

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

## STUDENTS MENTORING CELL

### PROGRAMME: 'ONE TO ONE INTERACTION'

#### EVENT REPORT



| Activity       | "ONE TO ONE INTERACTION"                                                                             |  |
|----------------|------------------------------------------------------------------------------------------------------|--|
| Target People  | B.E & B.Tech –I Year Students                                                                        |  |
| Date           | April 27,2025                                                                                        |  |
| Venue          | Student mentoring cell, Block III, RoomNo.111                                                        |  |
| Organized by   | Student mentoring cell                                                                               |  |
| Prepared by    | Dr.T.Jayanalina /Convenor /Proctor &Mentoring Cell                                                   |  |
| SDG Alignments | SDG3–GoodhealthandWellBeing                                                                          |  |
|                | SDG4–QualityEducation                                                                                |  |
|                | Ensure healthy lives and promote well-being for all at all ages                                      |  |
|                | Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all |  |

#### Event Report

##### Objective of Event

The primary objective of the One-to-One Interaction programme was to provide students with individualized counseling support through professional guidance from a Clinical Psychologist. The session focused on understanding students' academic, emotional, personal, and career-related concerns while promoting positive mental health, self-confidence, emotional balance, and effective decision-making. The programme also aimed to strengthen the institution's mentoring system by ensuring every student receives timely support for their overall development.

## Event Details

| Date     | Time                | Venue                                          | Session                | Session Learners    |
|----------|---------------------|------------------------------------------------|------------------------|---------------------|
| 27.04.26 | 10.00 AM to 4.30 PM | Student mentoring cell, Block III, Room No.111 | ONE TO ONE INTERACTION | First Year Students |

## Event Report

The Student Affairs and Student Mentoring Cell of Nandha Engineering College (Autonomous), Erode, jointly organized a One-to-One Interaction Programme on 27 April 2026 at the Student Mentoring Cell, Block III, Room No.111, from 10.00 AM to 04.30 PM.

The programme featured Dr. Babu Rangarajan, Clinical Psychologist, who interacted individually with students in a confidential and supportive environment. The counselling sessions addressed various aspects of student life, including academic stress, emotional well-being, interpersonal relationships, career planning, self-confidence, anxiety management, and personal development.

Each student was provided sufficient time to discuss their concerns openly. Dr. Babu Rangarajan listened attentively, identified individual challenges, and offered practical psychological strategies, motivational guidance, and coping techniques suitable for each student's needs. His empathetic approach encouraged students to express themselves freely and seek constructive solutions.

The counselling sessions significantly contributed to improving students' emotional stability, confidence, and academic focus. Students appreciated the opportunity to receive personalized guidance from a professional psychologist and expressed that the interaction helped them develop a positive outlook toward their studies and future careers.

The programme was successfully coordinated by the members of the Student Mentoring Cell under the guidance of Dr. M. K. Murthi, Head-Student Affairs, and was

convened by Dr.T.Jayanalina, Professor & Head, Department of Physics. The Principal Dr. U. S. Ragupathy, appreciated the initiative for strengthening the institution's commitment to student welfare and holistic development.

## **Resource Person Details**

Name: Dr. Babu Rangarajan

Designation: Clinical Psychologist

Dr. Babu Rangarajan conducted the counselling sessions with professionalism, empathy, and excellent interpersonal skills. His practical suggestions enabled students to overcome personal and academic challenges while improving their confidence and emotional well-being.

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

- To provide personalized psychological counseling and mentoring support.
- To improve students' emotional health and mental well-being.
- To help students manage stress, anxiety, and academic pressure effectively.
- To enhance self-awareness, self-confidence, and resilience.
- To assist students in career planning and goal setting.
- To strengthen communication and interpersonal skills.
- To encourage positive decision-making and problem-solving abilities.
- To reinforce the mentor–mentee relationship within the institution.
- To identify students requiring additional counseling or mentoring support.
- To promote holistic student development through continuous mentoring.

## **SDG Alignment**

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

**SDG4:** 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 The Session**

The counselling programme was conducted throughout the day, during which students attended individual sessions with the Clinical Psychologist. The discussions covered academic concerns, emotional challenges, family-related issues, career aspirations, stress management, time management, self-motivation, and personality development.

The confidential nature of the sessions enabled students to communicate openly, while the counsellor provided personalized advice and practical psychological interventions to improve their overall well-being.

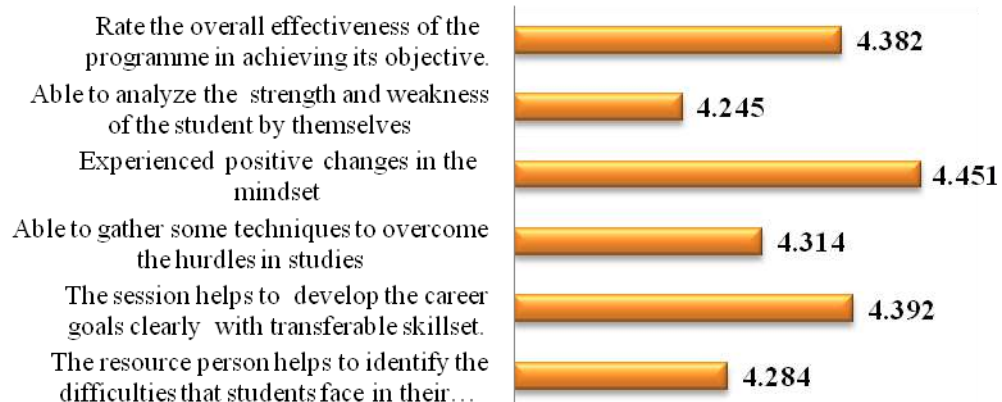
## **Key Outcomes**

- Students developed greater self-confidence and emotional resilience.
- Improved awareness of stress management and coping strategies.
- Better clarity in academic and career planning.
- Enhanced communication and interpersonal skills.
- Increased motivation toward academic excellence.
- Strengthened trust in the institution's mentoring system.
- Identification of students requiring continuous mentoring and psychological support.

