



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

Vaniyambadi, Tirupattur District - 635 751



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College Union, Alumni Association, Karuna Club, NSS,
Go Green Association & Dept. of Psychology

Jointly Celebrates

Eco Friendly DIWALI Celebration

Date : 18.10.2025

EVENTS

1. Orphanage Visit

- Donation ('Together we care, together we share')
- Mental Wellness Activity

2. Tree Plantation

('Plant a tree, plant a life')

V. Dilip Kumar Jain

President **PRINCIPAL**

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

Anand Singhvi

Secretary

Dr. M. Inbavalli

Principal

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

Activity Report

Title	ECO FRIENDLY DIWALI CELEBRATION		
Organized By	College Union, Alumni, Karuna Club, NSS, Go Green Association and PG Department of Psychology		
Type of Activity	Outreach Activity		
Level	Societal		
Date	18.10.2025	Time	10.30 a.m to 03.45 p.m
Venue	Udhavum Ullangal, Vellore	Mode	Offline
Resource Person Details			
Objective of the Programme	1. To create awareness among the residents about the importance of mental health and emotional well-being. 2. To provide a supportive environment for the participants to express their feelings and emotions. 3. To introduce simple stress management techniques and coping strategies for daily challenges. 4. To encourage social interaction, bonding, and positive engagement through interactive activities. 5. To give psychology students practical exposure to the psychological needs of vulnerable groups.		
Internal Participants Count	Students : 34 Faculty : 3	External Participants Count	Udhavum Ullangal Home residents: 30 Faculty : Nil

Summary

Introduction:

As a part of the outreach activity and to spread joy to those in orphanages and old age home who miss out on family celebrations, the College Union, Alumni Association, Karuna Club, National Service Scheme, Go Green Association and the PG Department of Psychology of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi organized a visit to the Udhavum Ullangal Orphanage, Vellore on 18.10.2025, where they contributed basic

amenities like groceries, note books and monetary support on behalf of the entire faculty and student community of the college and conducted mental health awareness program which aimed to promote mental health awareness, provide emotional support, and create a platform for meaningful interaction with the residents.

The visit was designed not only to benefit the middle-aged and elderly participants of the orphanage but also to give psychology students real-time exposure to community-based psychological needs. The event combined both awareness and engagement, highlighting the value of compassion, active listening, and care in fostering psychological well-being.

Program Details

1. Interactive Games

The session began with simple and joyful group games that encouraged laughter, social connection, and bonding among the participants. These activities helped create a friendly atmosphere and set the tone for the rest of the program. The games broke down barriers, promoted inclusivity, and gave the elderly residents a chance to engage actively with one another and with the visiting students.

2. Talk Counselling

Short counselling sessions were conducted to provide the participants with an opportunity to share their emotions, struggles, and experiences in a supportive environment. Many of the residents expressed feelings of loneliness and stress, and through empathetic listening, the students offered reassurance and practical strategies for managing such emotions. This activity proved to be therapeutic for participants, helping them feel heard and valued.

3. Mental Health Awareness Session

A structured awareness program was delivered, focusing on the significance of mental health in daily life. The session covered:

The role of emotional well-being in overall health.

Practical tips for stress management and relaxation.

Encouragement to openly share feelings and maintain social interactions.

Positive coping mechanisms for dealing with loneliness and negative thoughts.

This interactive segment allowed the residents to ask questions and share their perspectives, leading to a lively and informative discussion.

4. Donations and Contributions

The faculty members, students, and Alumni Association made generous contributions to support the welfare of the orphanage residents. Donations included books, clothing, groceries, and monetary funds.

The College Union Committee and the Karuna Club played a vital role in organizing the fund contribution and purchasing the groceries, ensuring all items were thoughtfully selected to meet the needs of the residents.

The NSS students actively participated throughout the event, assisting in organizing activities, coordinating logistics, and ensuring smooth conduct of all sessions. Their involvement showcased teamwork, responsibility, and a genuine spirit of service.

5. Sapling Plantation by Go Green Association

In collaboration with the Go Green Association, a sapling plantation drive was conducted within the orphanage premises. The initiative symbolized growth, sustainability, and care for the environment. The activity encouraged awareness about environmental responsibility and served as a reminder that mental health and environmental well-being go hand in hand in creating a balanced, nurturing community.

Participants Response

The residents of Udhavum Ullangal actively participated in every activity with enthusiasm and joy. They expressed heartfelt gratitude for the interaction, sharing that the visit brought them happiness and emotional comfort. The engagement helped rekindle their sense of belonging and positivity.

For the students, the event was a deeply educational and inspiring experience. They gained insights into the emotional and psychological challenges faced by elderly and orphaned individuals. The day strengthened their values of empathy, teamwork, and active community involvement.

