



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT - 635 751

MAGAZINE™
MENTAL
Compass

33
Years of
Educational
Excellence

- Recognized u/s 2(f) & 12(B) of UGC Act 1956
- Permanently Affiliated to Thiruvalluvar University
- Supported by DST - FIST | DBT STAR College Scheme



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of Education Initiative)



EDU SOUL'26



"Celebrating Those Who Teach, Inspire & Guide"

The Ivan Pavlov Association of
PG Department of Psychology,

Under the School of Life Sciences,
Mental Health and Well-Being Cell
of Marudhar Kesari Jain College for Women (Autonomous),
Vaniyambadi

in Collaboration with

The Mental Compass Magazine, Chennai

invites all students and faculty members to participate in
EduSoul'26, a collaborative initiative.

The initiative provides a platform to share thoughts, experiences, reflections, poems, and perspectives on teachers, education, student life, and mental health.



Mental Health
on Campus



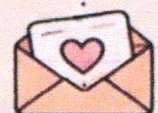
The Teacher
Who Changed
My Life



The Unspoken
Syllabus



Are You
Really Okay?



If I Could Tell
My Teacher/
Student One Thing

★ THEMES INCLUDE ★



LAST DATE FOR
SUBMISSION:
8 SEPTEMBER 2026



SUBMISSION:
English / Tamil
Original Entries



EMAIL YOUR ENTRIES TO
info.thementalcompass@gmail.com

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

*Let your voice inspire a conversation.
Let the conversation make
education more human!*

V. Dilip Kumar Jain
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal



**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN**
(AUTONOMOUS)
VANIYAMBADI - 635 751

33
Years of
Educational
Excellence

**THE IVAN PAVLOV ASSOCIATION
OF THE PG DEPARTMENT OF PSYCHOLOGY**

under the School of Life Sciences &

MENTAL HEALTH AND WELL-BEING CELL

in collaboration with

THE MENTAL COMPASS MAGAZINE, CHENNAI



— > *Organizes* < —

EDUSOUL HOUR

"Students Speak, Teachers Listen"

In continuation of EduSoul'26

*"Celebrating Those Who Teach,
Inspire and Guide"*

*Better
Students
Brighter
Future*



Online Submission Initiative

held from 22.08.2026 to 08.09.2026
in commemoration of Teachers' Day.



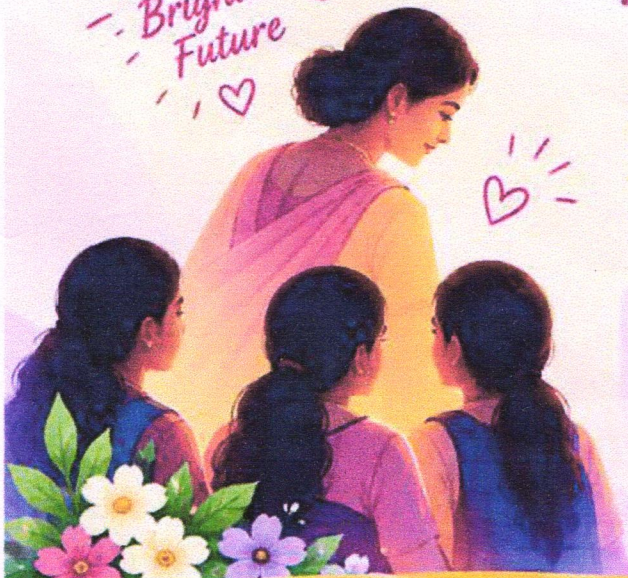
Date:
22.09.2026



Time:
06.00 p.m. -
07.00 p.m.



Mode:
Online -
Google Meet



Principals
PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Anand Singampattur District
Secretary

*Learn
Grow
Together*

Dr. M. Inbavalli
Principal

V. Dilip Kumar Jain
President



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University
Accredited by NAAC with “A+” Grade (4th Cycle) – Supported by DST - FIST | DBT STAR College Scheme
Vaniyambadi, Tirupattur District - 635 751

SCHOOL OF LIFE SCIENCES

IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH AND WELL - BEING CELL

In Collaboration with THE MENTAL COMPASS MAGAZINE, CHENNAI

Organized

EDUSOUL'26 - “Celebrating those who teach, inspire and guide”

23.08.2026 - 08.09.2026 - Online Articles Submission Initiative in commemoration of Teacher's Day

&

EDUSOUL HOUR - “Students Speak, Teachers Listen”

