



NANDHA
ENGINEERING COLLEGE
(AUTONOMOUS)
ERODE

NEWSLETTER

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TED NANDHA



SEASON IV

PUBLIC SPEAKING CONTEST 2026

SPEAK • INSPIRE • LEAD



Lojajanane

First Year Agri

**EMPOWERING VOICES,
INSPIRING LEADERS**

A platform where ideas ignite,
voices resonate and leaders
are born.



Harini T.

First Year CSE



**POWERFUL
IDEAS**



**CONFIDENT
VOICES**



**FUTURE
LEADERS**



**EXCELLENCE
IN ACTION**

DEPARTMENT OF ENGLISH | NANDHA ENGINEERING COLLEGE (AUTONOMOUS), ERODE

REPORT ON MAPPING OF TED NANDHA SEASON IV – SPEAKER SPOTLIGHT 2026 WITH THE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS (SDGs)

Activity Title

TED Nandha Season IV – Speaker Spotlight 2026

Relevant Sustainable Development Goal

SDG 4: Quality Education

“Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.”

Description of the Activity

TED Nandha Season IV – Speaker Spotlight 2026 provided a platform for first-year students from various disciplines to present thought-provoking talks based on themes such as resilience, positivity, self-discovery, reading habits, gender equality, social justice, gratitude, empathy, and mental well-being. The programme encouraged students to share their experiences and ideas under the motto “**Ideas Worth Spreading.**”

Mapping with SDG 4 – Quality Education

The activity supports SDG 4 by:

- Promoting **lifelong learning and self-directed education** through discussions on books, critical thinking, and personal growth.
- Enhancing **communication skills, creativity, and confidence** among students through public speaking.
- Encouraging **resilience, emotional intelligence, and positive mental health**, thereby fostering holistic education.
- Creating awareness on **gender justice, equality, and social responsibility**, contributing to inclusive and value-based education.
- Developing critical thinking and ethical values through discussions on social justice, empathy, and human relationships.

Outcomes of the Activity

- Improved public speaking and presentation abilities among students.

- Strengthened self-confidence, resilience, and leadership qualities.
- Enhanced awareness of social issues and responsible citizenship.
- Fostered a culture of continuous learning and intellectual curiosity.
- Encouraged students to become agents of positive change in society.

Conclusion

TED Nandha Season IV – Speaker Spotlight 2026 exemplifies the principles of **SDG 4: Quality Education** by providing a transformative learning environment that nurtures knowledge, values, creativity, and life skills. The activity contributes to the holistic development of students and empowers them to become lifelong learners and socially responsible citizens, thereby supporting the global agenda for sustainable development.

TED NANDHA

TED FINALE

SEASON IV

S P E A K E R S P O T L I G H T

Ideas Worth Spreading

2026

1 6 S P E A K E R S • 1 6 S T O R I E S •
O N E S T A G E

NADHA ENGINEERING COLLEGE(AUTONOMOUS),ERODE

SPEAKER SPOTLIGHT

S. Abineha

I Year, AI&DS

A passionate explorer of human psychology and resilient mindsets, finding strength in adversity.



TOPIC: THE ART OF STAYING POSITIVE EVEN AFTER LOSING

About the Talk

Abineha opens with a gripping story — a seventeen-year-old named John who dreamt of becoming a doctor, inspired by a film. He and his friend dropped out to prepare for NEET together. When both failed, tragedy struck: his friend, consumed by guilt, took his own life. John stood at the edge of two choices — quit, or continue. He chose to continue. With renewed confidence, consistency, belief, and faith, he cracked one of India's toughest entrance exams. One day, he visited his friend's grave — one hand holding a rose, the other a white coat — and whispered: *'This is for you, bro.'*

From John's story, Abineha moves to her own life. While her father feared a black cat crossing his path, Abineha chose to see it as a sign that something wonderful was about to happen. That very day, she received news of her selection as a welcome dancer in Bharatanatyam for a Guinness record event — a breathtaking moment of immense pride.

She then recalls losing a karate tournament in 10th grade and facing public mockery. Classmates judged and ridiculed her — but inside, she held a firm belief. She trained harder, showed up at an open national tournament with nothing in her hands, and walked out with a gold medal. Her reply to the doubters: *'Don't judge a book by its cover. Everything is possible for those who try.'*

***" Positive-minded people always see opportunities in every failure.
Negative-minded people see only failures in every opportunity. "***

Key Insights

■ The Science of Positivity

A positive mindset boosts dopamine and serotonin while reducing cortisol — the result is better focus, improved health, and sharper thinking compared to chronic negative thought patterns.

■ Philosophy of Control

We cannot control external events, but we can completely control how we interpret them. Reframing adversity is not denial — it is a superpower that reshapes our response to life.

■ Positivity × Hard Work = Success

Positivity alone is not enough. When it combines with hard work, discipline, discomfort, and consistent effort, it produces a powerful compound — the kind that turns a karate loss into a national gold medal.

■ Quantum Consciousness

The mind, when trained positively, connects with the universe in ways science is only beginning to explore — from thinking of someone just before they call, to attracting the outcomes we believe in.

Closing Words

Abineha closes with a direct message to every teenager who has ever blamed their circumstances: stop getting stuck in reality and start using a positive mind as a superpower to change the future.

"You are the narrator of your own story and you hold the instrument. The game doesn't end here — the game starts now. Always stay positive."