Impression of the session

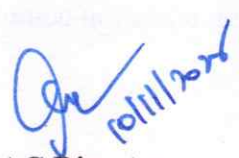
The Mental Health Awareness Program at Udhavum Ullangal Orphanage was a heartwarming and impactful event that blended awareness, service, and compassion. The program not only enriched the lives of the residents but also gave students valuable exposure to real-life psychological practice.

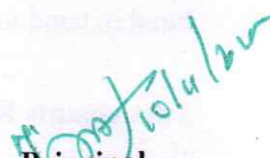
The collective efforts of the PG Department of Psychology, Alumni Association, NSS students, College Union Committee, Karuna Club and Go Green Association made the initiative a resounding success. The event emphasized that holistic well-being extends beyond the self — encompassing care for others, the environment, and the community at large.

Outcome of the Programme

1. Participants developed a better understanding of the importance of mental health and its role in daily life.
2. The counselling sessions gave residents a safe space for emotional expression, reducing feelings of loneliness.
3. Interactive games helped in creating a joyful environment and strengthened social connections among participants.
4. Students gained real-life learning experiences, enhancing their skills in empathy, active listening, and counselling.
5. The program fostered mutual learning and gratitude, leaving a positive impact on both the participants and the students.


Head 27/10/2025
27/10/25
SGM


IQAC Director


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

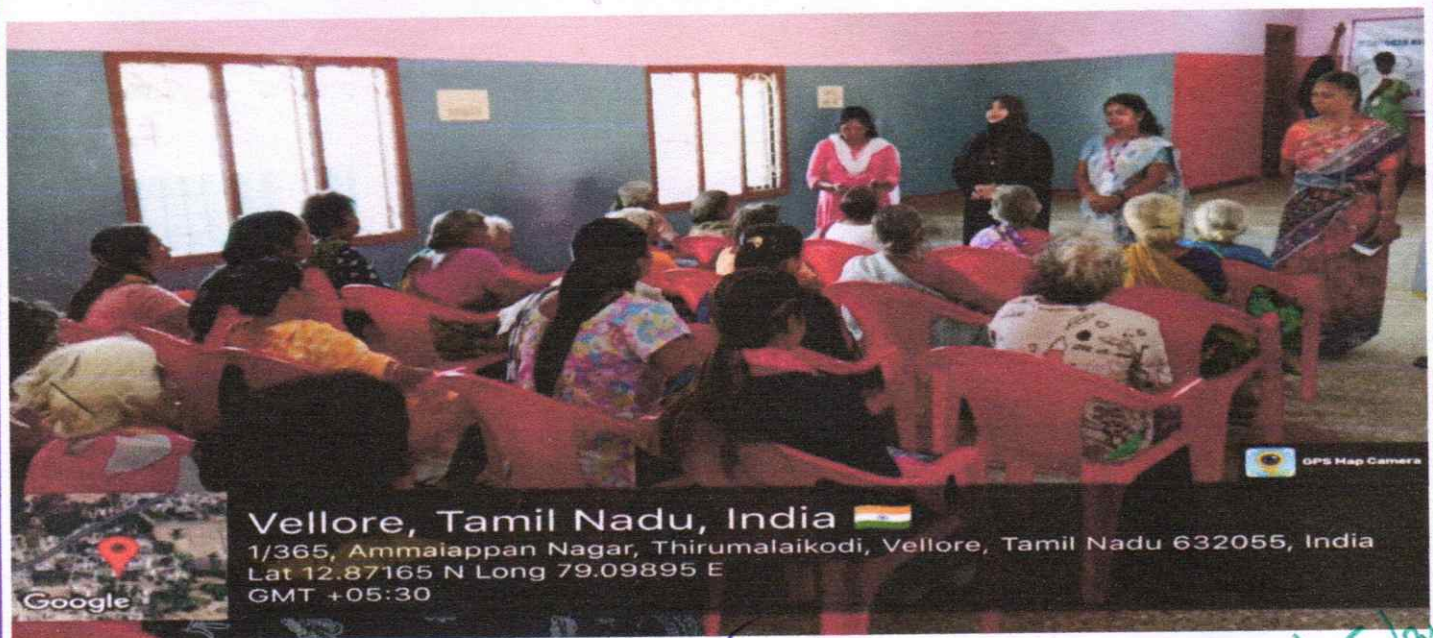


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VANIYAMBADI



**COLLEGE UNION, ALUMNI, KARUNA CLUB, NSS, GO GREEN
ASSOCIATION & PG DEPARTMENT OF PSYCHOLOGY
ECO FRIENDLY DIWALI CELEBRATION**

Date : 18.10.2025



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22/10/2025

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DEAN, SCHOOL OF LIFE SCIENCES

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



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GMT +05:30

M. Jyoti
HOD
22/10/2024

Anu
22/10/2025
DEAN, SCHOOL OF LIFE SCIENCES

Principals
22/10/2024
PRINCIPAL
PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District



M. Jyotsna
HOD
22/10/2025

A. 22/10/2025
DEAN, SCHOOL OF LIFE SCIENCES

M. 22/10/2025
PRINCIPAL
PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District