



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 (3rd Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

**NSS, YRC, RRC AND PG DEPARTMENT OF PSYCHOLOGY
ORGANIZED**

EXTENSION & OUTREACH ACTIVITY AND AWARENESS PROGRAMME

On

PSYCHOLOGICAL EFFECTS OF TRANSITIONING TO HIGH SCHOOL

06.09.2024

INVITATION

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)



Recognized u/s 2(f) & 12(B) of UGC Act 1956 | Re-Accredited with "A" Grade by NAAC (3rd Cycle)



Permanently Affiliated to Thiruvalluvar University | An ISO 21001: 2018 Certified Institution | Supported by DST-FIST



EXTENSION & OUTREACH ACTIVITY



**NSS, YRC, RRC & PG Department of Psychology in association with
ARAM SAMUGA MUNETRA SANGAM - Thumberi**

Organizes

Awareness Programme on

**PSYCHOLOGICAL EFFECTS OF TRANSITIONING
TO HIGH SCHOOL**



Handwritten signature

Date : 06-09-2024 | Time : 01.30 pm

Dr. M. Inbavalli, NSS, YRC, RRC & PG Dept. of Psychology
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

Venue : Govt. Hr. Sec. School, Thumberi

V. Dilip Kumar Jain
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

**NSS, YRC, RRC & Dept.
of Psychology**
Coordinators

AGENDA



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University
Accredited by NAAC with "A" Grade – An ISO 21001:2018 (EOMS) Certified Institution – Supported by DST - FIST
Vaniyambadi, Tirupattur District

EXTENSION AND OUTREACH ACTIVITY NSS, YRC, RRC & PG DEPARTMENT OF PSYCHOLOGY

In Association With
ARAM SAMUGA MUNETRA SANGAM

Jointly Organizes
AWARENESS PROGRAMME

On

PSYCHOLOGICAL EFFECTS OF TRANSITIONING TO HIGH SCHOOL

Date : 06.09.2024

Time : 01.30 p.m - 03.30 p.m

Venue : Government Higher Secondary School, Thumberi

AGENDA

Tamil Thaaai Vazhthu

Honoring the Dignitaries

Motivational Talk : Ms. Sonali Mondal
Assistant Professor,
PG Department of Psychology, MKJC

Skit : Whispers of the future
Students of Psychology

Mime : Unspoken Consequences
Students of Psychology

Speech : Ms.T. Daniya Mariyam
III B.Sc Psychology

Activities for School Students : 1. Expressing Gratitude
2. Problem Solving & Decision Making
3. Simon Says
4. Kindness Bingo

Feedback : School Students

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), VANIYAMBADI**



Activity Report

Title	Awareness Programme - PSYCHOLOGICAL EFFECTS OF TRANSITIONING TO HIGH SCHOOL		
Organized By	NSS, YRC, RRC and PG Department of Psychology		
Type of Activity	Extension & Outreach Activity		
Level	Institutional		
Date	06.09.2024	Time	01.30 p.m to 03.30 p.m
Venue	Government Higher Secondary School, Thumberi	Mode	Offline
Resource Person Details	-		
Objective of the Programme	To educate the students about the common psychological challenges faced by them during the transition to high school. To promote open discussions about mental health and reduce the stigma associated with seeking psychological help during the transition. To equip the students with effective coping mechanisms for handling academic pressure, social changes and personal development challenges during the transition.		
Internal Participants Count	Students : 46 Faculty : 2	External Participants Count	Students : 200 Faculty : 7 Members from Aram Samuga Munetra Samgam : 4

Summary

The NSS, YRC and PG Department of Psychology, School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), in association with Aram Samuga Munetra Sangam, Thumberi, proposed extension and outreach activity and organized an awareness programme on 'Psychological effects of transitioning to high school' on 06.09.2024 at Government Higher Secondary School, Thumberi between 01.30 p.m – 03.30 p.m for the higher secondary second year students of the school. The program began with an invocation to Mother Tamil.

Dr. P. Balasubramanian, Research Coordinator and Assistant Professor of the PG and Research Department of Tamil of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi addressed the school students with his motivational talk. He insisted the students to follow the right path in life, to concentrate in studies and become the good citizens of the Nation. The students of Psychology then performed their skit titled 'Whispers of the future'. They depicted on how to lead a life by example and how the young generation falls prey to unwanted and untoward situations at an early stage of life. Mime show was then

showcased by the students of Psychology under the title 'Unspoken Consequences', where they depicted how young boys get addicted to mobile games, drugs, alcohol and the ways to overcome them. They also stressed not to waste food, water and how to be cordial among the friends and family members through their performance.

Ms. Daniya Mariyam T of III B.Sc Psychology, gave an English speech highlighting the importance of discipline and a cultured way of life for both the boys and girls of the school. The students of Psychology then conducted few activities for the school students like expressing gratitude, problem solving and decision making, in order to motivate the students and help them think better.

The school students found the awareness programme to be very useful and meaningful and they registered their valuable feedbacks about the programme. Ms. S.Aruna, NSS Coordinator, then thanked the Head Master and other teachers of the school for the opportunity given to conduct an extension activity at their school. The program came to an end by singing the National Anthem.

Outcome of the Awareness Program

1. The students gained knowledge about the psychological challenges they faced during the transition to high school.
2. The programme encouraged the development of positive social interactions and friendships among students.
3. The awareness programme encouraged the students to become more proactive, positive and to engage better in their school activities.
4. The students learnt the importance of discussing their mental health issues with their peers / parents and to seek help when required.
5. The students will be able to show improvements in their grades and classroom participation and adjust more smoothly to school life.



Head/ Co Ordinator


Principal

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

PHOTOS




PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751



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