internal Participants Count	Students : 28 Faculty : 2	External Participants Count	Students : 101 Faculty : 2

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 'Finding Calm in the Storm' on 03.02.2025 at CSI Girls Matriculation Higher Secondary School, Tirupattur between 01.30 p.m – 03.30 p.m for the class VI and VIII students of the school. The program began with an invocation to Mother Tamil.

Ms. Mehek Anjum C of II B.Sc Psychology welcomed the gathering. Ms. Afifa Fathima and Alina Nadeem of II B.Sc Psychology spoke about the college and the Department. The activity focused on psychological well being, mental health awareness, coping strategies, and interactive learning. The students of II B.Sc Psychology then conducted various activities like Mystery Box, Story Seed, Flower Fusion, and Ice Breaking to bring out

the active and creative side of the students. These activities encouraged creativity, problem-solving, and teamwork, keeping the students actively involved. Small gifts were given to the winners as a token of appreciation

Ms. Manisha Devi B A and Ms. Harmain Kulsum M of II B.Sc Psychology, counselled the school students on depression, anxiety, and behavioral disorders. The school students actively participated by sharing their thoughts and by asking insightful questions. Practical coping strategies were discussed to help them manage stress effectively.


Ms. Musaitha Zainab P 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 exhibited increased self awareness about emotional triggers and coping mechanisms.
2. The session enabled students to improve their ability to regulate emotions and stress management.
3. The outreach activity encouraged the students to improve communication skills and conflict resolution strategies.
4. The outreach activity inspired the students to gain confidence in managing anxiety and handling depressive symptoms.
5. The students were confident in handling setbacks and life challenges.


Head/Co Ordinator


IQAC Director


Principal
PRINCIPAL
Marudhar Kesari Jain College
for Women
Vanivambadi - 635 751



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



Activity Report

Title	Silent Walls: Understanding and Overcoming Social Detachment		
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	CSI Girls Matriculation Higher Secondary School, Tirupattur	Mode	Offline
Resource Person Details	-		
Objective of the Outreach Activity Cum Counselling Session	1. To help students recognize what social detachment is and how it may manifest in their lives. 2. To encourage the students to reflect on their own feelings and behaviors. 3. To create opportunities for the students to build supportive networks and feel a part of a community. 4. To inform the students about the mental health resources, counseling services and community support networks. 5. To introduce techniques such as mindfulness, stress management and self care routines that help reduce feelings of detachment. 6. To create opportunities for group interactions and peer support that reinforce inclusivity, helping students feel connected and valued within their community.		
Internal Participants Count	Students : 24 Faculty : 2	External Participants Count	Students : 131 Faculty : 4

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 'Silent Walls: Understanding and Overcoming Social Detachment' on 03.02.2025 at CSI Girls Matriculation Higher Secondary School, Tirupattur between 01.30 p.m – 03.30 p.m for the class VII and IX students of the school. The program began with an invocation to Mother Tamil.

Ms. Jeevitha V of III B.Sc Psychology welcomed the gathering. Ms. Sugapriya A of III B.Sc Psychology spoke about the college and the Department. The activity focused on

developing social connection with peers, friends and family, building meaningful and supportive relationships. The students of III B.Sc Psychology then conducted various activities like "Missing Letters", "Cognitive Memory", "Memory Span", and "False Memory" to bring out the active and creative side of the students.

Ms. Sakthi Priya S and Ms. Monika Sri V N of III B.Sc Psychology discussed the importance of social connections and the negative effects of social detachment to enhance their mental well being. The students shared their thoughts and experiences, and had a meaningful conversation. The school students actively participated in the discussions, cleared their queries and also shared their personal experiences.


Ms. Sowmiya S of III 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 learnt to identify signals of isolation, understand its causes and appreciate its impact on mental health, academic performance and overall well -being.
2. The session enabled students to build the skills needed to understand their emotions and learnt strategies to cope up with emotions.
3. The outreach activity encouraged the students to develop enhanced inter personal skills, improved group interactions, classroom engagement and stronger relationships.
4. The outreach activity inspired the students to learn actionable steps to manage stress and build resilience in social settings.
5. The students were confident in voicing their needs and supporting each other, promoting a culture of open - dialogue and collective well being.


Head/ Co Ordinator


IQAC Director


Principal
PRINCIPAL
Marudhar Kesari Jain College
for Women
Vanhambadi - 635 751



PHOTOS



M. S. K.
PRINCIPAL
 Marudhar Kesari Jain College
 for Women
 Vaniyambadi - 635 751



M. [Signature]
PRINCIPAL
 Marudhar Kesari Jain College
 for Women
 Vaniyambadi - 635 751