



**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 (3<sup>rd</sup> 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**



*H. Singh*

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

Dr. M. INBAVALLI, Assistant Professor,  
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)

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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

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

Marudhar Kesari Jain College for Women  
Vaniyambadi-635 751.

**Feedback** : School Students

**National Anthem**

## REPORT



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



### Activity Report

<b>Title</b>	<b>Awareness Programme - PSYCHOLOGICAL EFFECTS OF TRANSITIONING TO HIGH SCHOOL</b>		
<b>Organized By</b>	<b>NSS, YRC, RRC and PG Department of Psychology</b>		
<b>Type of Activity</b>	<b>Extension &amp; Outreach Activity</b>		
<b>Level</b>	<b>Institutional</b>		
<b>Date</b>	<b>06.09.2024</b>	<b>Time</b>	<b>01.30 p.m to 03.30 p.m</b>
<b>Venue</b>	<b>Government Higher Secondary School, Thumberi</b>	<b>Mode</b>	<b>Offline</b>
<b>Resource Person Details</b>			
<b>Objective of the Programme</b>	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.		
<b>Internal Participants Count</b>	<b>Students : 46 Faculty : 2</b>	<b>External Participants Count</b>	<b>Students : 200 Faculty : 7 Members from Aram Samuga Munetra Samgam : 4</b>

#### 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



GPS Map Camera

Thumberi, Tamil Nadu, India  
 182 government higher secondary school, Thumberi, Tamil Nadu 635801, India  
 Lat 12.700051°  
 Long 78.579666°  
 06/09/24 03:17 PM GMT +05:30



Google



GPS Map Camera

Thumberi, Tamil Nadu, India  
 182 government higher secondary school, Thumberi, Tamil Nadu 635801, India  
 Lat 12.70006°  
 Long 78.579732°  
 06/09/24 03:12 PM GMT +05:30



Google

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