Resilience

Positivity

Mental Strength

Youth Power

Mindset

Hard Work

SPEAKER SPOTLIGHT

G. Thanigai Velan

I Year, AI&DS

Thanigai Velan explores the transformative power of literature and how one specific book shifted his entire worldview.



TOPIC: HOW READING A BOOK CHANGED MY THINKING

About the Talk

Thanigai begins with a bold claim: books can add up to five years of life — not in years lived, but in depth of living. He invites the audience to consider a restless night staring at a laptop, assignments done, grades okay, yet life feeling 'average' — and asks: *'Is this it?'* No one, he argues, teaches us how to think about life; school only teaches us how to pass exams.

Everything changed the night he picked up *Rich Dad Poor Dad* — not for class, not on advice, but simply out of confusion. The book's opening idea — that the poor work for money while the rich make money work for them — was something nobody had ever explained to him before. He wasn't just reading; he was thinking. He began asking why we only aim for jobs, and why no one teaches us to build assets.

A second book, *The Psychology of Money*, reinforced this shift — revealing that financial success is less about intelligence and more about behaviour, patience, and mindset. Slowly, Thanigai stopped living on autopilot. He became more intentional, more aware, more responsible for his own future — and realized his life wasn't stuck; his thinking was.

***" School teaches you what to think. Books teach you how to think.
One book, one idea, one shift in thinking — can completely change the direction of
your life. "***

Key Insights

■ Reading as Mental Upgrade

Every good book allows you to borrow decades of someone else's experience in a few hours — entrepreneurs, investors, thinkers who failed and wrote their lessons down for others to discover.

■ Thinking Changes Everything

Reading doesn't magically produce success. What it does is quieter: it changes how you think. Once thinking changes, decisions change — and once decisions change, life slowly follows.

■ Better Questions Over Quick Answers

Rich Dad Poor Dad didn't give Thanigai answers — it gave him better questions. And sometimes, better questions are more powerful than quick answers.

■ Action Is the Missing Link

Reading without action is just entertainment. The challenge is to pick one book that solves one problem, then think about it and apply it.

Closing Words

Thanigai stands before the audience not as someone who has figured everything out — he still fails, gets confused, and makes mistakes. But he is no longer stuck, because reading taught him how to learn and how to think.

"The life you want... might already be written — in a book you haven't opened yet."

Reading

Growth Mindset

Financial Literacy

Self-Discovery

Learning

Books

SPEAKER SPOTLIGHT

V.P. Logajanane

I Year, AGRI

Bringing a fresh perspective on optimism from the field to the stage, Logajanane discusses the Art of Moving Forward.



TOPIC: YOU ARE NOT A FAILURE JUST BECAUSE YOUR PLAN FAILED

About the Talk

Logajanane opens with a powerful invitation — raise your hand if you once had a clear, beautiful plan for your life. Now keep it up if that plan completely fell apart. She was the school topper, scoring first in her entire 10th standard, with a crystal-clear plan: become a doctor. She switched boards entirely, gave up familiar friends and teachers, and poured her whole identity into one result. NEET did not go the way she planned.

She tried other exams, one after another — each a new hope, each a door that didn't open the way she expected. Eventually, she found herself in an Agricultural Engineering department. That quiet, heavy feeling of failure — not just failing the exam, but feeling like she had failed herself, her family, and the version of herself everyone believed in — is something she knew well.

But something unexpected happened. She started showing up every single day — not out of love for the new plan, but because it was the only plan she had left. Slowly, she found activities she had never tried before, discovered things about herself she would never have known, and found people with pure-hearted, unconditional friendships. One day she looked around and thought: *'I didn't plan this. But I think I was meant to be here.'*

" A plan is just a route. It is not you. When you take a wrong turn, life doesn't say you failed — it says: Recalculating. "

Key Insights

■ Plans vs Identity

We confuse our plans with our worth. When the plan works, we feel worthy. When the plan fails, we feel like we are the failure. But a plan is just a route — it is not who you are.

■ Life is Recalculating

Like a GPS that doesn't declare you a failed driver when you miss a turn, a failed plan simply means life is recalculating — you are still on the journey, still moving, still going somewhere.

■ Unexpected Gifts

Some of the most meaningful things — friendships, purpose, self-discovery — only became possible because the original plan didn't work. The detour was the destination.

■ Story Still Being Written

Stop measuring your life against the version you planned. Start looking at the life you actually have — because your story is still being written, and the next chapter is worth showing up for.

Closing Words

Logajanane went from a school topper with a dream of medicine to an engineering student who had no idea what was coming — and found friendship, purpose, and a version of herself she genuinely likes.

"Your plan didn't fail you. It just made room for the life that was always meant for you. Stop calling yourself a failure. You are someone whose story is still being written."

Resilience

Identity

Pivot

Courage

Growth

Moving Forward

SPEAKER SPOTLIGHT

R. Kiruthiga

1 Year, BME

Intertwining science and philosophy, Kiruthiga details her journey of mind progress shaped by thoughts and change.



TOPIC: A MIND IN PROGRESS: SHAPED BY THOUGHTS AND CHANGE

About the Talk

Kiruthiga begins in an unusual way — by admitting she searched for a perfect topic, something impressive and different, and found nothing that felt truly hers. So she stopped looking outward and turned inward, discovering something far more complex, unfinished, and real: her own mind. She is not here to give a perfect story or a neatly packaged idea, but to share a perspective in motion — a voice still discovering itself.

