

EXTENSION ACTIVITIES

2014-2015

- Mental Health Day was focused on creating awareness about the undue stigma against schizophrenics. This was done by building 'Nest of Love (Snehakoodu)' and Street Plays by students and teachers. 100 students participated in the various activities
- Counselling is regular done by the faculty.
- Students regular visits and helps at Malayalam Pallikoodam and Karunasayi De-addiction Centre.
- Students visited Anganwadis.

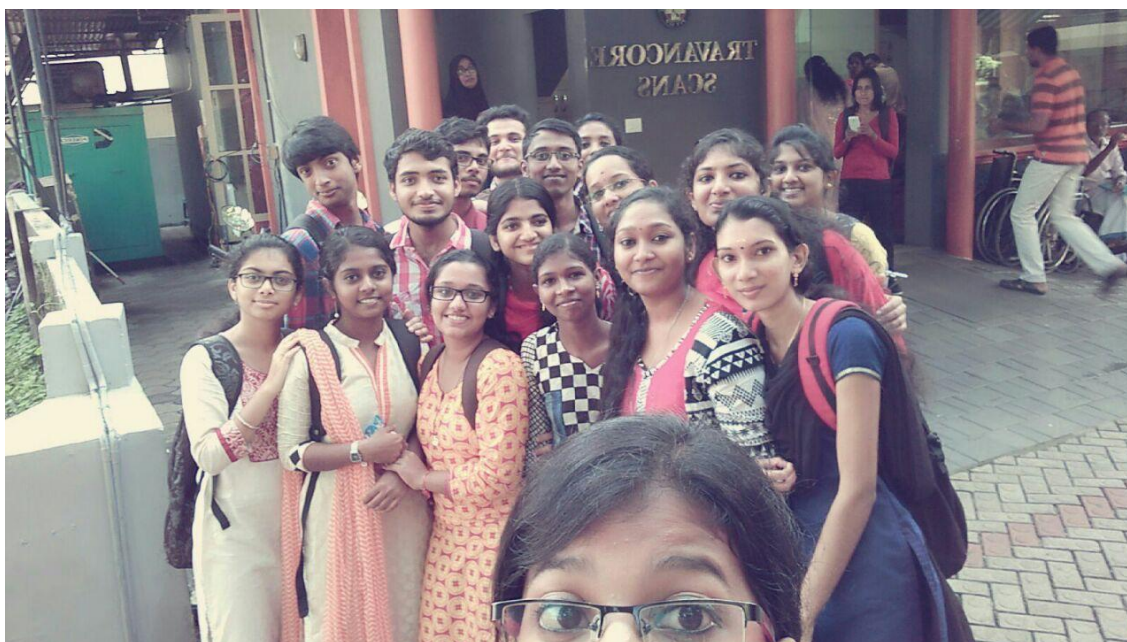
2015-2016

1. Visited Old Age Home(Hermitage for retired school teachers) and interacted with inmates and did cultural programs for the inmates. 35 students and 3 teachers.





- Students regularly visit, learn and serve at Karunasayi De-addiction Centre. 25 students.
- Students visited anganwadis.
- Students visited Travancore Scans as a part of their study for Physiology.



Students who visited:

1. 25715118001 Adhwayth
2. 25715118002 Gopika V
3. 25715118003 Lakshmi Rajendran
4. 25715118004 Pallavi Krishna
5. 25715118005 Abhirami N
6. 25715118006 Ahalya R L
7. 25715118007 Aju Nair
8. 25715118008 Akhil K S
9. 25715118009 Anandakrishnan
10. 25715118010 Ancy B S
11. 25715118011 Athira B S
12. 25715118012 Athira Raj G
13. 25715118013 Gireesh R
14. 25715118014 Haritha A M
15. 25715118015 Janis Jude
16. 25715118016 Kaveri T S
17. 25715118017 Krishnendu G S
18. 25715118018 Meera Raj
19. 25715118019 Nanda S Mohan
20. 25715118020 Nikhil Manohar
21. 25715118021 Pooja S Madhu
22. 25715118022 Praveen Raj
23. 25715118025 Sreelakshmi
24. 25715118026 Syama S
25. 25715118027 Aneesha Joseph
26. 25715118029 Aswathy R V
27. 25715118030 Jithin Prem
28. 25715118031 Namita Sankar
29. 25715118032 Neenu Thomas
30. 25715118033 Niranjana S
31. 25715118034 Nisha P
32. 25715118035 Ahijith J S
33. 25715118036 Abhijith S

2016-2017

The department visited the NGO S.I.C.K (St.Ignatius Charity Kendra) which is a psychosocial rehabilitation centre for the mentally ill patients. Cultural programmes and games were held for the inmates. The lunch for the inmates and staff of S.I.C.K and the students was sponsored by SBT Bank. There were 80 inmates of SICK, 5 staff of SICK. 103 students and three teachers participated.

