

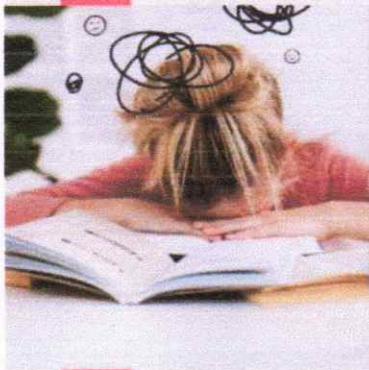


MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS) PG DEPARTMENT OF PSYCHOLOGY

IN COLLABORATION WITH

THE MENTAL COMPASS MAGAZINE

TO COMMEMORATE WORLD MENTAL DAY 2025
PRESENTS A WEBINAR SERIES ON



CREATIVITY

STUDENT MENTAL
HEALTH

WELLNESS

RESILIENCE

FROM 27TH OCTOBER TO 30TH OCTOBER 2025

TIME : 6PM TO 7PM

PLATFORM : GMEET

REGISTER NOW



Contact Us: +91-6383506854 | www.thementalcompass.in



PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

MARUDHAR KESARI JAIN

COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

Activity Report

Title	WORLD MENTAL HEALTH 2025 WEBINAR SERIES		
Organized By	PG Department of Psychology		
Type of Activity	Awareness Programme		
Level	Societal		
Date	27.10.2025 - 30.10.2025	Time	06.00 p.m to 07.00 p.m
Venue	Google Meet	Mode	Online
Resource Person Details	<p>Day 1 : Ms. V. NITHYA., M.Sc Applied Psychology Assistant Professor PG Department of Psychology, MKJC</p> <p>Day 2 : Ms. S. SWETHA., M.Sc Counselling Psychology Assistant Professor PG Department of Psychology, MKJC</p> <p>Day 3 : Ms. S. S. AMRUTHAM SHRUTHY., M.Sc Clinical Psychology Assistant Professor PG Department of Psychology, MKJC</p> <p>Day 4 : Ms. S. SHIVA SHREE., M.Sc Counselling Psychology Assistant Professor PG Department of Psychology, MKJC</p>		
Objective of the Webinar Series	<ol style="list-style-type: none"> 1. To understand the importance of mental health and its impact on daily functioning. 2. To introduce doodling as a mindful tool for stress reduction and emotional balance. 3. To identify common emotional and psychological challenges faced by students in academic settings. 4. To promote knowledge on foundational wellness practices such as sleep hygiene, nutrition, and physical movement. 5. To educate participants about the concept and importance of resilience in coping with life challenges. 		
Internal Participants Count	<p>Day 1 : Students : 14 Faculty : 6</p> <p>Day 2: Students : 14 Faculty : 8</p> <p>Day 3 Students : 13 Faculty : 5</p> <p>Day 4 Students : 8 Faculty : 4</p>	External Participants Count	<p>Day 1 : Students : 6 Faculty : 10</p> <p>Day 2: Students : 2 Faculty : 8</p> <p>Day 3 Students : 2 Faculty : 5</p> <p>Day 4 Students : 3 Faculty : 4</p>

Summary

Introduction:

The Ivan Pavlov Association of the PG Department of Psychology, under the School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi in collaboration with The Mental Compass Magazine, Chennai organized World Mental Health 2025 Webinar series under the titles '**Doodle Your Way Out of Brain Fog and Boost Creativity**', '**The Role of Teachers in Promoting Student Mental Health**', '**The Art of Cultivating Wellness for a Thriving Life**' and '**Building Resilience and Embracing a Healthy Lifestyle**' from **27.10.2025 to 30.10.2025** between 06.00 p.m - 07.00 p.m., to commemorate the World Mental Health day which is observed every year on the 10th of October.

Highlights of the Webinar Series

Day 1 : Doodle Your Way Out of Brain Fog and Boost Creativity - 27.10.2025

- **Ms. Nithya V** began the session by emphasizing the meaning of *mental health* as an essential aspect of overall well-being — a balance between thoughts, emotions, and behavior.
- She elaborated on how mental health affects our focus, relationships, and physical health, stressing the importance of nurturing the mind as we do the body.
- The presentation covered populations in India highly affected by mental health challenges, including children, adolescents, young adults, and older individuals, linking causes such as academic pressure, social media, financial stress, and emotional isolation.
- The core part of the session explored *doodling* as a form of mindfulness that calms the mind, improves attention, and promotes emotional expression.
- Participants learned that **black-and-white doodles** enhance focus and emotional regulation, while **color doodles** are useful for emotional release and creativity.
- The concept of **music doodling** was also introduced — combining auditory and visual engagement to promote flow, relaxation, and self-awareness.
- The resource person supported the session with real-life examples and research-backed insights showing how doodling reduces stress hormones and aids concentration.

