

# Mannaniya Creativity Hub

## Activity report 2017-18

Mannaniya creativity hub started on September 2017 is aimed at the holistic development of students. A counselling centre, A section in library with more than 400 personal growth books, a reading corner and a video hub are functioning in creativity hub. A lot of creative activities and skill development programs were organised such as seminars, quiz completions, elocution contests, debates, day observances, photography contest, English speaking course, pre-marital counselling course, peer counsellor course, publishing books, manuscript magazines etc. We are also extending our services to the community. We visualise to:

- Skill development of students (Goal setting, Improving communication skill, Employability)
- Building up a positive attitude towards life.
- Support schools in serving students with issues that are interfering with school functioning.
- utilize the findings of psychology and related subjects for social well-being and change
- Provide psychological services to schools, colleges, orphanages, old age homes and other marginalised groups.
- undertake researches on social problems and social phenomena and bring out the findings to the attention of the general public and the civil authorities
- develop psychological awareness in general public by publishing pamphlets, notices, journals and books



**Mannaniya Creativity Hub**

Mannaniya creativity hub which started on September 2017, is aimed at the holistic development of students. A counselling centre, library with more than 400 personal growth books, a reading corner and a video hub are functioning in creativity hub. A lot of creative activities and skill development programs were organised such as seminars, quiz competitions, elocution contests, debates, day observances, photography contest, Impact English speaking course, certificate course in computer fundamentals, pre-marital counselling course, peer counsellor course, publishing books & manuscript magazines etc. We are also extending our services to the community.

We visualise to:

- support schools in serving students with issues that are interfering with school functioning.
- utilize the findings of psychology and related subjects for social well-being and change
- provide psychological services to schools, colleges, orphanages, old age homes and other marginalised groups.
- undertake researches on social problems and social phenomena and bring out the findings to the attention of the general public and the civil authorities
- develop psychological awareness in general public by publishing pamphlets, notices, journals and books

**Counselling centre**

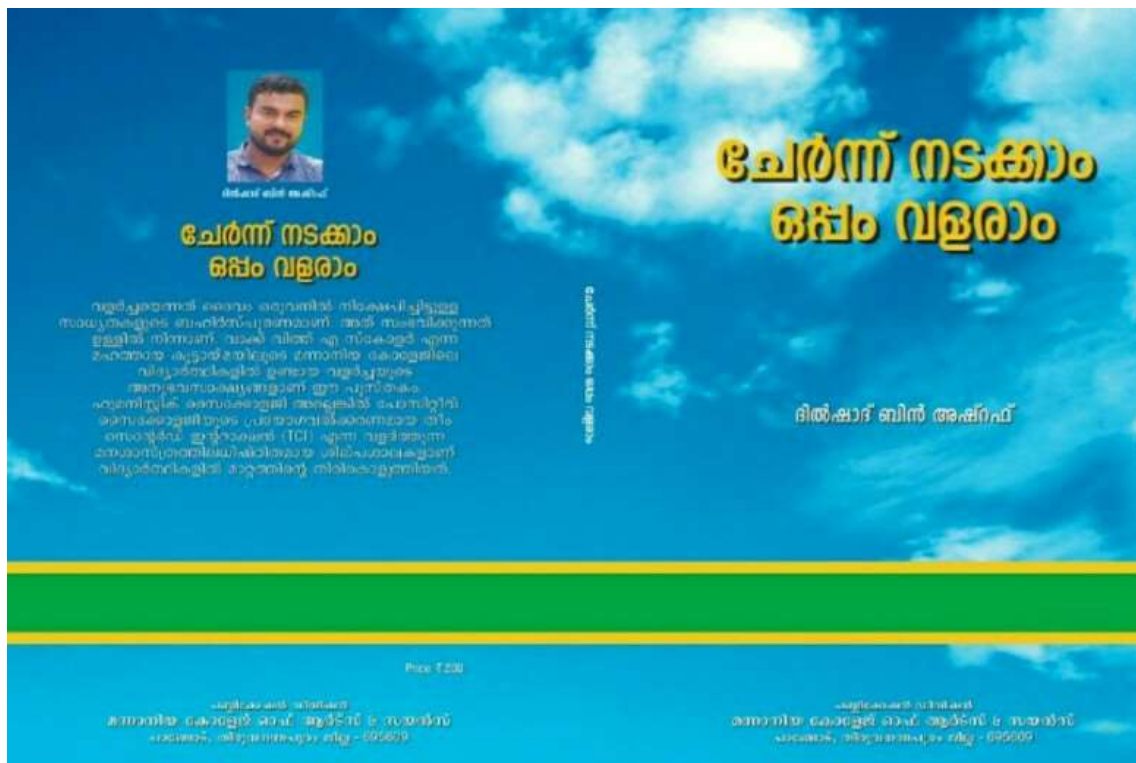
A counselling centre is actively functioning in our institution to support students and the general public by providing counselling and psychotherapy services.



