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PROGRAMME REPORT ON

Pathway to Well-being: Life Skills for Today's Students Challenges-Pathway to Well-being: Life Skills for Today's Students Challenges

Resource Person

Dr.Antony Lilypushpam D Counselor, PMIST

Organized by

CS- PMIST

Report

On

Pathway to Well-being: Life Skills for Today's

Student Challenges

26th October 2024

Department of Computer Science

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Pathway to Well-being: Life Skills for Today's Student Challenges

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Programme Coordinators

1. Dr. K. Thiyagarajan, & Dr. M. Malini,

Assistant Professor,

Department of Computer Science

Convenor

Dr. D. Christyujatha HoD/ CS

Pathway to Well-being: Life Skills for Today's Student Challenges

Programme Title	: Pathway to Well-being: Life Skills for Today's Student Challenges
Date	: 26th October 2024
Venue	: PKC-515, Classroom
Resource Person	: Dr. Antony Lilypushpam D, Counselor, PMIST

1. Program Overview:

The "**Pathway to Well-being: Life Skills for Today's Student Challenges**" program was a dedicated session aimed at equipping students with essential life skills to enhance their overall well-being and address the unique challenges they face in today's fast-paced environment.

Organized by the Department of Computer Science, the program featured **Dr. Antony Lilypushpam D, a distinguished counselor from PMIST**, as the guest speaker.

The session took place on **26th October 2024**, in an offline mode at Classroom PKC-515, and was attended by **60 students** from various disciplines. It focused on providing practical strategies to manage stress, build resilience, and improve mental health. Through interactive discussions and activities, the program highlighted the significance of life skills such as time management, emotional regulation, and effective communication, empowering students to navigate academic and social pressures effectively.

2. Objectives of the Programme:

- Equip students with essential life skills for managing stress and enhancing well-being.
- Provide practical tips on time management, emotional regulation, and effective communication.
- Promote self-awareness and positive coping strategies for academic and personal challenges.
- Address common issues faced by students, including academic pressure and social stress.
- Support holistic student development for a balanced and fulfilling life.

3. Detailed Programme Proceedings:

3.1 Welcome Address

The program commenced with a warm welcome address by the Programme Coordinator, Dr. K. Thiyagarajan, Assistant Professor, Department of Computer Science. He introduced the theme of the session, "Pathway to Well-being: Life Skills for Today's Student Challenges," and emphasized the importance of developing life skills to manage everyday stress and pressures faced by students. Dr. Thiyagarajan expressed gratitude to the guest speaker, Dr. Antony Lilypushpam, for her presence and expertise, and encouraged students to actively participate and make the most of the session.

3.2 Presentation by the Resource Person

The main presentation was delivered by Dr. Antony Lilypushpam D, a seasoned counselor from PMIST, who shared her insights on enhancing student well-being through practical life skills. She discussed key aspects such as:

- The significance of well-being and mental health in achieving academic success.
- Techniques for effective time management and goal setting.
- Emotional regulation strategies to cope with stress and anxiety.
- The importance of self-awareness and mindfulness in daily life. The presentation was engaging and included real-life examples and scenarios, making the content relatable and easy to understand for the students.

3.3 Interactive Session

Following the presentation, an interactive session was conducted where students had the opportunity to ask questions and share their concerns. Dr. Lilypushpam encouraged an open dialogue, addressing various queries related to managing academic stress, improving focus, and handling social pressures. The session also included a few practical exercises on mindfulness, which helped students experience the benefits of relaxation techniques firsthand. The interactive nature of the session kept students engaged and provided them with actionable insights.

3.4 Conclusion and Vote of Thanks

The program concluded with a Vote of Thanks delivered by the Coordinator, Ms. Malini M, Assistant Professor, Department of Computer Science. She expressed her heartfelt gratitude to Dr. Antony Lilypushpam for her valuable insights and to the organizing team for their efforts in making the session a success. Ms. Malini also thanked the students for their active participation and encouraged them to apply the life skills discussed during the session in their daily lives. The event ended on a positive note, with students expressing appreciation for the practical tips and strategies shared during the program

4. Outcomes:

- ✓ Students learned key life skills for managing stress and challenges.
- ✓ Gained practical tips for time management and emotional well-being.
- ✓ Improved confidence in handling academic pressures.
- ✓ Enhanced communication and interaction through active participation.
- ✓ Encouraged adoption of mindfulness and self-care practices.

