

‘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. The programme is coordinated by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology) and supervised by Dr C Thomas Abraham (TCI International Facilitator).

Under this scheme we conducted personal growth workshop, counselling services, mentoring services, training programmes for students, teachers and parents and personal growth book sales in nearby schools and colleges.

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



EMPOWER

School-Based Behavioural & Mental Health Services for Student well being

A life changed early.....is a life changed forever



Operated by Creativity Hub (WWS) in collaboration with National Service Scheme (NSS)

Mannaniya College of Arts & Science
Pangode, Kallara, Trivandrum Dt -695609

What is 'EMPOWER'?

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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.





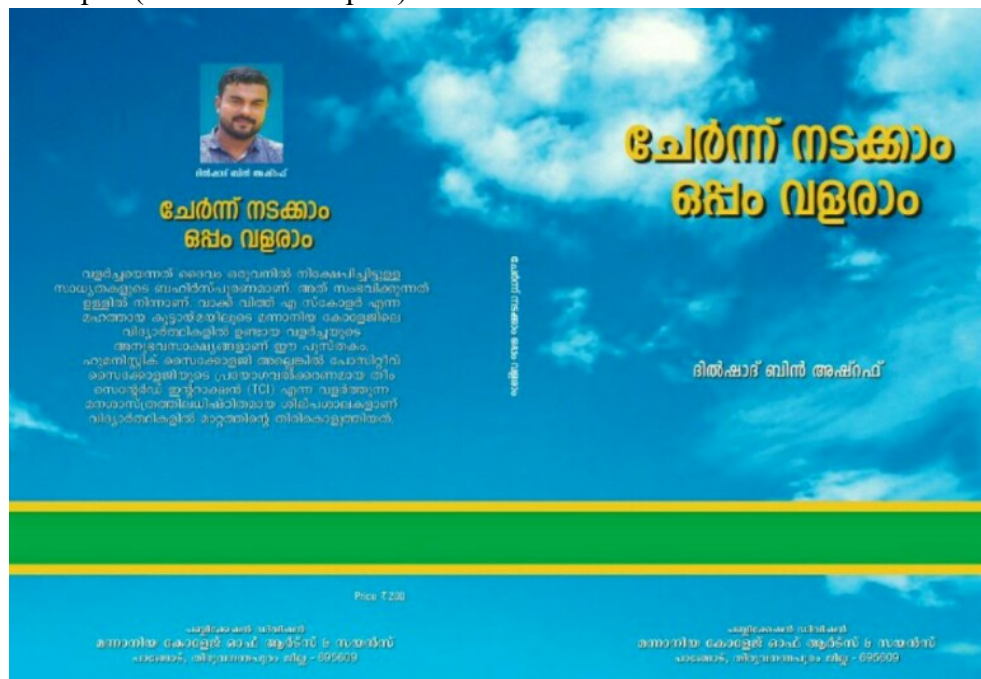
Patrons	: Sri.A.H Badrudeen (Principal i/c) : Dr.M.S.Noufal (HOD,Dept of Malayalam)
Coordinator	: Dilshad Bin Ashraf Asst professor, Dept of Psychology
Asst Coordinators	: Asseem J & Shijina A S Asst professor, Dept of Commerce NSS Programme officers
Supervising Faculty	: Dr.C. Thomas Abraham TCI International 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

Positive psychology book campaign

Twenty five students took part in the positive psychology book campaign in October 2017. The team visited more than 25 schools nearby and introduced positive psychology books to the students and teachers. The major books are

- ***Chernnu Nadakkam Oppam Valaram*** (Let's walk together and grow together) This book coming under the category of applied humanistic psychology. Forty students of our college shared their life experiences and changes throughout a year due to TCI workshops. (Sold out 375 copies)



- ***Maranoru manas, Valaranoru theerumanam***
(A will to change, A decision to grow) sold out 25 copies

- Parakkan Pirannavar Naam – 20 copies
(We are born to fly)
- *Nooru theppori chinthakal* - (One hundred fiery thoughts)
(sold out 15copies)

Butterfly workshop

Butterfly workshop is a adolescent empowerment programme for the skill development and attitudinal change of the adolescent population. Psychology department of our college organized two day workshop for adolescents on the theme *butterfly effect*. It is a community extension programme held at 17th and 18th April 2018. Forty students participated in the workshop. The workshop was facilitated by Dr C Thomas Abraham (TCI International Facilitator)

ഒ ബട്ടർഫ്ഫിന്റെ ഇഫക്ട്
എന്നിങ്ങും ഒരു ചിത്രശലഭം ആകണമെങ്കിലേ....