As a child, she moved through life like a leaf carried by wind — curious, carefree, and easily swayed by others' opinions. Now, as a young woman standing at a crossroads of self-discovery, she has grown into someone who questions the world rather than simply accepting it. Each decision is not a mimicry of others but a conscious step toward her own happiness, fuelled by her own insight.

Her worldview has evolved: where she once saw people as simply good or bad, she now recognises that everyone has potential for kindness, and that kindness given often returns. She thoughtfully challenges old rules — about tradition, expectations, and what her parents once told her — not out of rebellion, but out of a quiet desire to shape a life that feels genuinely right for her.

" We do not need to become perfect to become meaningful. A finished mind may have all the answers — but a mind in progress still has the power to imagine. "

Key Insights

■ Self-Discovery as a Journey

Transformation is not a destination — it is a continuous, deliberate journey where each person chooses their path, fuelled by their own insight rather than others' expectations.

■ Balancing Tradition and Independence

Kiruthiga doesn't reject tradition wholesale — she thoughtfully selects what truly aligns with her values, finding a calm path between honouring her roots and honouring herself.

■ Quiet Strength

She carries a quiet strength — never wanting to bring shame to those she loves, yet unwilling to surrender her own happiness. She describes this balance as her greatest achievement so far.

■ Vision in Motion

A mind in progress is not a sign of uncertainty — it is proof that one is still becoming. Growth looks sometimes like confidence and sometimes like questions — both are valid.

Closing Words

Kiruthiga closes by reframing what it means to still be searching, growing, and changing — not as a weakness, but as evidence of becoming.

"If my mind is still searching, still growing, still changing — I no longer see that as uncertainty. I see it as proof that I am still becoming. And maybe... that is where real growth begins."

Self-Discovery

Identity

Philosophy

Growth

Mindfulness

Change

SPEAKER SPOTLIGHT

Dhiya Manikandan

I Year, CSE - A

A technology enthusiast who found a different kind of operating system in the world of books, Dhiya shares her mental evolution.



TOPIC: HOW READING A BOOK CHANGED MY THINKING

About the Talk

Dhiya opens with an honest admission: she always knew caste was bad, discrimination was wrong, and untouchability was a crime. But what she did not understand was how deeply caste is rooted in Indian society, how silently it operates, and how brutally it still decides who lives with dignity. Reading Ambedkar's *Annihilation of Caste* did not give her new information — it gave her a new lens.

She walks through sobering realities: honour killings where families choose 'honour' over their own children's lives; the Bilkis Banu case where justice was celebrated by some even as it was denied; and the ongoing practice of manual scavenging — officially banned yet still claiming lives from the same communities. Ambedkar's words ring true: caste is not just a division of labour, it is a division of labourers.

Dhiya reflects on how caste also lives in educational institutions — not loudly through violence, but quietly through hostel segregation, marriage expectations, and casual slurs disguised as jokes. Thousands of cases under the SC/ST Prevention of Atrocities Act are registered every year, proving that caste violence is not rare but recurring and systematic.

" Caste lives in data. Caste lives in policies. Caste lives in silence. Caste lives in outcomes — unless confronted. Some books comfort you. This book refuses to. And that is exactly why it changed my thinking. "

Key Insights

■ A New Lens, Not New Facts

Ambedkar's writing didn't introduce Dhiya to new information — it fundamentally changed how she interpreted information she already had, revealing the structural nature of caste discrimination.

■ Law Without Social Morality is Fragile

The Bilkis Banu case revealed that legal justice cannot survive without social morality. When convicted perpetrators were celebrated rather than condemned, the problem was exposed as one of mindset, not just law.

■ Caste Adapts, It Doesn't Vanish

Before reading the book, Dhiya believed caste was slowly disappearing. After reading it, she understood that caste adapts — it moves from overt violence to quieter, institutional forms of discrimination.

■ Silence Protects Injustice

Neutrality is not harmless. The book taught her that silence, when injustice exists, is itself a choice that enables the continuation of harm.

Closing Words

A book written in 1936 still describes Indian society with uncomfortable accuracy — which means the problem is not dead, but alive and evolving.

"Progress without dignity is hollow. Law without social conscience is fragile. And silence, when injustice exists, is never neutral."

Social Justice

Caste

Ambedkar

Equality

Critical Thinking

India

SPEAKER SPOTLIGHT

T. Harini

I Year, CSE - A

Harini breaks down the physiological and mental benefits of expanding horizons through reading, inspired by her recent discoveries.



TOPIC: HOW READING A BOOK CHANGED MY THINKING

About the Talk

Harini opens with a question that makes many people uncomfortable: not why was she there, not what was she wearing — but why do men choose to violate another human being? In Tara Kaushal's *Why Men Rape*, she found a book that shifts focus from victims to perpetrators — and to the society that shapes them. That, she argues, is where the real conversation must begin.

She redefines feminism for her audience: not about women being superior or hating men, but simply the belief that every human being deserves equal dignity, safety, and freedom. Girls are taught to sit properly, dress properly, and not go out at night — but boys are rarely taught that consent matters and boundaries must be respected.

