

ASSISTANCE FOR DIFFERENTLY ABLED (ADA) REPORT 2018-19

July 12, 19 &26: Personal Interaction with Students

In order to build a healthy relationship with the students, we conducted a personal interaction with each student. To develop a solid relationship with students, a good rapport was maintained, which helped them feel comfortable enough to open up and talk anything that is on their mind. They spoke on their family details and also they talked about the difficulties they are facing. Most of them have difficulties in their academics.



September 27: Level of Aspiration Test for each student

It refers to the assessment of an individual of her own abilities in achieving certain level of performance or in the achievement of certain expected goals. It, therefore, presupposes a goal which an individual sets up for herself. Students wrote the test and results discussed.



October 25: Motivational Talk

The speaker of this program was Ms. Rohini V.S., Faculty, Psychology Department.. She discussed the importance of positive thinking and attitude which bring optimism into life. Such constructive changes can make one brighter and more successive. And she also mentioned some inspirational life stories. This program helped students to be guided by a positive mind and driven by self motivation.



November 15 and 22: Group Interaction

The group gathered together and each student introduced themselves and shared their experiences. The goals of this group activity relate to improve interactive communication, peer interaction, conversational practice and improve self confidence. Most of the students are interested to participate actively some are refused.

December 6 : Life Skills

Class conducted for students regarding the topic life skills. Ms Anu Mary Kalliath, HOD, Department of Psychology handled the session. Life skill session was very interactive and informative. She explained six key areas of life skills. Communication and interpersonal skill, decision making and problem solving, creative tinkling and critical thinking, self awareness, assertiveness and self control, and resilience. Skills that bring confidence in one's life, motivates one-self and bring positivity and happiness in an individual's life.



January 24 and 31: Locus of control test for each student

Locus of control test was done for students. Based on the test result, individual counseling was provided. This test helped to ascertain the degree to which a person believes that he or she has control over the outcome of events in their life.



March 18: Stress Management

Ms. Hena Joy, Faculty, Dept. of Psychology has taken a class on stress management. In this session she discussed about how to identify stressors, effect of stress on body, importance of exercise, sleep, healthy diet, how to keep a positive attitude, taught to be assertive instead of aggressive and she demonstrated some simple exercise tips. The session was so interactive and students actively participated.



