

D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1



DEPARTMENT OF PSYCHOLOGY



EXTENSION ACTIVITY AT SEKKANUR VILLAGE

**ADOLESCENCE COUNSELLING
AND
PSYCHOLOGICAL ASSESSMENT**



07.11.2023

D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1



DEPARTMENT OF PSYCHOLOGY

EXTENSION ACTIVITY 2023



PSYCHOLOGICAL ASSESSMENT AND ADOLESCENCE

COUNSELLING

TO IXth STANDARD STUDENTS OF

GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL, SEKKANUR

Program objectives:

The intention of this extension is to provide adolescence counselling to IXth standard girls and to conduct psychological assessment to check their memory and cognition levels.

Date	: 07.11.2023
Time	: 10.00 a.m to 12.00 p.m
Place of extension service	: Government Girls Higher Secondary School, Sekkanur
Title	: <i>Adolescence Counselling and Psychological assessment</i>
No of beneficiaries	: 80 IX th Standard students.

Report

The Department has approached to do an extension activity at Government Girls Higher Secondary School located in our college's adopted Village Sekkanur. We were permitted to provide adolescence counselling to the IXth standard matriculation girls and also conduct psychological assessment to assess their memory skills and cognition level to help for their academic excellence. Mrs.Gayathri, The Assistant Head master and Mrs.Malarvizhi, the faculty in charge of IXth standard A and B sections have received us and arranged for the session on 07.11. 2023.The session was started by 10.00 a.m with an ice breaking session for both the section separately. Ms.Bharkavi.A.,III B.Sc Psychology have conducted the ice breaking session. Ms.Syed Ali Fathima of II B.Sc Psychology have given a talk on Changes during adolescence (Biological, emotional and social) and the ways for adaptability. Later Mrs.Aarthi. D provided adolescence counselling to the students and provided general awareness on psychological and physiological adaptations required for their life. Ms.Indhumathi.A, III B.Sc Psychology provided a talk on triangular theory of love. Ms. Soniya,Assistant Professor of Psychology had given talk on memory skills and cognition through various psychological assessment conducted by Ms.Sujitha.N, II B.Sc Psychology to the students viz., Pattern drawing, Recall and recognition, immediate memory and puzzle solving. Ms. Bharkavi.A had given talk on Cyber safety and social media addiction, password protection and account verification. The session winded up by 11.30 p.m after the students had provided feedbacks. A group photo session was further arranged with the assistant head master Mrs.Gayathri, Mrs.Malarvizhi, the in charge for IXth standard and with the students of both the sessions.

D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1



DEPARTMENT OF PSYCHOLOGY



EXTENSION ACTIVITY 2023

PSYCHOLOGICAL ASSESSMENT AND ADOLESCENCE

COUNSELLING

TO IXth STANDARD STUDENTS OF

GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL, SEKKANUR

SCHEDULE

Date	:	07.11.2023
Time	:	10.00 a.m to 12.00 p.m
Place of extension service	:	Government Girls Higher Secondary School, Sekkanur
Title	:	<i>Adolescence Counselling and Psychological assessment</i>
	:	General Awareness and Adolescence Counselling
		Mrs.Aarthi.D.,Head and Assistant Professor in Psychology
		Ice breaking Session
		Ms.Bharkavi.A,III B.Sc Psychcology
	:	Changes during Adolescence and Adaptability
		Ms.Syed Ali Fathima,II B.Sc Psychology
	:	Theories of love and hormonal secretions
		Ms.Indhumathi.A., III B.Sc Psychology
10.00 a.m to 11.30 a.m	:	Psychological Assessment
		<ul style="list-style-type: none">• Pattern Drawing• Puzzle game• Recall and recognition
		Ms.Sujitha.N., II B.Sc Psychology
	:	Cognitive Psychology and memory skills
		Ms.Soniya.K., Assistant Professor in Psychology
	:	Action Dance
		Ms.Bharkavi.A and Ms.Indhumathi.A.,III B.Sc Psychology
11.30 a.m to 11.45 a.m	:	Feedback Session
		Photo Session

PHOTOGRAPHS

Mrs.Aarthi.D,Assistant Professor and Head providing general awareness and adolescence counselling during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School ,Sekkanur village.



Ice breaking session conducted by Ms. Bharkavi.A during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.

Ms.Syed Ali Fathima.M giving a talk on “Changes during adolescence and adaptability” during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School ,Sekkanur village.



Ms.Indhumathi.A giving talk on “Theories of love and hormonal secretions” during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School ,Sekkanur village.



Ms. Bharkavi.A giving talk on “Cyber Psychology” during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.

Ms.Soniya.K., Assistant Professor giving talk on “Cognitive Psychology and memory skills” during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.



PSYCHOLOGICAL ASSESSMENT

Psychological assessment namely recall and recognition, pattern drawing, immediate memory and puzzle game was conducted to assess the students cognition and memory levels. The assessment results were further shared by Ms.Soniya.K to the students to modify their study techniques and excel in academic performances.



Ms.Syed Ali Fathima.A is conducting Recall and recognition psychological assessment during the extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School ,Sekkanur village.



Ms.Sujitha.N is conducting Pattern drawing psychological assessment during extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School ,Sekkanur village.



Students are completing a puzzle game while conducting psychological assessment during the extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.

ACTION DANCE AND FEEDBACK SESSION



Ms. Bharkavi.A and Ms. Indhumathi.A are doing action dance during the extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.



Feedbacks shared by the student of IX -A and IX-B during the extension activity on 07.11.2023 to the IXth standard students of Government Girls Higher Secondary School, Sekkanur village.



GROUP PHOTO SESSION

At the end of extension activity, group photo session was arranged with Mrs. Gayathri, Assistant Head Master, Mrs. Malarkodi, In charge staff of IXth Standard and the students during the extension activity on 07.11.2023 to the students of Government Girls Higher Secondary School, Sekkanur village.



Group Photo session with IX-A students



Group Photo session with IX-B students