

ASSISTANCE FOR DIFFERENTLY ABLED (ADA) REPORT

2019 - 2020

21 June 2019 : Interaction Session

A session conducted for students to enhance their personal interaction with other students who have similar difficulties. They interacted well and share their feelings, dreams and aspirations to each other. They decided to meet at least once in a month. Such interactions will help to inculcate a feeling that there are individuals who have similar issues or problems as the face. This helps in getting rid of from a feeling of loneliness that may lead to a depressive state in future.



17 July 2019 : Session for Extracurricular Activity

The students took this as an opportunity to express themselves. It was an entertainment session filled with fun, talent and games. The session helped them to know each other.



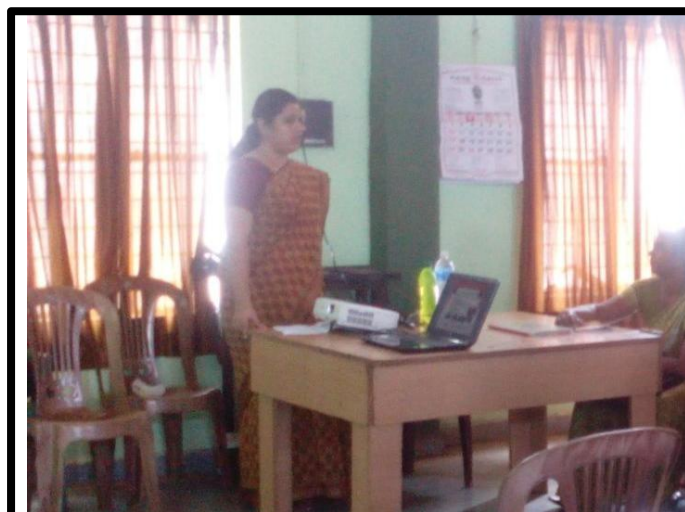
9 August 2019 : Power of Positive Thinking

The speaker of this program was Ms. Sruthi E.P, Faculty of Department of Psychology. She discussed and tried to cultivate positive thinking patterns among the students. The speaker portrays motivational and inspirational life stories of people who are differently abled. The session helps to develop a positive impact on children to accept their conditions and focus on their positive sides.



12 September 2019 : Life Skill Training

This session was handled by Anu Mary Kalliath, Head of the Psychology Department. The session focussed on the development of six basic life skills. That are communication skills, decision making and problem solving skills, creative thinking and critical thinking, self - awareness, assertiveness & self-control and resilience.



24 October 2019 : Locus of Control Testing

Locus of control test was done for students and based on the result individual counselling were given. The test helped the children to know about how their beliefs influence their life and overall functioning. If they have internal locus of control they believe that their activities and hard work will change their destiny more positively. The external locus of control implies that an individual will always believe that the external factors are responsible for their success or failure. Every individual should have a belief in self in order to attain great heights in their life.



21 December 2019: Celebrate an Hour with us

All the students gathered for a small christmas celebration. They sang christmas carol and shared their happiness by cutting the christmas cake. Sr. Dr. Liz, Director, Carmel Santhi Dham Institute of Counselling, delivered the Christmas message which was really an inspiring one for each and everyone present in the meeting. The importance of new year resolutions and tips to practice or maintain the same for longer duration were also highlighted in the message. It was a really enlightening and a jovial gathering for the students.



10 February 2020 : Class on Decision Making

The second PG students of the department of Psychology handled the session. The main area of the focus was the major situation in one's life to take important decisions. The various steps involved in a decision making process, the importance of making a self decision with the guidance of an experienced elder person, the satisfaction a person will get after taking an apt decision were also mentioned in the session. The students were made comfortable by encouraging to share their personal experiences in the decision making process. The session was concluded with a breathing relaxation technique which is a very useful method to reduce the stress faced b an individual.