Drawing from Kaushal's research, Harini explains that rape is not driven by desire but by power, control, entitlement, and conditioning. Her central argument: the root cause is patriarchal conditioning that teaches men equals power and women equals obedience. Until that belief is broken, society will keep treating symptoms rather than causes.

" We must stop asking women to adjust and start asking society to evolve. The real question is not why women need protection — but why society still produces harm. "

Key Insights

■ Rape as Power, Not Desire

Tara Kaushal's research dismantles the myth that sexual violence is about passion. It is about power, control, entitlement, and a conditioning that begins in childhood.

■ Consent is the Foundation

Consent is clear, voluntary, and can be withdrawn at any time. Marriage is not ownership. Silence is not consent. This must be taught explicitly, not assumed.

■ Changing the Questions We Ask

Instead of 'Why was she out late?' we should ask 'Why is violence allowed at any time?' The shift in questioning reflects a shift in accountability from victim to perpetrator.

■ Change Starts at Home

Real change begins not in legislation but in everyday life — teaching boys emotional intelligence rather than dominance, normalising consent conversations, and challenging sexist attitudes.

Closing Words

Harini envisions a world where a girl's safety is not dependent on her clothing, where marriage is partnership and not control, and where consent is understood without explanation.

"Raise better humans. Not stricter rules for women."

Feminism

Gender Justice

Consent

Patriarchy

Social Change

Books

SPEAKER SPOTLIGHT

H. Lithika Shree

I Year, CSE - B

Focusing on the power of micro-interactions, Lithika shares how small acts like a smile can trigger massive societal changes.



TOPIC: HOW A SIMPLE SMILE CAN CREATE A RIPPLE OF JOY

About the Talk

Lithika opens with a simple but searching question: when was the last time a stranger smiled at you — not a forced smile, not a formal one, but a genuine, heartfelt smile? In today's fast-paced world, where we chase goals and manage pressures, we forget the simplest gestures that create the biggest impact. A smile requires no words, crosses no language barrier, and connects us instantly.

She invites the audience to imagine a difficult day — mind filled with worries, nothing going right — when suddenly, someone looks at you and smiles out of genuine warmth. In that one moment, something changes. Stress eases. Thoughts soften. Unknowingly, you smile back. That is where the ripple begins. A smile is like a small stone dropped into calm water — it creates ripples that spread far beyond where it began.

Science, she notes, backs this up: smiling triggers the brain's release of dopamine and serotonin, and even seeing someone else smile can produce the same effect. Yet despite this power, smiles are becoming rarer. In a digital world of screens and scrolling, we react but forget to truly connect.

***" You do not need great power to make a difference. You do not need wealth to spread happiness.
All you need is a smile — because a smile is not just a curve on your face. It is a spark. "***

Key Insights

■ The Brain Science of Smiling

A genuine smile triggers dopamine and serotonin — and these effects are contagious. Seeing someone smile activates the same neural pathways, making happiness biologically infectious.

■ Small Actions, Large Ripples

Change doesn't start big. A smile at a classmate who feels unnoticed, at a teacher who works tirelessly, or at a stranger silently struggling can create ripples beyond what we can see.

■ Smiling as Strength

A smile doesn't mean life is perfect. Sometimes it simply means: 'I choose hope over fear. I choose light, even in the presence of darkness.' That is courage made visible.

■ The Universal Connector

Unlike language or culture, a smile needs no translation. It is humanity's most universal message — 'I see you. You matter. You are not alone.'

Closing Words

Lithika ends by pointing to an invisible truth: somewhere right now, someone is having a hard day — quietly, invisibly, within themselves. Our smile might be the reason they believe in kindness today.

"Because sometimes, the most powerful thing you can offer the world is not something you say or do loudly — but something you give silently, without expecting anything in return. And that, in its own quiet way, is how change begins."

Kindness

Human Connection

Psychology

Positivity

Empathy

Smile

SPEAKER SPOTLIGHT

Loghashri Aparna

I Year, CSE - B

A strategist at heart, Loghashri discusses the tactical benefits of maintaining a positive outlook when the scoreboard is against you.



TOPIC: THE ART OF STAYING POSITIVE EVEN AFTER LOSING

About the Talk

Aparna opens in a conversational, intimate tone — inviting the audience to imagine sitting together after a tough day. She shares a personal moment: a project that didn't go as planned. Instead of forcing positivity, she allowed herself to feel the disappointment — and recognises that acknowledging the feeling was the very first step before she could move forward.

She describes a widespread modern phenomenon — people living in a 'bubble of sadness,' almost like sitting on an imaginary grey, cloudy sofa so comfortable that stepping off it feels impossible. Familiar disappointment becomes a default comfort zone. Staying positive, she argues, is precisely the act of stepping off that gloomy couch and seeing beyond those clouds.

Her core message: staying positive after a loss doesn't erase the pain. It gives you the energy to learn from the experience and the resilience to try again. Positivity provides perspective — reminding you that one setback doesn't define you. Small steps matter: recalling a past success, leaning on a friend, or even finding humour in the situation are all valid paths back to forward motion.

" Staying positive after a loss isn't about ignoring how we feel — it's about letting that feeling pass, learning from it, and then gently moving forward with renewed strength. "

Key Insights

■ **The Comfort Zone Trap**

Familiar disappointment can become a comfort zone — a grey, cloudy sofa we stop wanting to leave. Recognising this pattern is the first step to breaking it.