Five ways to wellbeing

## ❖ Book release

Released a book (with ISBN) named **“ChernnuNadakkamoppamValaram”**(Let’s walk together and grow together) . This book coming under the category of applied humanistic psychology. Forty students written their changes happened throughout a year due to TCI workshops.



Two growth works released in the title **“Entepriyappetta teacher“** ( my favourite teacher) and **“Ennenjanakkiyaanteamma”** ( My mother who made me who I am)



#### ❖ **Scholarship help desk**

A team of three students offered all sort of services related to scholarship online applications. This is much helpful for the students because they can apply for scholarship very easily and with a nominal amount. In outside computer centre, the cost will be high and they have wait for long time. Students can book help desk services in the morning, the help desk members allot time for the them as per the free time.

#### ❖ **5 O' Clock Club**

A group of students who help together to wake up in the morning and engage in creative reading habit. The group having 23 members. The coordinator made the group in to a circular chain and a series of phone call made in that circular order to wake up. Our start up division team mulberry created a mobile app for 5 o clock club through which with a click in the app coordinator can call all the volunteers one by one.

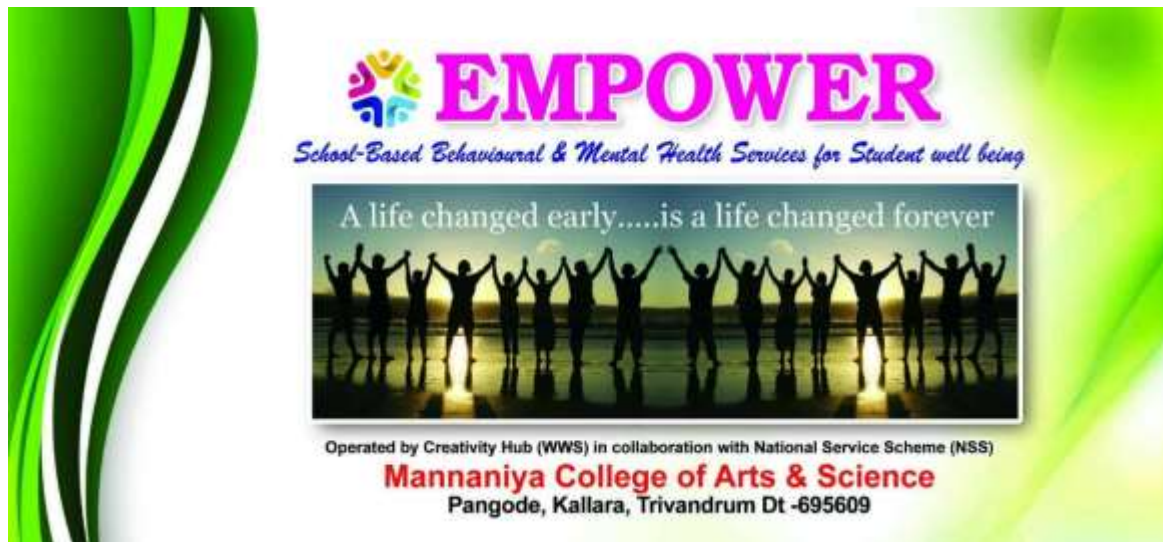
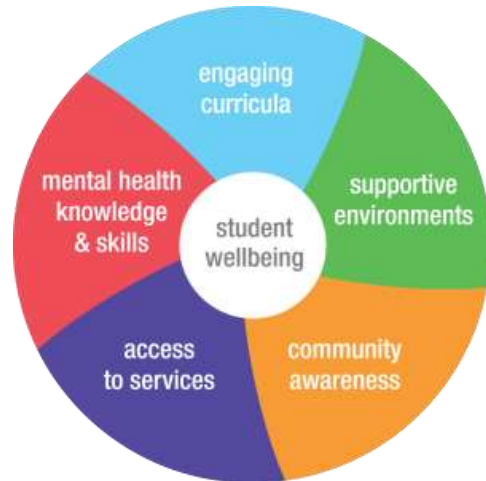
Coordinator :Jagfar Khan (II BA Islamic History)