Day 2 : The Role of Teachers in Promoting Student Mental Health - 28.10.2025

- The session began with a brief introduction about the importance of mental health in academic life.
- The resource person, Ms. Swetha S elaborated on WHO's definition of mental health, emphasizing that well-being enables individuals to realize their abilities, cope with stress, and contribute productively to society.
- She discussed the psychological, emotional, and social dimensions of student life and the increasing challenges posed by academic pressure, peer comparison, and social media influence.
- Ms. Swetha S explained that teachers play multifaceted roles as observers, supporters, referral points, and environment builders in maintaining student well-being.
- Practical strategies such as promoting social-emotional learning (SEL), reducing stigma, and incorporating mindfulness activities were shared.
- She also highlighted government initiatives like MaNaM Thittam and School Mental Health Awareness Drives, encouraging institutions to integrate mental health programs at all levels.

Day 3 : The Art of Cultivating Wellness for a Thriving Life - 29.10.2025

- The resource person, Ms. S.S.Amrutham Shruthy discussed the four foundational pillars of wellness — Rest and Sleep, Nutrition and Hydration, Movement and Body Awareness, and Mindset and Mental Space. She highlighted the three pillars of sleep hygiene—Consistency, Dark and Cool Environment, and Digital Detox—as essential factors for maintaining mental clarity.
- She also explained Cognitive Restructuring, a method that helps individuals challenge negative thought patterns and replace them with adaptive and positive perspectives. Through examples and reflective questions, she helped students identify stress triggers and improve emotional resilience.
- The session included discussions on emotional differentiation and acceptance, where students learned to acknowledge and accept their emotions without judgment.
- The interactive Q&A segment allowed participants to clarify doubts and share personal reflections on managing stress and improving self-care routines.

Day 4 : Building Resilience and Embracing a Healthy Lifestyle - 30.10.2025

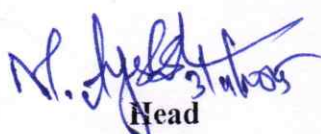
- The resource person, Ms. Shiva Shree S, delivered an insightful session highlighting the importance of emotional regulation, optimism, and self-care practices that contribute to resilience.
- The session began with a virtual icebreaker activity "Lost in Space", which encouraged active participation and engagement among students.
- She also explained how maintaining healthy routines can positively impact one's overall mental health.
- The presentation included case studies, research findings, and practical techniques to develop coping skills and manage stress effectively.

Conclusion:

The webinar sessions aimed to raise awareness about mental well-being, encourage creative coping techniques, exploring the therapeutic benefits of doodling as a mindful practice to overcome stress, to enhance focus, real-life examples and case discussions were presented to demonstrate effective teacher intervention, encouraged the participants to build resilience and self-compassion through mindful practices and the importance of maintaining a healthy lifestyle was discussed, highlighting "Life's Essential 8" – diet, activity, sleep, stress control, and overall wellness.

Outcome of the Webinar Series

1. The participants learned how to integrate doodling into daily routines for focus and emotional regulation.
2. The participants developed an increased understanding of institutional roles and policy measures supporting student well-being.
3. The participants gained awareness of holistic wellness and its impact on mental and emotional health.
4. The webinar session inspired participants to value mental well-being as much as physical health.
5. The overall sessions encouraged mindful living and a holistic approach to a healthy, happy life.