■ **Feel It First**

Rushing into positivity without acknowledging pain is hollow. The honest path forward begins with sitting with the feeling, understanding it, and then choosing to move.

■ **Humour as a Bridge**

Finding humour in a difficult situation is not avoidance — it is a tool. Laughter can lower the emotional temperature enough to see solutions that anxiety was blocking.

■ **Small Steps Build Momentum**

You don't need a giant leap back to positivity. Recalling one past success, texting one supportive person, or making one small improvement — these gentle steps rebuild momentum.

Closing Words

Aparna closes with warmth and solidarity — reminding the audience that this is a shared human experience, and that moving forward with renewed strength is something everyone can do.

"Let's take that gentle step together."

Positivity

Resilience

Emotional Health

Mindset

Growth

Self-Compassion

SPEAKER SPOTLIGHT

Menaka Muthukumar

I Year, CSE - C

Menaka shares her formula for endurance and optimism, proving that a single defeat is just a chapter, not the whole story.



TOPIC: THE ART OF STAYING POSITIVE EVEN AFTER LOSING

About the Talk

Menaka opens with a universally felt question: have you ever given your best — truly your best — and still lost? Society celebrates toppers and gold medals, she observes, but very rarely teaches us something equally important — how to stay positive when we lose. She describes that inner stillness after failure: not because the world stops, but because something inside you does.

She shares a personal experience of working relentlessly toward an opportunity, feeling certain of success, and receiving a different result. That dangerous inner question — *Am I not good enough?* — is where she pauses. The biggest battle after losing, she argues, is not external. It is internal. And if we understand losing properly, we realise that it is often the beginning of a better chapter, not the end of the story.

She draws on some of the world's most admired figures: Thomas Edison's thousands of unsuccessful attempts before the lightbulb; J.K. Rowling's manuscript rejected repeatedly before reaching millions; Michael Jordan cut from his school basketball team; A.P.J. Abdul Kalam rising from poverty to become the Missile Man of India. Their lesson — rejection is not final, delay is not defeat, and losing is not identity.

***"Losing is not the opposite of winning — it is a part of winning.
And positivity after losing is not weakness — it is courage in its purest form."***

Key Insights

■ **Losing as a Teacher**

Winning makes us happy. Losing makes us think. It reveals gaps we never noticed, weaknesses we ignored, and forces us to ask better questions — making it a strict but incredibly valuable teacher.

■ **Strength is Built in Struggle**

No one becomes mentally strong in comfort. Strength is built in struggle, patience in waiting, courage in setbacks. Just as gold is tested in fire, character is tested in failure.

■ **Losing Removes Fear**

Once you lose and still stand again, you realise something powerful: 'I survived this. I can rise again.' Suddenly, failure no longer controls you. It fuels you.

■ **The Grammar of Positivity**

Change the words. Instead of 'I failed,' say 'I learned.' Instead of 'It is over,' say 'It is only delayed.' Words create mindset, and mindset creates the future.

Closing Words

Menaka closes by connecting each historical example back to the talk's core idea: success belongs not to the talented alone, but to those who continue after disappointment.

"Stand again. Learn again. Try again. Because the people who succeed are not the ones who never fall — they are the ones who refuse to remain down."

Resilience

Failure

Inspiration

Positivity

Growth

Courage

SPEAKER SPOTLIGHT

S.V. Suriya

I Year, CSE - D

A technology enthusiast who found a different kind of operating system in the world of books, Suriya shares his mental evolution.



TOPIC: HOW READING A BOOK CHANGED MY THINKING

About the Talk

Suriya opens with a confession: most people think pain is a warning sign, and he used to think so too. If something hurt, he would stop. If it felt difficult, he would avoid it. Everything changed when he came across the story of David Goggins — a man who struggled with obesity and self-doubt, weighed nearly 300 pounds, and felt stuck — yet transformed himself into a Navy SEAL and ultramarathon athlete.

What struck Suriya most was Goggins' belief that when you think you are done, you are only at 40% of your actual capacity. He attempted to break a world record of 4,030 pull-ups — hands tore open, muscles failed, body screamed to stop — yet he continued. Not because he was superhuman, but because he had trained his mind beyond his emotions.

This led Suriya to the Cookie Jar Method — building a mental collection of past victories that you draw on in hard times. He recognised he had very few such experiences because he had spent most of his time avoiding discomfort. He then began making small changes: continuing to study when he felt like stopping, showing up when he didn't feel like it, speaking up when he felt afraid — small, consistent actions that began rebuilding his identity.

***" When you think you are done, you are only at 40%.
Most limits are not physical — they are psychological. The life you want requires a
version of you that is willing to be uncomfortable. "***

Key Insights

■ The Cookie Jar Method

A mental collection of past victories — moments when you pushed through difficulty — that you draw on in hard times. Start building this jar through daily, deliberate action.

■ **Choosing Discomfort Daily**

If you only do what feels good, your actions are controlled by feelings. If you do what is difficult, your actions are controlled by discipline. Discomfort is the training ground for identity.

■ **The 40% Rule**

When you feel like quitting, you are only 40% of the way to your actual limit. This rule applies to finishing work, practicing without motivation, and showing up when no one is watching.

■ **The Right Question**

Stop asking whether you can do something. Start asking how much more you can do. That single shift moves you from fixed to growth, from limited to expanding.