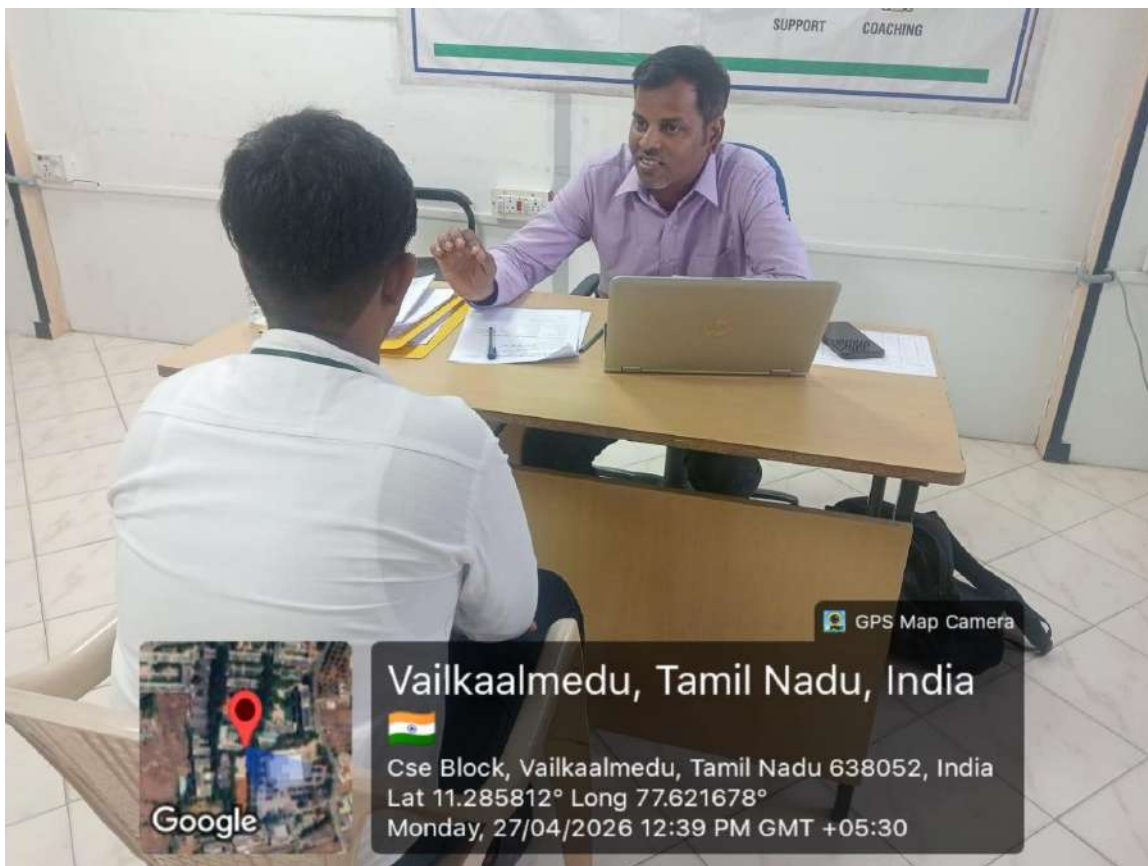
## **Feedback from Participants**

The participants expressed high satisfaction with the One-to-One Interaction programme. Students appreciated the opportunity to discuss their concerns privately with an experienced Clinical Psychologist. They found the counselling sessions highly informative, encouraging, and beneficial for their academic, emotional, and personal growth. Many students requested that similar counselling programmes be conducted periodically to support their overall well-being and success.

## Students Feedback Responses in 1 to 5 Scale Rating



### ONE TO ONE INTERACTION SESSION WITH FIRST YEAR STUDENTS





# NANDHA Engineering College

(Autonomous)

(Affiliated to Anna University, Chennai, Approved by AICTE, New Delhi, Accredited by NBA & NAAC with A+ Grade)  
Erode, Tamil Nadu



## STUDENT AFFAIRS & STUDENT MENTORING CELL

Jointly Organize a

# ONE TO ONE INTERACTION

Time: 10:00 AM to 04:30 PM

Venue: Block 3, Room No. 111 - Student Mentoring Cell



April  
**27**  
2026

Guest Speaker

**Dr. Babu Rangarajan**

Clinical Psychologist

Co-ordinators

Mrs. C. Pratheeba, AP/EEE  
Mr. S. Elango, AP/BME  
Mrs. P. Uma, AP/CSE

Convenors

Dr. T. Jayanalina, Prof. & Head/Physics  
Dr. M. K. Murthi, Head/Student Affairs

Principal

Dr. U. S. Ragupathy

[www.nandhaengg.org](http://www.nandhaengg.org)