#### ❖ **'EMPOWER'**

'EMPOWER' is a school based behavioural and mental health service that collaborates with school-personnel to combine academic, behavioural and mental health supports to students in an effort to increase the likelihood of providing access to and benefits from mental health interventions. We are facilitating a range of evidence-based mental health interventions in schools of south Kerala. We aim to address the significant gap between students who need mental health support, and the students who actually receives it.

#### **Our services**

- **Counselling camps:** - We undertake counselling camps in schools by identifying and supporting students in need. We provide Counselling and psychotherapy for child & adolescent issues, learning disabilities, study problems, relationship & family issues, experience of abuse & neglect, anxiety, depression etc.
- **Psychological testing** :-self-realization through psychological testing such as Intelligence Quotient (IQ), Emotional Quotient (EQ), Personality, Attitude, Aptitude tests etc. Aptitude test is a standardised test designed to predict a student's innate abilities and potentials. This will be highly beneficial for the accurate selection of higher studies and career options.
- **Wellness programs:** - Academic and personal enrichment through training programs, activity oriented sessions, leadership camps and workshops. We design and conduct empowerment workshops based on positive psychological themes for the development of students, teachers and parents.
- **Educational Consultancy services:** -We identify the students need through assessment and implement changes in the curriculum based on where the students need to place more emphasis, surveying students to change programs or curriculum, monitoring the teacher's method of instruction and designing new training programs for improvement





### What is 'EMPOWER'?

'EMPOWER' is a school based behavioural and mental health service that collaborates with school-personnel to combine academic, behavioural and mental health supports to students in an effort to increase the likelihood of providing access to and benefits from mental health interventions. We are facilitating a range of evidence-based mental health interventions in schools of south Kerala. We aim to address the significant gap between students who need mental health support, and the students who actually receives it.

### Our services

- **Counselling camps:** - We undertake counselling camps in schools by identifying and supporting students in need. We provide Counselling and psychotherapy for child & adolescent issues, learning disabilities, study problems, relationship & family issues, experience of abuse & neglect, anxiety, depression etc.
- **Psychological testing:** - Self-realization through psychological testing such as Intelligence Quotient (IQ), Emotional Quotient (EQ), Personality, Attitude, Aptitude tests etc. Aptitude test is a standardised test designed to predict a student's innate abilities and potentials. This will be highly beneficial for the accurate selection of higher studies and career options.
- **Wellness programs:** - Academic and personal enrichment through training programs, activity oriented sessions, leadership camps and workshops. We design and conduct empowerment workshops based on positive psychological themes for the development of students, teachers and parents.
- **Educational Consultancy services:** - We identify the student's needs through assessment and implement changes in the curriculum, surveying students to change programs or curriculum, monitoring the teacher's method of instruction and designing new training programs for improvement.



Patrons	: Sri.A.H Badruddeen (Principal i/c) : Dr.M.S.Noufal (HOD,Dept of Malayalam)
Coordinator	: Dilshad Bin Ashraf Asst professor, Dept of Psychology
Asst Coordinators	: Asseem J & Shijina A S Asst professor,Dept of Commerce NSS Programme officers
Supervising Faculty:	Dr.C. Thomas Abraham TCI International Facilitator & Trainer Former NSS Program Coordinator, MG University
Psychologists	: A team of psychologists lead by Suvrad M.T
Peer Counsellors	: A team of 15 peer counsellors lead by Nithya S A & Muhammed Azif

