

To,
Principal,
Grace Valley Arts and Science College, Maravattam

Subject: Request for Permission to Visit an Orphanage on World Mental Health Day

Sir,

We, the department of psychology, seek your kind permission, for a noble initiative we intend to undertake on the occasion of World Mental Health Day, which falls on October 10.

We strongly believe that it is our responsibility not only to educate our students but also to instil in them a sense of social responsibility and empathy towards the less fortunate in our community. With this objective in mind, our department plans to organize a visit to SHANTHI BHAVAN located at Randathani on 8/ 10/ 2023 Sunday.

During our visit, our faculty and students will engage in various activities designed to bring joy, support, and awareness to the orphans residing at (Name of the Orphanage). These activities will include interactive workshops, games, art therapy, etc..

In this regard, we kindly request your permission to grant us a half-day leave for the students and faculty involved in this visit. We assure you that all necessary arrangements will be made to ensure the safety and well-being of our students during this visit. We will also ensure that the academic schedule is not disrupted.

We understand the importance of maintaining the college's high academic standards, and we believe that this initiative will not only enrich our students' understanding of psychology but also contribute positively to the college's social outreach efforts.

We look forward to your positive response.

Sincerely,

Althaf .P

HoD and Assistant Professor

Department of Psychology

Grace Valley Arts and Science College

Permission granted
Althaf P
5/10/2023



SHANTHI BHAVANAM,RANDATHANI



08 October,2023



10o'clock

Department of psychology
Grace valley college of arts and sciences



Children's Home Visit - World Mental Health Awareness Program

Date: 08/10/2023

In conjunction with the World Mental Health Awareness Program, the Department of Psychology orchestrated a meaningful children's home visit to Shanthi Bhavan on 08/10/2023. The visit aimed to extend support and create awareness about mental well-being among the young residents.

Head of the Department, Mr. Althaf, along with faculty members Mrs. Karthika and Mrs. Misna, led the visit, fostering a compassionate connection with the children at Shanthi Bhavan. The team organized various activities and discussions geared towards promoting mental health awareness in a nurturing environment.

Interactive sessions were conducted to educate the children about the importance of mental health, providing them with tools to cope with challenges they may face. The visit also included engaging activities designed to uplift the spirits of the children, creating an atmosphere of joy and camaraderie.

Furthermore, the team distributed informative materials on mental health and offered guidance on seeking help if needed. The goal was to empower the children with knowledge and support, emphasizing that mental well-being is an integral part of overall health.

The initiative not only contributed to the World Mental Health Awareness Program but also exemplified the department's commitment to community engagement and social responsibility. The positive impact of the visit resonated with both the children and the department members, reinforcing the significance of collective efforts in promoting mental health awareness.

3rd Years

Attendees of Shandhi Bhavan Visit on 8/10/2023

Nasla	Handwritten signature
Liya	Handwritten signature
Ummu Salma	Handwritten signature
Jasmin	Handwritten signature
Sana	Handwritten signature
Zara	Handwritten signature
Risana	Handwritten signature Risana
Shabna	Handwritten signature
Nandana	Handwritten signature

Attendees of Shandhi Bhavan Visit
on 8/10/2023

2nd Years

Farsana Theelima	Handwritten signature
Safa k.	Handwritten signature
Enna yasmay	Handwritten signature
Shifanath pp	Handwritten signature
Shimna sherin	Handwritten signature
Noufira Fathana	Handwritten signature
Sufaila	Handwritten signature
Fahmidha	Handwritten signature
Romana	Handwritten signature
Fasil	Handwritten signature
AFsal	Handwritten signature
Irfan	Handwritten signature

1st
year

names

Signs

1. FATHIMA SAHLA.VP

~~Sahla~~
Sahla

2. Hafsa Noorin

~~Hafsa~~
Hafsa

3. Siraath. CA

~~Siraath~~
Siraath

4. Hasna

~~Hasna~~
Hasna

5. Shana nasrin

~~Shana~~
Shana

6. Liyana Febin. T.V

~~Liyana~~
Liyana

7. Luh luh Othupally

~~Luh~~
Luh

8. Saheedha. I.K.I

~~Saheedha~~
Saheedha

9. Fathima shana

~~Fathima~~
Fathima

10. Musfidha

~~Musfidha~~
Musfidha

11. Fathima Dhanisha. A

~~Fathima~~
Fathima

12. Afila. P

13. Shana Nasrin. P

14. Fethima fidha. C

15. Ranisha.

16. Sameema Fati. T

17. Safa

18. Mushfika

19. Shahana Abdul Kazeem. T

20. Shahanas. M

21. Saranya

22. Anshida Shehin. P.M

23. Shinsbina.

24. Fathima fidha MK

~~Anshida~~
Anshida

~~Shinsbina~~
Shinsbina

~~Fathima~~
Fathima