Students:

III DC

1. 25714118001 Anooja.R
2. 25714118002 Arya Senan .D.B
3. 25714118004 Meghasree.T
4. 25714118005 Nitheesh.M
5. 25714118006 Rajath.J
6. 25714118007 Shalu.R
7. 25714118008 Suma.S
8. 25714118009 Anand.S
9. 25714118010 Anuja.S.Nair
10. 25714118011 Arya Jayakumar
11. 25714118012 Aswin.P.J
12. 25714118013 Chippy.S
13. 25714118014 Gowripriya.K
14. 25714118015 Haripriya.B
15. 25714118016 Lekshmipriya.A.R
16. 25714118017 Liji.S
17. 25714118018 Mohammed Roshan.P.S
18. 25714118020 Rakesh.M
19. 25714118021 Samkhili.P
20. 25714118022 Saranya Babu.J
21. 25714118024 Soumya.S
22. 25714118025 Sruthy.S.J
23. 25714118026 Sruthy.S.B
24. 25714118027 Swathy.M.A
25. 25714118028 Anjali.A
26. 25714118029 Devika Mohan
27. 25714118030 Flory.M
28. 25714118031 Jacob Chalakuzhy Mammen
29. 25714118032 Jeena.S
30. 25714118033 Jeevan David Maxium
31. 25714118034 Rajasree Kalikkot
32. 25714118035 Saranya Mohan
33. 25714118036 Sreekuttan. A.S
34. 25714118037 Syamlal.S

II DC

1. 25715118001 Adhwayth
2. 25715118002 Gopika V
3. 25715118003 Lakshmi Rajendran
4. 25715118004 Pallavi Krishna
5. 25715118005 Abhirami N
6. 25715118006 Ahalya R L
7. 25715118007 Aju Nair
8. 25715118008 Akhil K S

9.	25715118009	Anandakrishnan
10.	25715118010	Ancy B S
11.	25715118011	Athira B S
12.	25715118012	Athira Raj G
13.	25715118013	Gireesh R
14.	25715118014	Haritha A M
15.	25715118015	Janis Jude
16.	25715118016	Kaveri T S
17.	25715118017	Krishnendu G S
18.	25715118018	Meera Raj
19.	25715118019	Nanda S Mohan
20.	25715118020	Nikhil Manohar
21.	25715118021	Pooja S Madhu
22.	25715118022	Praveen Raj
23.	25715118025	Sreelakshmi
24.	25715118026	Syama S
25.	25715118027	Aneesha Joseph
26.	25715118029	Aswathy R V
27.	25715118030	Jithin Prem
28.	25715118031	Namita Sankar
29.	25715118032	Neenu Thomas
30.	25715118033	Niranjana S
31.	25715118034	Nisha P
32.	25715118035	Ahijith J S
33.	25715118036	Abhijith S

IDC

1.	25716118001	Ahitha Harikumar
2.	25716118002	Anjitha Ajith
3.	25716118003	Athira B
4.	25716118004	Devika J K
5.	25716118005	Minni Meriya
6.	25716118006	Abhirami J S
7.	25716118007	Adarsh S Kumar
8.	25716118008	Anakha S Krishna
9.	25716118009	Anoop Krishnan P
10.	25716118011	Arathy J S
11.	25716118013	Aswin Saran Rajan
12.	25716118014	Divya L
13.	25716118015	Gayathri S R
14.	25716118016	Harikrishna M R
15.	25716118017	Indhu B M
16.	25716118018	Mithra V S

17. 25716118019	Sreeja V S
18. 25716118020	Akhil A K
19. 25716118021	Akshay Krishna G
20. 25716118022	Amal S
21. 25716118023	Anjitha A S
22. 25716118024	Anu B M
23. 25716118025	Aparna K Nair
24. 25716118026	Aparna S B
25. 25716118027	Aparna Thampi
26. 25716118028	Athira B
27. 25716118029	Karuna R Nair
28. 25716118030	Kavya B K
29. 25716118031	Malavika S P
30. 25716118032	Praveen S T
31. 25716118033	Salabha Sajan
32. 25716118034	Shabeeb D Arifin
33. 25716118035	Sreelekshmi A M
34. 25716118036	Akhil Prasad K S
35. 25716118037	Narthana B
36. 25716118038	Vaishnavi B A



Meera Raj (25715118018) of S2 spends time every weekend with the inmates of S.I.C.K , organisation for the mentally disabled.

Suneesh an alumni, gave Yoga training to the inmates of SICK.

Jithin Prem (25715118030) and Niranjana S (25715118033) of S2 after doing an LD Certificate Course from MG University, is regular training an LD child of 9th standard.

INTERNSHIP FOR THE IIIDC STUDENTS (2016-17)

a) Internship at Karunasayi

In April 2016, before the commencement of this academic year, final year students went for a one month internship program at Karunasayi De-addiction centre, Vellanad. The institution is run by Mr Madhujan, an Alumni of the college. Every year during summer holiday's students go for a one month internship at Karunasayi. We are grateful to Dr Madhujan and his team. 30 students benefitted.