Closing Words

Goggins' story did not magically transform Suriya, but it removed his excuses and showed him that the life he wants requires a version of himself willing to sit in discomfort.

"Whenever I feel like quitting, I ask myself one question: is this really my limit, or is this just my comfort? Most of the time, it is just comfort."

Mental Toughness

Discipline

Books

Self-Improvement

Mindset

Resilience

SPEAKER SPOTLIGHT

S. Vibhamalini

I Year, CSE - D

A passionate explorer of human psychology and resilient mindsets, Vibhamalini shares her journey of finding strength in adversity through novels.



TOPIC: HOW READING A BOOK CHANGED MY THINKING

About the Talk

Vibhamalini opens by contrasting two versions of herself: the girl who used to introduce herself as 'hardworking, kind, friendly' — and who she is now: a vibrant blend of ambition and empathy, resilience and vulnerability, analytical yet imaginative, tender yet tenacious. Reading, she says, is what changed her speech, behaviour, vocabulary, and thinking.

Unlike friends drawn to self-help, Vibhamalini fell in love with novels. Her first was *White Nights* by Dostoevsky — discovered through a random Instagram review. It follows a dreamer wandering through silent streets whose words bloom with a gentle soul named Nastenka for four extraordinary nights. A single line from the book stayed with her: *'Your hand is cold, mine burns like fire — how blind you are, Nastenka.'* The burning hand represents one who loves completely; the cold, one whose heart is elsewhere.

A second book, Kafka's *Metamorphosis*, moved her differently. Gregor Samsa wakes transformed into an insect — but the real horror, she realised, was how quickly the people he had worked tirelessly for began to see him as a burden. A third, Austen's *Pride and Prejudice*, taught her that love is not found in flawless beginnings but in the courage to confront one's own weaknesses.

" Books allow us to travel across countries, hear the quivering sound of leaves, and dissolve like morning mist.

What the book planted in me shall remain forever indelible. "

Key Insights

■ **White Nights — The Ache of Unrequited Love**

Dostoevsky's delicate novella showed how dreamers love completely and innocently — and how literature can capture the precise texture of longing.

■ **Metamorphosis — The Fear of Being a Burden**

Kafka's impossible story became painfully real: the people Gregor worked hardest for changed most quickly. A deep reflection on identity, responsibility, and what happens when usefulness ends.

■ **Pride & Prejudice — Love as Self-Confrontation**

Elizabeth Bennet and Darcy taught her that real love requires confronting one's own flaws. Growth in relationships mirrors growth in character.

■ **Language as a Living Thing**

Reading elevated her vocabulary and expression — not as a performance, but as a natural consequence of living inside beautifully crafted language. Words, she discovered, don't merely speak. They breathe.

Closing Words

Vibhamalini closes with imagery as rich as the books she describes — reading as a state of exquisite, inebriated thought, where words dissolve like morning mist and a certain warmth lingers long after the last page.

"There is a certain warmth in its presence — a redamancy between reading and manuscript, a love returned in equal measure. What the book planted in me shall remain forever indelible."

Literature

Novels

Self-Expression

Empathy

Books

Growth

SPEAKER SPOTLIGHT

Sruthi S

I Year, CSE - D

Sruthi explores the profound human need for connection and how the simplest gesture — a smile — can bridge the gap between isolation and belonging.



TOPIC: HOW A SIMPLE SMILE CAN START A RIPPLE OF JOY

About the Talk

Sruthi opens with a striking observation: in a world full of people, it is strange how easy it is to feel invisible. She asks the audience to imagine dropping a small stone into a calm pond — a ripple forms, starts small, but slowly spreads, reaching every corner. A smile, she argues, works exactly the same way. It costs nothing, takes less than a second, yet holds the power to create something extraordinary.

Science reinforces her point: when you smile, your brain releases dopamine and serotonin — making you feel happy and relaxed. And seeing someone else smile triggers the same response in the observer. But today, we live in a world where many people are stressed, tired, and overwhelmed — quietly carrying burdens that no one else can see. In those moments, a smile can mean everything.

She challenges the audience to look beyond the surface of smiling. Sometimes the person who smiles the least may be the one who has learned to value life the most. A smile is not always about happiness — it is a silent message: 'I see you. You matter. You exist in my world, even for a second.' And sometimes, that second is enough to change everything.

***" A smile is not just an expression — it is a silent message.
It tells someone: You matter. You're not alone. You exist in my world, even for a
second. "***

Key Insights

■ The Neuroscience of Joy

Smiling releases dopamine and serotonin in the brain, and seeing someone else smile activates the same neural pathways — making happiness literally contagious at a biological level.

■ Invisible Struggles, Visible Kindnes

Many people carry silent pain that is invisible from the outside. A smile from a stranger can make someone feel seen and remind them that kindness still exists in the world.

■ The Mirror Effect

A smile is rarely given without being returned. When you choose to smile intentionally — at a stranger, a classmate, a colleague — you set off a chain of warmth that spreads beyond what you can see.

■ Choosing Awareness Over Habit

Smiling with awareness — not out of habit or politeness, but with genuine intention — transforms a reflex into an act of humanity. It is the difference between a performance and a connection.

Closing Words

Sruthi ends by asking the audience to walk out not with pressure to be someone special, but with something much smaller and much more powerful — the awareness that they have the ability to make someone feel seen today.