കുമാര സായുതകളെ ചിറകുവിടർത്തി
പറന്നുയരാൻ പ്രാപ്തമാക്കുക
എന്ന ലക്ഷ്യത്തോടെ മനോനിയ കോളേജിലെ
സൈക്കോളജി വിഭാഗം, നൂത്ത് കോൺ ഇൻസ്റ്റിറ്റ്യൂട്ട്
ഫോർ തീം സെന്റേർഡ് ഇന്ററാക്ഷൻ ഇന്ത്യയുടെ
സഹകരണത്തോടെ സംഘടിപ്പിക്കുന്ന

കുമാര ശക്തികരണ പദ്ധതി
(ശലഭ സാക്ഷരത യജ്ഞം)



- > വിദ്യാർത്ഥികൾക്ക് ജീവിത ശീൽപാഠപഠനം
- > രക്ഷിതാക്കൾക്ക് എക്കിമ ശീൽപാഠപഠനം
- > അധ്യാപകർക്ക് ജീവിത ശീൽപാഠപഠനം
- > വിദ്യാർത്ഥികൾക്ക് ബുസ്റ്റർ ശീൽപാഠപഠനം
- > തുടർ പ്രവർത്തനങ്ങൾക്ക് ലിഫ്റ്റ് ലേണിംഗ് ഗ്രൂപ്പുകൾ

അന്താരാഷ്ട്ര പരിശീലകനും ടി.സി.ഐ ഗ്രാജ്വേറ്റ് ഫെസിലിറ്റേറ്ററുമായ
ഡോ:സി.തോമസ് എബ്രഹാം
നേതൃത്വം നൽകുന്നു.

സ്വയം കണ്ടെത്തൽ, ഊഷ്മളമായ ബന്ധങ്ങൾ, വളർത്തുന്ന സൗഹൃദം, ലക്ഷ്യബോധം, ആശയവിനിമയം തുടങ്ങിയ വിഷയങ്ങളിലധിഷ്ഠിതമായ ശീൽപാഠപഠനങ്ങളിലൂടെ വിദ്യാർത്ഥികളെ താടിനും, വീടിനും ഗുണകരമായ വ്യക്തിത്വങ്ങളായി വാർത്തെടുക്കാൻ ഇതിലൂടെ സാധിക്കുന്നു.



വിദ്യാർത്ഥികൾക്കുള്ള പ്രഥമശീൽപാഠപഠനം

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

കോഡിനേറ്റർ : ദിശാഷാദ് ബിൻ അഷ്വിനി
അസിസ്റ്റന്റ് പ്രൊഫസർ
മനഃശാസ്ത്ര വിഭാഗം
മനോനിയ കോളേജ്

Only 30 Seats

For Booking Please Call : 9995354778



Self awareness workshop for school teachers under the scheme **Empower**, facilitated by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) held at 9th November 2018.



Session on ***How to reduce exam anxiety and effective study habits*** for SSLC and Plus two students at SCOLE Kerala, Pathanamthitta District held on 10th February 2019. Session handled by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College)



Personal growth workshop for college students (Marthoma College, Chungathara) under the scheme **Empower** facilitated by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) held at 21st march 2019.



A snap from Counselling Camp held at Mannaniya Banath, Mukkunnam ,Kadakkal lead by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) on 8th December 2018.



Mentoring service to the students of various schools lead by 11 students of Mannaniya College and supervised by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) on 19th January 2019.



Follow up Mentoring programme held at Mannaniya Banath lead by Akshara (I BCom Cooperation, Mannaiya College) on 2nd February 2019