

Date-07-02-2025

CIRCULAR


DEPARTMENT OF HUMANITIES

The Department of Humanities (Psychology) is organizing a 'Mind-Boost' one-day outreach activity at **M S Ramaiah High School** on **11th February 2025**. As part of this initiative, **1st-year BA-Psychology students** will be conducting **training sessions** for high school students on **Enhancing memory techniques**. This activity aims to provide practical exposure to psychological techniques for improving memory, reinforcing theoretical concepts learned in class, and fostering community engagement through knowledge sharing.

Event Coordinator: **Ms. Varsha S Deshpande**

Date: **11 February 2025**

Venue: **M S Ramaiah High School**



**Program
Coordinator**



HOD



Vice Principal



Principal

Head, Dept. of Humanities
Ramaiah College of Arts, Science
and Commerce Bangalore-560054



DEPARTMENT OF HUMANITIES

Organises

'Mind-Boost' Out-reach activity *at* M S Ramaiah High School

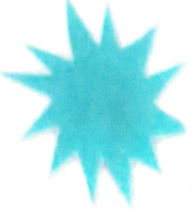
on
11 February 2025

Faculty coordinator
Ms. Varsha Deshpande

Head of the Department
Dr. Ganesh Naik

Vice Principal
Prof. B.S Jayarama

Principal
Dr. Pushpa H



DEPARTMENT OF HUMANITIES
MIND-BOOST- An Out-reach Activity

Attendance List

Date- 11 February 2025

| Sl No. | Name | Signature |
|--------|-----------|------------|
| 1. | Lekhana | Lekhana |
| 2. | Ovibadya | Ovibadya |
| 3. | Md Fardin | Md. Fardin |
| 4. | V Mukesh | V Mukesh |
| 5. | Bhumi | Bhumi .. |
| 6. | Ananya | Ananya |
| 7. | Isra | Isra |
| 8. | Marzi | Marzi |
| 9. | Abhishek | Abhishek |
| 10. | Atul | Atul |
| 11. | Anil | Anil |
| 12. | Shilpa | Shilpa |
| 13. | Ayushi | Ayushi |
| 14. | Rakshitha | Rakshitha |
| 15. | Ganesh | Ganesh |
| 16. | Yagna | Yagna |
| 17. | Navya | Navya |
| 18. | Gagan | Gagan |
| 19. | Siddarth | Siddarth |
| 20. | Nityam | Nityam |
| 21. | Trishanth | Trishanth |
| 22. | Kavya | Kavya |
| 23. | Sneha | Sneha |
| 24. | Sunil | Sunil |
| 25. | Ayushi | Ayushi |
| 26. | Priyanka | Priyanka |
| 27. | Prashanth | Prashanth |
| 28. | Kushal | Kushal |
| 29. | Naveen | Naveen |
| 30. | Akash | Akash |

DEPARTMENT OF HUMANITIES
Report on Mind Boost (out-reach activity)

Date and Time : 11 February 2025, 2pm-4pm

Venue: M S Ramaiah High School.

No. of Participants: 07

Event coordinator: Varsha S Deshpande

The Department of Humanities (Psychology) organized two-day out reach activity event to give training session to high students on 'enhancing memory techniques' which will be helpful for their upcoming exams.



Program Objective

1. To equip psychology students with the skills to develop and effectively implement training modules.
2. This hands-on experience will provide our psychology students with practical exposure in applying psychological concepts in real-world settings.
3. Foster a sense of social responsibility among psychology students by contributing to the academic success of school students.
4. To train school students in scientifically proven memory enhancement techniques to improve their academic performance.





The BA students were divided into two groups, **Group 1** conducted the session for **8th-standard students**. **Group 2** led the session for **9th-standard students**. The sessions were interactive, with school students actively participating in the exercises and discussions. BA students facilitated activities that allowed school students to **apply memory techniques in real-time, making learning enjoyable and practical**. The enthusiasm and curiosity displayed by the school students reflected the success of the initiative.

To encourage learning, **transparent pouches and pens were distributed** to all high school students. This small gesture aimed to support their academic journey while reinforcing the importance of organized study habits.

The outreach program was a **valuable learning experience for both BA students and school students**. BA students gained hands-on teaching experience, while school students acquired essential skills to improve their memory and learning efficiency. The activity successfully

bridged classroom learning with real-world application, reinforcing our commitment to using psychology for educational and social impact.



Program Outcome

1. Students learned how to deliver psychological concepts in an engaging and practical manner to diverse audiences.
2. They refined their presentation, teaching, and interpersonal skills through hands-on engagement.
3. Students developed a deeper appreciation for the impact of their knowledge in real-world scenarios, fostering a commitment to using psychology for social good.
4. School students gained awareness of effective memory enhancement techniques, enabling them to learn and retain information more efficiently.

Vasishth
Program Coordinator

[Signature]
HOD
Head, Dept of Humanities,
Ramaiah College of Arts, Science
and Commerce Bangalore-560054

[Signature]
Vice Principal

[Signature]
Principal
18/2/2025