"Somewhere, right now, someone is having a hard day. Quietly. Invisibly. Within themselves. Your smile might be the reason they believe in kindness today."

Kindness

Connection

Smile

Empathy

Positivity

Human

SPEAKER SPOTLIGHT

Dharshini G

I Year, IT - B

Dharshini reminds us that in a digital age losing human touch, a simple smile is the most radical act of kindness we can offer.



TOPIC: THE VALUE OF A SMILE — SPREADING KINDNESS

About the Talk

Dharshini opens by observing that in our daily lives we are so busy with studies, work, responsibilities, and personal goals that we often forget the importance of kindness and human connection. In this fast-moving world, many people silently carry stress, sadness, fear, and loneliness. Sometimes they look normal from the outside but inside they are struggling deeply. During such moments, even a small act of kindness can make a huge difference.

One simple smile, she argues, has the power to brighten someone's entire day. When we smile at someone, we make them feel noticed, respected, and welcomed. A smile spreads positivity not only to others but also to ourselves. Scientists and doctors confirm that smiling helps reduce stress and improves mental health — it creates positive energy and helps people feel more comfortable and confident.

The best thing about a smile, she points out, is that it has no language barrier. People from different countries, cultures, and backgrounds can all understand the meaning of a genuine smile. Imagine entering a room where everyone looks serious and upset — then one person smiles warmly at you. Immediately, the atmosphere feels lighter and more comfortable. That is the quiet magic of a smile. Real change often begins with the very smallest actions.

" Never underestimate the power of a simple smile. It costs nothing, takes only a second, but can change someone's entire mood — or even their life. "

Key Insights

■ Smiling Reduces Stress

Medical science confirms that smiling releases endorphins and reduces cortisol. Even forcing a smile during a hard moment can genuinely shift the body's stress response.

■ No Language Barrier

A smile is the one gesture that transcends language, culture, and background. It is humanity's most universally understood message of warmth and acceptance.

■ Kindness Over Gifts

Many people remember kindness more than expensive gifts. A student may remember a teacher's encouraging smile for years. These small moments stay in people's hearts far longer than we expect.

■ Digital Age, Human Need

As people spend more time on phones and social media than connecting personally, emotional support has never been more needed. A smile is one of the easiest and most powerful ways to show genuine care.

Closing Words

Dharshini closes with a simple but powerful invitation — to choose kindness, spread positivity, and make the world a little brighter every day, one smile at a time.

"Because in the end, a simple smile can create a ripple of joy. Let us all choose kindness — because that is how change truly begins."

Kindness

Smile

Human Connection

Positivity

Empathy

Change

SPEAKER SPOTLIGHT

S. Sivashalini

I Year, ECE - B

Bringing a fresh perspective on optimism, Siva Shalini discusses the Alchemy of Enough — the secret power of gratitude.



TOPIC: THE SECRET POWER OF GRATITUDE

About the Talk

Sivashalini opens with a provocative diagnosis: we are living in a global epidemic — not a virus caught in the air, but one caught on our screens. She calls it the 'Not Enough' virus. For years, she was Patient Zero. Life was a constant, exhausting race against a ghost — FOMO in full force, her mind a browser with sixty tabs open, all screaming. She describes looking at her life through a lens of scarcity: her cup wasn't just half-empty; she was convinced it was leaking.

The pivot came from a deceptively simple challenge: write down three things you are grateful for before checking your phone. At first she hated it — 'I'm grateful for... the ceiling? For not being dead?' But she persisted. Slowly, the resolution of her life started to change — she began noticing the steam rising off morning tea, the way light hit the floor at 4 PM, the miracle that her lungs worked without being asked.

She backs the shift with neuroscience: gratitude stimulates the hypothalamus and floods the brain with dopamine and serotonin — natural antidepressants. Through neuroplasticity, practising gratitude literally rewires the brain's default pathway from 'I don't have enough' to 'I have plenty.' Once she stopped vibrating at the frequency of lack, her external world began to mirror her internal shift.

" My Secret Power isn't wealth, or status, or luck. It is the simple, radical act of looking at my life — messy as it is — and saying: 'Thank you. This is enough.' "

Key Insights

■ The Neuroscience of Gratitude

Gratitude stimulates the hypothalamus, releases dopamine and serotonin, and shifts the nervous system from Fight-or-Flight to Rest-and-Digest — a literal hardware upgrade for the brain.

■ Neuroplasticity: Rewiring the Default

The brain is like a meadow. Walk the path of scarcity daily and it becomes a highway. Gratitude forces a different path — until abundance becomes the default route.

■ The Magnetism of Appreciation

When you stop vibrating at the frequency of lack, you begin attracting abundance. People are drawn to light, not shadows. Gratitude makes you a magnet for collaboration, kindness, and opportunity.

■ JOMO over FOMO

From the Fear Of Missing Out to the Joy Of Missing Out — missing out on the nonsense, to focus on the essence. Gratitude is the gateway to this freedom.

Closing Words

Sivashalini closes by inviting the audience to think of the one thing they are chasing — then to imagine their life without what they already take for granted. Gratitude is the recognition that the 'ordinary' is a miracle in disguise.

"The world doesn't change when you get what you want. The world changes when you love what you have."

