

# NANDHA ENGINEERING COLLEGE, (AUTONOMOUS) – ERODE-52

## STUDENTS MENTORING CELL

### STUDENT MOTIVATIONAL PROGRAMME- MIND YOUR MIND

#### EVENT REPORT



Activity	Build Your Own Solar Cell: Immersive Fabrication Workshop
Target People	B.E & B.Tech - I Year Students
Date	September 18, 2024
Venue	Conference Hall
Organized by	Student mentoring cell
Prepared by	Dr. T.Jayanalina / Convenor/Proctor & Mentoring Cell
SDG Alignments	SDG 3 – Good health and Well Being  Ensure healthy lives and promote well-being for all at all ages
	SDG 4 – Quality Education  Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



**4** QUALITY EDUCATION



### Event Report

#### Objective of Event

The objective of this counselling program is to provide motivational interaction for students through professional guidance and support. The session aims to identify and address students' personal, academic, and emotional challenges; enhance their psychological well-being; promote positive coping strategies; and facilitate holistic development. By offering direct interaction with a clinical psychologist, the program seeks to

create a supportive mentoring environment that encourages self-awareness, confidence, and informed decision-making among students.

### Event Details

Date	Time	Venue	Session	Session Learners
18.09.24	10.30 AM to 12.30 PM	Conference Hall	Student motivational programme	First Year Students (IT & ECE)
18.09.24	2.00 PM to 4.00 PM	Conference Hall	Student motivational programme	First Year Students (EEE, BME, Agri, Chemical & Civil)

### Event Report

The Student Mentoring Cell of Nandha Engineering College (Autonomous), Erode, organized a full-day motivational Session on **September 18, 2024**. The event aimed to offer personalized guidance to students and strengthen the mentoring ecosystem within the institution. It took place at the **Conference Hall**, from **09:30 AM to 04:30 PM**.

The session featured **Dr. Babu Rangarajan**, a Clinical Psychologist, as the guest speaker. He conducted interactions with students, addressing their academic challenges, emotional well-being, stress management, career concerns, and personal development needs. His warm and approachable manner created a safe space for students to express themselves openly.

Throughout the day, students were given dedicated time slots for their private consultations, ensuring meaningful engagement. **Dr. Babu Rangarajan** provided practical strategies, coping techniques, and motivational guidance tailored to each student's situation. Many participants reported that the session helped them gain clarity, confidence, and renewed focus in both academic and personal aspects of life.

The event was efficiently coordinated by **Ms. P. Uma (AP/CSE)** and **Mr. S. Elango (AP/EEE)**, whose efforts ensured smooth scheduling and comfortable interaction spaces. The overall program was convened by **Dr. T. Jayanalina, Professor & Head of Physics**, who provided strategic oversight and support. The Principal, **Dr. U. S. Ragupathy**, commended the initiative's importance in promoting student mental health and holistic development.

## Resource Person Details

**Name:** Dr. Babu Rangarajan

**Designation:** Clinical Psychologist

The speaker conducted the counselling sessions with a warm and interactive approach, ensuring that each student felt comfortable and supported.

## Intended Outcomes of the Counselling Session – One-to-One Interaction

- **To provide personalized counselling support** that addresses the individual academic, emotional, and personal concerns of students.
- **To enhance students' self-awareness** by helping them understand their strengths, limitations, and areas requiring improvement.
- **To promote emotional well-being** by equipping students with practical strategies to manage stress, anxiety, and other psychological challenges.
- **To guide students in effective goal setting**, enabling them to plan and pursue their academic and personal objectives with clarity and confidence.
- **To improve interpersonal and communication skills**, encouraging students to express their thoughts openly and seek guidance without hesitation.
- **To strengthen problem-solving and coping abilities** that support students in handling difficult situations constructively.
- **To foster a supportive mentor–student relationship**, enhancing trust, approachability, and continuous engagement with the mentoring cell.
- **To detect early signs of behavioural or academic difficulties** and provide immediate assistance or referral to appropriate professional services.
- **To create a positive and growth-oriented learning environment** that nurtures student well-being and holistic development.

## SDG Alignment

**SDG 3** – Good health and Well Being - Ensure healthy lives and promote well-being for all at all ages

**SDG 4:** Quality Education - By providing hands-on training and practical exposure to renewable energy technologies, the event enhances students' technical knowledge and problem-solving abilities.

## About Session

The event was conducted from 09:30 AM to 04:30 PM, during which students met the psychologist for focused motivational sessions. Each session addressed areas such as stress management, academic pressure, emotional challenges, personal development, career confusion, and interpersonal issues.

Students were encouraged to discuss their concerns openly, while the counsellor provided strategies, guidance, and psychological tools tailored to individual needs.

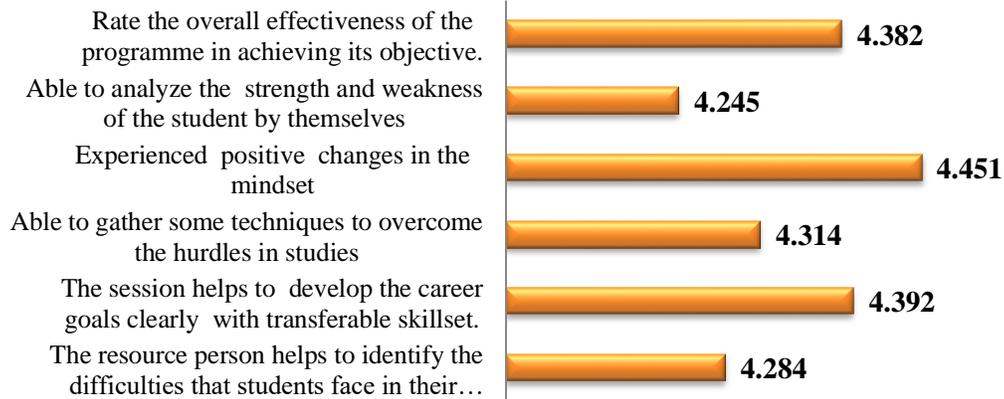
## Key Outcomes

- Students gained **greater self-awareness** and clarity in decision-making.
- Improved **emotional regulation**, especially in handling stress and academic challenges.
- Enhancement in **communication skills** and confidence.
- Students learned **goal-setting techniques** for academic and personal growth.
- Early detection of issues that may require **follow-up care or mentoring support**.
- Strengthened **mentor–student bonding** within the institution.