Students who attended:

1. Jeena S (25714118032)
2. Gowri Priya K (25714118014)
3. Rajashree Kalikkot (25714118034)
4. Haripriya A B (25714118015)
5. Sharanya Mohan (25714118035)
6. Devika Mohan (25714118029)
7. Shalu R (25714118007)
8. Swathy M A (25714118027)
9. Arya Jayakumar (25714118011)
10. Anooja J (25714118001)
11. Samkhili P (25714118021)
12. Shruthi S B (25714118026)
13. Shruthi S J (25714118025)
14. Lekshmi Priya A R (25714118016)
15. Chippy S (25714118013)
16. Anooja S Nair (25714118010)
17. Meghasree T (25714118004)
18. Saranya Babu (25714118022)

19. Anjali. A (25714118028)



b) Internship at Sanjeevani (14.10.16 – 22.10.16)

Sanjeevani is an organization that works under, the charter of Befriender's International Organization. Their main aim is to prevent suicide attempt and to reduce the suicide rate. The idea of Befriender's International Organization was brought by Rev. Chadwarah. The BSc Psychology students of M G College got an opportunity to

attend a five-day internship at Sanjeevani. Students were divided into two batches: 20 students were in the first batch and remaining 15 were sent in the second batch.

The first batch students attended the internship from 14th October to 22nd October, 2016. The second batch attended from 23rd October and it continued for 5 days. Both the batches dealt with the same topics. The first day we got an introduction about the Sanjeevani. In those 5 days, the classes were about the various mental problems that humans suffer from and how those issues can lead them to take a drastic step- suicide. They taught about non-verbal communication and other therapies in counselling by Sanjeevani's director Mr. Mathew Vengal. On other days, they gave a detailed knowledge on the importance of empathy feeling that one should have when we encounter our distressed companions. By quoting some of cases, they explained about the things that volunteer should keep in mind while dealing with the clients. There were many interactive sessions through which students had a chance to think more about the concerned issue rather than just listening to the classes. In short, one can say the classes enlightened students to the feelings and emotions felt by people who are borderline suicidal and gave the students new insight on how to help them.



Students who attended:

- | | Candidate | Code | Name |
|-----------|-------------|------|-----------------|
| <u>1.</u> | 25714118001 | | Anooja.R |
| <u>2.</u> | 25714118002 | | Arya Senan .D.B |
| <u>3.</u> | 25714118004 | | Meghasree.T |
| <u>4.</u> | 25714118005 | | Nitheesh.M |
| <u>5.</u> | 25714118006 | | Rajath.J |
| <u>6.</u> | 25714118007 | | Shalu.R |

7. 25714118008 Suma.S
8. 25714118009 Anand.S
9. 25714118010 Anuja.S.Nair
10. 25714118011 Arya Jayakumar
11. 25714118012 Aswin.P.J
12. 25714118013 Chippy.S
13. 25714118014 Gowripriya.K
14. 25714118015 Haripriya.B
15. 25714118016 Lekshmipriya.A.R
16. 25714118017 Liji.S
17. 25714118018 Mohammed Roshan.P.S
18. 25714118020 Rakesh.M
19. 25714118021 Samkhili.P
20. 25714118022 Saranya Babu.J
21. 25714118024 Soumya.S
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28. 25714118031 Jacob Chalakuzhy Mammen
29. 25714118032 Jeena.S
30. 25714118033 Jeevan David Maxium
31. 25714118034 Rajasree Kalikkot
32. 25714118035 Saranya Mohan
33. 25714118036 Sreekuttan. A.S
34. 25714118037 Syamlal.S

c) Internship at S.I.C.K

In April 2016, a student of II DC, Meera M Nair (25715118018) interned at SICK (St. Ignatius Charity Kendra).

INTERNSHIP For III DC Students (2017-18)

a) Intership at Karunasai

In April and May 2017, before the commencement of this academic year, final year students went for a one month internship program at Karunasayi De-addiction centre, Vellanad. The institution is run by Mr Madhujan, an Alumni of the college. Every year during summer holidays students go for a one month internship at Karunasayi. We are grateful to Dr Madhujan and his team. 17 students benefitted





Students who attended:

1. Anadakrishnan (25715118009)
2. Ahalya R L (25715118006)
3. Aju Nair (25715118007)
4. Krishnendu G S (25715118017)
5. Syama S (25715118026)
6. Jithin prem (25715118030)
7. Neenu (25715118032)
8. Niranjana (25715118033)
9. Nisha Pratap (25715118034)
10. Abhijith J S (25715118035)
11. Athira raj (25715114012)
12. Aswathy R V (25715114029)
13. Athira B S (25715114011)
14. Kaveri T S (25715114016)
15. Gopika V (25715114002)
16. Haritha A M (25715114014)
17. Sreelakshmi (25715114025)

b) Internship at S.I.C.K

Two students of III DC interned at S.I.C.K (St. Ignatius Charity Kendra) in May 2017.

Students who attended:

1. Pallavi Krishna (257151180004)
2. Aneesha Joseph (25715118027)

c) Internship at ICCONS

Six students of III DC interned at ICCONS in the month of May 2017.

Students who attended.

1. Namita Sankar (25715118031)
2. Janis jude (25715118015)
3. Ahalya R L (25715118006)
4. Pooja S Madhu (25715118021)
5. Nanda S Mohan (25715118019)
6. Lekhsmi Rajendran (25715118003)

