



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

EMPOWERING EMOTIONAL WELL BEING

06.01.2025

INVITATION

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**
(AUTONOMOUS)
Vaniyambadi, Tirupattur District - 635 751
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NAAC (4th Cycle) | Permanently Affiliated to Thiruvalluvar University
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PG Department of Psychology
Organizes

**Outreach Activity Cum
Counselling Session**

Date : 06.01.2025 Time : 11.30 am to 01.30 pm

**Venue : St. Charle's Matriculation Higher
Secondary School - Tirupattur**

MOTTO

**"Empowering Emotional
Wellbeing"**

V. Dilip Kumar Jain
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

Dr. C. Asokan
Dean, Life Sciences

Ms. M. Ayesha Sabeen
Head

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

AGENDA



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Vaniyambadi, Tirupattur District

PG DEPARTMENT OF PSYCHOLOGY

Organizes

OUTREACH ACTIVITY CUM COUNSELLING SESSION

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Date : 06.01.2025

Time : 11.30 a.m - 01.00 p.m

Venue : St. Charles Matriculation Higher Secondary School, Tirupattur

AGENDA

Tamil Thaaai Vazhthu

- Welcome Address** : Ms. Daniya Mariyam T
III B.Sc Psychology, MKJC
- About the College & Department** : Ms. Sugapriya A
III B.Sc Psychology, MKJC
- Emotional Charades** : Students of III B.Sc Psychology
- Relaxation therapy** : Students of III B.Sc Psychology
- Hand Eye Co Ordination** : Students of III B.Sc Psychology
- Presentation – Exam Anxiety** : Students of III B.Sc Psychology
- Interactive Session** : School Students
- Feedback** : School Students
- Vote of Thanks** : Ms. Mahiya Tamkeen S M
III B.Sc Psychology, MKJC

National Anthem

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL

Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

REPORT



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



Activity Report

Title	Empowering Emotional Well being		
Organized By	PG Department of Psychology		
Type of Activity	Outreach Activity cum Counselling Session		
Level	Institutional		
Date	06.01.2025	Time	11.30 a.m to 01.30 p.m
Venue	St.Charle's Matriculation Higher Secondary School, Tirupattur	Mode	Offline
Resource Person Details	-		
Objective of the Outreach Activity Cum Counselling Session	To educate the students about the importance of emotional well-being and its impact on overall mental health, relationships, and productivity. To teach practical techniques to manage emotions effectively, such as mindfulness, relaxation techniques, and emotional regulation strategies. To encourage the students to openly discuss their feelings and emotions without fear of stigma or judgment.		
Internal Participants Count	Students : 17 Faculty : 2	External Participants Count	Students : 45 Faculty : 1

Summary

The PG Department of Psychology, School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), conducted Outreach activity cum Counselling Session on 'Empowering Emotional Well being' on 06.01.2025 at St.Charle's Matriculation Higher Secondary School, Tirupattur between 11.00 a.m – 01.30 p.m for the higher secondary first and second year students of the school. The program began with an invocation to Mother Tamil.

Ms. Daniya Mariyam T of III B.Sc Psychology welcomed the gathering. Ms. Suga Priya A of III B.Sc Psychology spoke about the college and the Department. The activity focused on emotional awareness, stress management, relaxation techniques and ways to overcome anxiety during examinations. The students of III B.Sc Psychology then conducted emotional charades which helped the school students display various emotions in our day to day life, hand eye coordination games which involved individual focus and team work and


and Zumba dance to promote mental relaxation to the students. A presentation and counselling session related to ways and means of handling exam related fear was then delivered by the students.

The school students found the outreach activity and counselling session to be very useful and meaningful and they registered their valuable positive feedbacks about the session. Ms. Mahiya Tamkeen S M 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 gained a better understanding of emotional well-being and its significance in their daily lives.
2. The session enabled students to regulate their emotions and maintain mental balance during difficult situations.
3. The outreach activity encouraged the students to feel more empowered to handle setbacks and adapt to change with confidence.
4. The outreach activity inspired the students to prioritize their mental health
5. The students will be able to demonstrate improved communication and interpersonal skills leading to healthier personal and professional relationships.


Head/Co Ordinator


Principal
Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., P.D.,
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PHOTOS




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