For any services please contact : 9995354778, 7907779705

## ❖ Butterfly workshop

Butterfly workshop is a adolescent empowerment programme for the skill development and attitudinal change of the adolescent population

**ഒ ബട്ടർഫ്ലൈ ഇഫക്ട്**  
 എനിക്ക് ഒരു ചിന്തയോടെ ആകണമെന്ന്...

കാലം സാധ്യതകളെ ചിന്തിക്കുമ്പോൾ  
 പറയുമ്പോൾ പ്രാപ്തികളെ  
 എന്ന ലക്ഷ്യത്തോടെ തയ്യാറായ കോളേജിലെ  
 ശൈശവത്തിൽ നിന്നും, വൃദ്ധ കോളേജ് വരെ  
 ഫോർ ലീം ബേസ്ഡ് ഇന്ററാക്ടീവ് ഇന്റർവ്യൂ  
 സെക്ഷനുകളോടെ സംഘടിപ്പിച്ചു

**കാമര (ശാക്തീകരണ പദ്ധതി  
 (പ്രോജക്ട് സാക്ഷരത യജ്ഞം)**



- വിദ്യാഭ്യാസികൾക്ക് ഉപയോഗപ്രദമായ
- ഓൺലൈൻ ഓൺലൈൻ
- ഓൺലൈൻ ഉപയോഗപ്രദമായ
- വിദ്യാഭ്യാസികൾക്ക് ഉപയോഗപ്രദമായ
- ഓൺലൈൻ ഉപയോഗപ്രദമായ

അനുബന്ധ പരിശീലനം: ടിവി ക്ലാസ്സ്, ഗ്രൂപ്പ് വർക്കുകൾ, ഡിസ്കസ്സൻ

**ഡോ.സി.തോമസ് എ.ബി.സി.**  
 അദ്ധ്യക്ഷൻ

സ്വയം കണ്ടെത്തൽ, ഉറപ്പുള്ളതായ ബന്ധങ്ങൾ, വളർച്ചയായ സാഹസ്യം, ലക്ഷ്യബോധം, ആശയവിനിമയം തുടങ്ങിയ വിഷയങ്ങളിലൂടെ വിവിധതരം ശിൽപ്പങ്ങൾക്കുള്ള വിദ്യാർത്ഥികളെ നാടികളും, വിദ്യാർത്ഥികളും ശുഭകരമായ വ്യക്തിത്വങ്ങളായി വർത്തിക്കുവാൻ ഉദ്ദേശിക്കുന്നു.



**വിദ്യാർത്ഥികൾക്കുള്ള പ്രവേശനശീൽപ്പങ്ങൾ**

സ്ഥലം : മനോരമ കോളേജ് ഓഫ് ആർട്സ് & സയൻസ്  
 തീയതി : 17 - 18 ഏപ്രിൽ 2018  
 ഫീസ് : 600 രൂപ (Including Workshop Materials & Refreshment)

കോഡിനേറ്റർ : റിത-ലാൽ ബിൻ അക്ലിഫ്  
 അസിസ്റ്റന്റ് കോർഡിനേറ്റർ : മനോരമ വിജയം  
 മനോരമ കോളേജ്

**Only 30 Seats**

**For Booking Please Call : 9995354778**



### ❖ **Snehakoodwatsup group**

Snehakood is a social media group for sharing the living learning experiences. The watsup group comprised of TCI workshop participants from 2015-16 onwards. The main aim of the group is to share the creative works of members like articles, story, poems, drawings etc and post the book reviews and learning journal contents of each members.

### ❖ **Wall designing**

Students who have artistic talent designed and painted creativity hub room





### **Other Activities**

- Coordinated the entire activities of the college like national service scheme, nature club, science club, academic associations etc..
- Photography contest in connection with world mental health day on the theme mental health in workplace- “ Shot Psychology”
- Keralappiravi day observance
- Niyamasabha visit and study programme
- Associated with Islamic history department for conducting national seminar,
- Associated with chemistry department for conducting state level seminar
- Associated with Islamic history department for conducting national seminar
- Associated with commerce department for conducting national seminar
- Co organised commerce association inauguration and science club inauguration
- Organised elocution competition in connection with keralappiravi
- Organised quiz completion





