



SRI SARADA COLLEGE FOR WOMEN
(Autonomous)

Reaccredited with 'B++' Grade by NAAC
(Affiliated to Periyar University)
Salem - 636 016.

**College Union
&
Internal Quality Assurance Cell**

*Cordially invites you to the
Students' General Seminar
on*

**BALANCING MIND AND
AMBITION: A PATHWAY TO
HOLISTIC STUDENTS' SUCCESS**



Date : 30.09.2025
Time : 10.00 a.m. to 4.00 p.m.
Venue : Sister Nivedita Auditorium

PROGRAMME

INAUGURAL SESSION

(10.00 a.m. to 11.00 a.m.)

Prayer

Welcome Address : **S.K. Eswari,**
II M.Sc. Mathematics

Benediction : **Yatiswari Vinayakapriya Amba**
Directress,
Sri Sarada Educational Institutions,
Salem - 636 016.

Yatiswari Guhapriya Amba
Secretary,
Sri Sarada College for Women (Autonomous),
Salem - 636 016.

**Releasing the
Seminar Volume** : **Yatiswari Vinayakapriya Amba,**
Directress,
Sri Sarada Educational Institutions,
Salem - 636 016.

**Receiving the
Seminar Volume** : **Yatiswari Guhapriya Amba**
Secretary,
Sri Sarada College for Women (Autonomous),
Salem - 636 016.

Keynote Address : **Dr. S.S. Gomathi,** M.Sc., M.Phil., Ph.D.,
Principal,
Sri Sarada College for Women (Autonomous),
Salem - 636 016.

Special Lecture : **Hr. K. Vasumathi,** MBA, MD (Acu), M.Sc. [Psychology],
Varma,
Sujok Therapist and Traditional Medicine Expert.

Vote of Thanks : **S. Pooja,**
III B.Com. 'A'

Technical Session - I

(11.15 a.m. to 1.15 p.m.)

Chairperson : D. Subhasree, III B.Com. 'A'

Rapporteur : G. Gowsalya, III B.A. History

Paper Presentation

1. An Overview of Health and Well – Being : **Eswari S K & Nandhana M**
II M.Sc. Mathematics & III B.A. English
2. Physical Wellbeing: A Natural Path to Wellbeing : **Mohanapriya B & Sudhasini S**
III B.Com. 'A' &
III B.Sc. Computer Science
3. Mindfulness and Meditation: The Path to Inner Peace : **Nithya V & Sree Dharshika S**
II M.A. Tamil & III B.Sc. Botany
4. Enhancing Cognitive Performance through Nutrition : **Priya S & Sowmiya S**
III B.Sc. Home Science
5. Cultivating Emotional Intelligence for Student Growth and Holistic Development : **Rithika N & Swathi A**
II M.A. English & III B.A. History
6. Techniques for Managing Academic Stress : **Deepti V & Boomika K**
III B.Sc. Statistics & II B.A. History
7. Strategies for Coping with Stress and Anxiety : **Yasmin S & Pragadeeshwari J**
III B.A. Economics & II B.A. English
8. Self-Compassion and Self-Kindness: The Foundation of Self-care : **Dharshana J M & Pooja S**
III B.A. History & III B.Com. 'A'
9. Navigating Grief and Loss: From Suffering to Strength : **Vajitha G & Namrutha S M**
III B.Sc. Physics & III B.Sc. Chemistry
10. Positive Role Modeling in Leadership and Management : **Subhashree S J & Jeevakarunya S**
II M.A. English & II B.Sc. Zoology

Lunch Break : 1.15 p.m. - 2.00 p.m.

Technical Session - II

(02.00 p.m. to 03.45 p.m.)

Chairperson : S. Yasmin, III B.A. Economics

Rapporteur : S. Sree Dharshika, III B.Sc. Botany

11. Reducing Stigma Around Mental Health : **Janani S & Lakshmi Priya R**
III B.Sc. Mathematics & II B.Sc. Statistics
12. Social Wellness as a Pillar of Student's Health : **Anusri S & Gowsalya G**
III B.Sc. Botany & III B.A. History
13. Sleep Hygiene Practices and its impact on Student's Health : **Pavithra S & Jayasri S**
III B.Sc. Physics & II B.A. Economics
14. Digital Detox for Cognitive Health: Restoring Attention : **Rakkshitha J & Logeshwari V**
III B.Sc. Computer Science
15. Balancing Academics and Social Life for Student Well-being : **Dharanisri K & Mahalakshmi V**
III B.A. English & II B.A. English
16. Cyberbullying – A Need of the Hour : **Indira Devi B & Keerthika V**
III B.Sc. Computer Science & III B.Sc. Zoology
17. Role of Teachers as Mental Health Responders : **Subhasree D & Kaviyarasi S**
III B.Com. 'A' & II B.Sc. Botany
18. Mental Health Resources for Students : **Maijura Begum S & Logasri T**
III B.Com. 'A'

OUTCOME :

- To equip students with strategies to manage stress, build self-awareness and develop a positive mindset.
- To foster a positive environment that empowers individuals to excel academically, cultivate emotional well-being and develop essential life skills for the success in their personal and professional pursuits.

VALEDICTORY FUNCTION - 3.45 p.m.

Presentation of Rapporteurs' Report

Vote of Thanks: S.M. Namrutha, III B.Sc. Chemistry

COLLEGE SONG