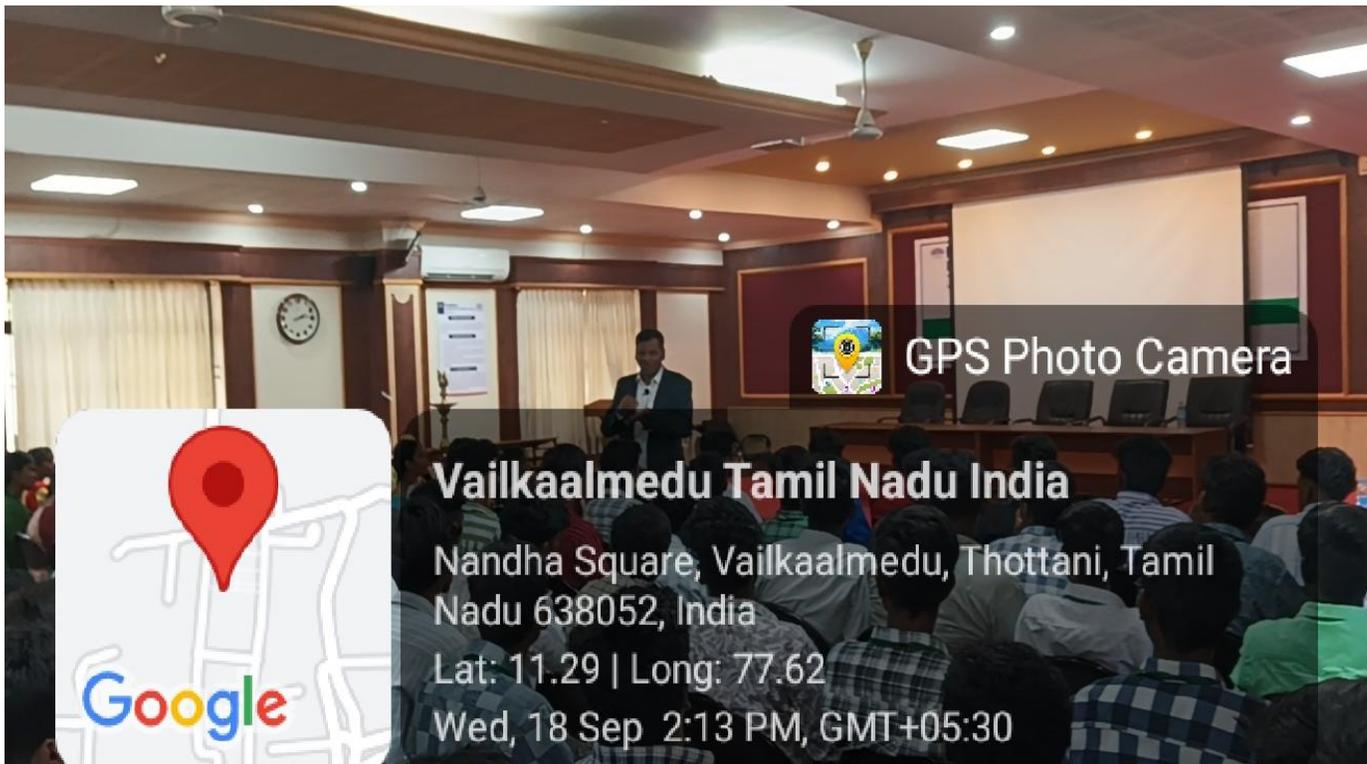
## Feedback from Participants

- Students expressed that the session was highly beneficial and helped them reflect on their personal and academic challenges from a new perspective. Many appreciated the opportunity for private, individual counseling and requested similar sessions in the future.

## Students Feedback Responses in 1 to 5 Scale Rating



### SESSION -I MOTIVATIONAL SESSION WITH FIRST YEAR STUDENTS (IT &ECE)



**SESSION -II MOTIVATIONAL SESSION WITH FIRST YEAR STUDENTS  
(EEE, BME, AGRI, Chemical & Civil)**



Dr. Babu Rangarajan, Clinical Psychologist, explained the importance of education and suggested strategies for overcoming hurdles in their careers.



# NANDHA Engineering College (Autonomous)

(Affiliated to Anna University, Chennai, Approved by AICTE, Accredited by NAAC with A+ Grade)  
Erode - 638 052.



## STUDENT AFFAIRS & MENTORING CELL

Organizes a  
**Motivational Programme** on  
**MIND YOUR MIND**

Time: 09:30 AM to 04:30 PM

**Guest Speaker**



Sep  
18  
2025

**Dr. Babu Rangarajan**  
Clinical Psychologist

### Coordinators

Ms. P. Uma AP/CSE  
Ms. S. Elango AP/EEE

### Convenor

Dr. T. Jayanalina  
Prof & Head/Physics

### Principal

Dr. U.S. Ragupathy