Head


Dean, SLS


IQAC Director


Principal

PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)
VANIYAMBADI



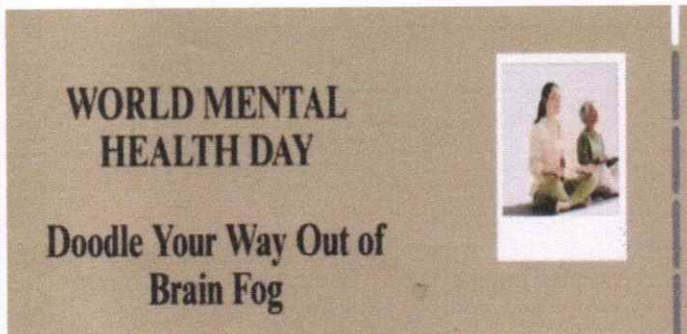
PG DEPARTMENT OF PSYCHOLOGY

In Collaboration with

THE MENTAL COMPASS MAGAZINE, CHENNAI

WORLD MENTAL HEALTH WEBINAR SERIES

Date : 27.10.2025 - 30.10.2025

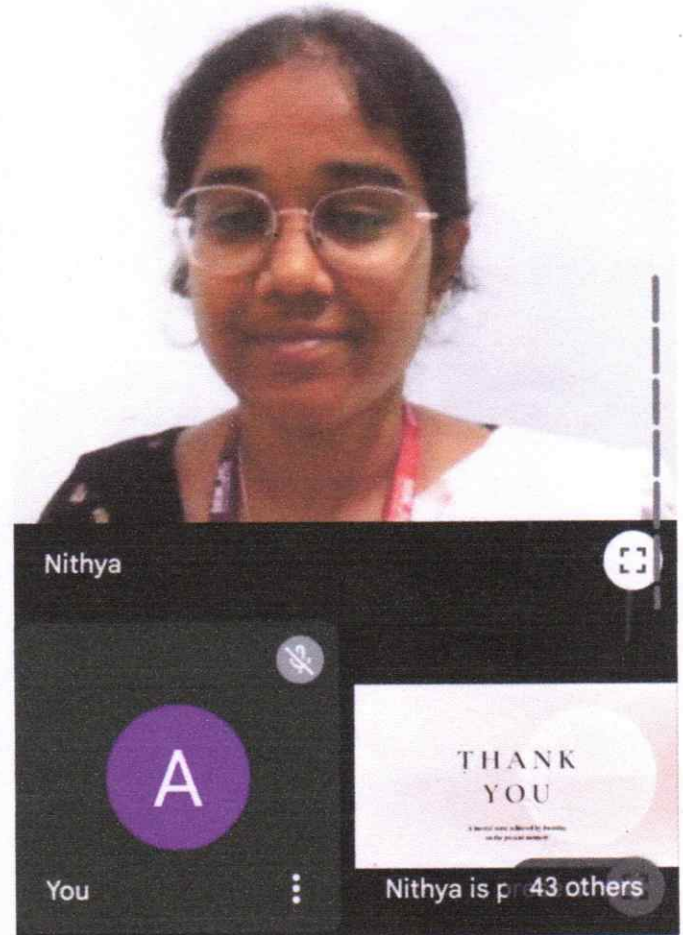
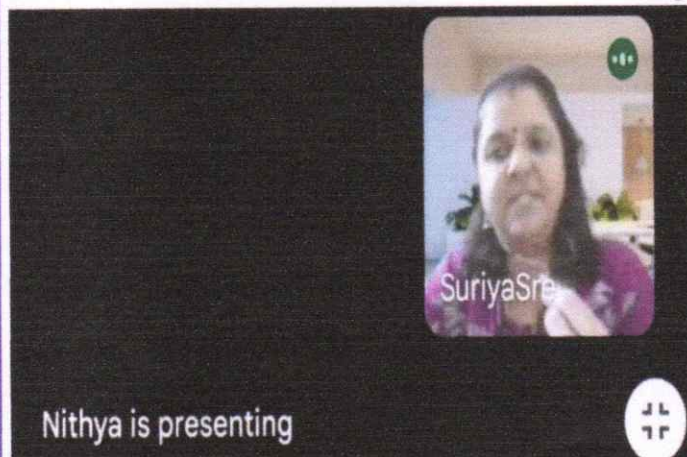


Presented By

Ms. NITHYA V

ASSISTANT PROFESSOR, PG DEPARTMENT OF PSYCHOLOGY

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous),
VANIYAMBADI



MP. Nithya
HOD

35/10/25
DEAN, SCHOOL OF LIFE SCIENCES

35/10/25
PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751
Tirupattur District



WHY FOCUS ON STUDENTS' MENTAL HEALTH?

STUDENTS FACE ACADEMIC PRESSURE, SOCIAL MEDIA INFLUENCE, AND PEER COMPARISON THAT IMPACT MENTAL HEALTH.

Academic success, personal development, and overall well-being. Students show that unresolved mental health issues can lead to academic struggles, decreased motivation, and difficulty maintaining relationships. Mental health plays a crucial role in a student's academic success, personal development, and overall well-being.

Swetha is presenting

A

Trying to speak? Turn on your microphone.

Teacher roles and Responsibilities

Observer: Recognizing early signs of mental health struggles

Supporter: Providing emotional support and encouragement

Referral Point: Knowing when and how to refer students to professional help

Role Model: Promoting empathy, resilience, and healthy coping strategies

Environment Builder: Creating an inclusive, safe, and respectful classroom climate

Swetha is presenting

F

You

Swetha

Swathy 39 others



Nithya is presenting

A

Manjusha Balakrishnan joined



Mr. Jayalal
HOD
31/10/23

DEAN, SCHOOL OF LIFE SCIENCES

PRINCIPAL

PRINCIPAL

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751
Tirupattur District