Gratitude

Mindset

Neuroscience

Positivity

JOMO

Mental Health

SPEAKER SPOTLIGHT

R. Sree Raksha

I Year, IT - B

Intertwining science and philosophy, Sree brings wit and wisdom to the art of bouncing back from defeat.



TOPIC: THE ART OF STAYING POSITIVE EVEN AFTER LOSING

About the Talk

Sree Raksha opens with disarming honesty: losing sucks. We are told from birth that winning is everything. By that standard, she observes, most of us are 'nothing' approximately 40% of the week. But staying positive after a loss, she clarifies, is not about delusional smiling — it is about strategic stubbornness. The greatest fear is not about losing itself but about what others might think when they see us fail.

She illustrates this with a birthday memory: her twin sister fell getting off a vehicle at a restaurant and, to everyone's surprise, was smiling. When asked why, her sister said she saw two positives — the injury was small, and nobody noticed. Her sister's lesson: falling doesn't matter; waking up before anyone notices your fall does, because most people in our lives are simply waiting for our downfall.

From there, she introduces four memorable frameworks: the Pizza Rule (a single dropped slice doesn't justify throwing away the entire box of potential), the Rubber Ball Mindset (the harder you throw it down, the higher it bounces back), the Plot Armor Theory (if you are in the horseless, raining, absolute-lowest phase — congratulations, you are the protagonist building a better backstory), and the 'But' Upgrade (flip 'I worked so hard, BUT I failed' into 'I failed, BUT I now know exactly what doesn't work').

" In twenty years, you won't remember the score of the game you lost today. You'll remember the person you became while you were trying to win. So stand up, give the universe a wink, and say: 'Nice try. But I'm still here.' "

Key Insights

■ The Pizza Rule

A loss is one dropped slice — not the entire pizza. Don't let a single setback ruin the whole feast of your potential.

■ The Rubber Ball Mindset

No matter how hard a rubber ball is thrown down, it bounces back — sometimes higher than before. Every impact is a lesson in landing better next time.

■ The Plot Armor Theory

In every great story, the hero hits their absolute lowest before the climax. If you are currently in the 'raining and horseless' phase — congratulations, you are the protagonist building your comeback.

■ Upgrade Your 'But'

The grammar of positivity: flip the conjunction. 'I failed, BUT I now know what doesn't work.' Language shapes mindset, and mindset shapes the future.

Closing Words

Sree Raksha closes with characteristic wit and warmth — encouraging everyone who has lost to stand up, give the universe a knowing wink, and re-enter the ring.

"Losing is just a temporary state of re-calculating. Go out there, lose with grace, laugh at the absurdity of it all — and then get back in the ring. The world is waiting to see how you handle the comeback."

Humour

Resilience

Reframing

Positivity

Mindset

Comeback

SPEAKER SPOTLIGHT

A. Subha

I Year, IT - B

A technology enthusiast who discovered that the most powerful algorithm for success is the mindset to rise after every fall.



TOPIC: THE ART OF STAYING POSITIVE EVEN AFTER LOSING

About the Talk

Subha delivers an inspiring and thought-provoking speech about the importance of staying positive even after experiencing failure. She begins by questioning the audience about moments of loss — exams, competitions, friendships, and dreams — reminding everyone that failure is a natural part of human life. Through relatable examples and emotional storytelling, she explains that losing is not the opposite of success, but a necessary step toward growth.

She shares the powerful message that the real problem is not failure itself, but the way people interpret it. Her speech highlights how modern society celebrates only success while hiding the struggles, rejections, and invisible failures behind every achievement. She encourages students to redefine failure as learning, control their inner voice with hope, and continue moving forward despite setbacks.

Subha also motivates the audience with meaningful lines and practical advice, emphasizing that positivity is not pretending everything is perfect, but having the courage to rise again after every fall. She concludes her speech with motivational poetic lines and reminds everyone that every loss can become the beginning of a stronger comeback.

"You lost," life may say. But with positivity, courage, and determination, every failure becomes a fresh beginning. If not me, then who? If not now, then when? If not here, then where?"

Key Insights

■ Losing Is Part of Winning

Failure and loss are not the end — they are essential steps in the journey of personal growth and self-discovery.

■ Failure as Feedback

Failure should be treated as constructive feedback, not rejection. Each setback carries a lesson worth learning.

■ Power of a Positive Mindset

A positive mindset helps people recover stronger and faster, turning setbacks into stepping stones toward success.

■ Self-Belief as a Lifeline

During difficult times, even one positive thought can keep us moving forward. Self-belief, nurtured carefully and supported by the right people, can slowly rebuild confidence from any low point.

Closing Words

Subha ends with a powerful and poetic call to action, her closing lines echo long after the talk ends, asking three timeless questions that leave the audience reflecting on their own potential and purpose. Resilience Positivity

“Every failure is not a full stop but a comma — a pause before the next great chapter.”

Resilience

Growth

Self-Belief

Positivity

Failure

Strength

ABOUT TED NANDHA

TED Nandha is a flagship public speaking initiative designed to nurture communication skills, confidence, creativity, and leadership among students. Season IV continues the tradition of fostering young speakers who can influence society through ideas and innovation.



OBJECTIVES

- ✓ Promote effective communication skills.
- ✓ Encourage critical and creative thinking.
- ✓ Develop leadership qualities.
- ✓ Provide a platform for sharing innovative ideas.
- ✓ Build self-confidence and stage presence.

MOTTO

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EMPOWERING
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