22.09.2026 - Online Mode

Date: 22.09.2026

Time: 06.00 p.m - 07.00 p.m

Mode: Google Meet

AGENDA

Prayer and Tamil Thaa Vazhthu

Welcome Address	:	Ms. Aiman Fathima S T III B.Sc Psychology, MKJC
About Edusoul'26	:	Ms. Aathika Ruffaida K III B.Sc Psychology, MKJC
Students Speak Hour	:	Students of MKJC
Faculty response Hour	:	Faculty of MKJC
Panel and Expert Conversation	:	1. Ms. Arthy Sriram , Counselling Psychologist, Certified Career Counsellor, Certified Professional Supervisor & Certified POSH & POCSO Trainer. 2. Ms. Suriya Sre V S , Counselling Psychologist, Certified Career Guidance Counsellor, Soft Skills & Employability Trainer, and Relationship Counsellor
Reflection Round	:	Students and Faculty will speak on “One thing I wish you knew”
Vote of Thanks	:	Ms. Sidra Kulsum K P III B.Sc Psychology, MKJC
National Anthem		

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Marudhar Kesari Jain College
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Vaniyambadi - 635 751.
Tirupattur District



**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI**

33
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Excellence...

Activity Report

SUMMARY REPORT

TOPIC / SUBJECT OF THE ACTIVITY

The Ivan Pavlov Association of the PG Department of Psychology, under the School of Life Sciences, and the Mental Health and Well-Being Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, in collaboration with The Mental Compass Magazine, Chennai, organized an online article submission initiative titled **“EduSoul’26”** with the theme **“Celebrating Those Who Teach, Inspire and Guide”** from **23.08.2026 to 08.09.2026**, in commemoration of Teachers’ Day.

The initiative provided an opportunity for both faculty members and students of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, to express their perspectives, experiences and reflections through various themes related to education, teacher–student relationships, mental health and well-being, and the lessons learned beyond the classroom.

As a culmination of the online article submission initiative, a closing meet titled **“EduSoul Hour”**, with the theme **“Students Speak, Teachers Listen”**, was conducted through online mode on **22.09.2026**. The session provided a meaningful platform for both teachers and students to share their perspectives, experiences, challenges and thoughts on **balancing academic expectations with student well-being**. The interactive session encouraged open dialogue, mutual understanding and reflection on the importance of creating a supportive and empathetic educational environment.

EDUSOUL’26 THEMES FOR ONLINE ARTICLE SUBMISSION

The EduSoul’26 initiative was communicated to the college community to encourage participation from both students and faculty members. Participants were permitted to submit their work in English or Tamil and could choose from different forms of creative and reflective expression, based on the following themes:

1. The Mental Health Conversation We Need on Campus
2. Beyond the Classroom: The Teacher Who Changed My Life
3. The Unspoken Syllabus
4. Are you really okay?
5. If I Could Tell My Teacher One Thing... / If I Could Tell My Student One Thing...

OBJECTIVES (INPUT):

- ✓ To create a platform for meaningful **student–teacher dialogue**.
- ✓ To explore the experiences and challenges faced by students in contemporary educational settings

- ✓ To encourage teachers to listen to and understand students' perspectives on academic expectations and well-being.
- ✓ To highlight the importance of balancing academic responsibilities with emotional and mental well-being.
- ✓ To recognize the role of teachers in inspiring, guiding and supporting students beyond the classroom.

METHODOLOGY (PROCESS):

The session was conducted as an interactive online platform that brought together students and teachers for meaningful reflection and discussion. The participants were encouraged to share their thoughts and experiences relating to education, student-teacher relationships, academic expectations and personal well-being.

The central segment of the programme was the **Students Speak Hour**, where students were invited to share their reflections and experiences based on the themes of EduSoul'26. Students from different departments expressed their thoughts and perspectives, creating an opportunity for their written reflections to be transformed into an open conversation.

Following the students' reflections, the programme moved into the **Teachers Response Hour**. This segment provided an opportunity for teachers to respond to student voices and demonstrated the importance of reciprocal communication within an educational setting.

The programme further included a **Panel and Expert Conversation** with delegates from **The Mental Compass Magazine, Chennai**, Ms. Arthy Sriram, Counselling Psychologist, Certified Career Counsellor, Certified Professional Supervisor & Certified POSH & POCSO Trainer and Ms. Suriya Sre V S, Counselling Psychologist, Certified Career Guidance Counsellor, Soft Skills & Employability Trainer, and Relationship Counsellor. The conversation provided an additional perspective on the themes discussed during the session and extended the dialogue beyond individual student and teacher reflections.

A reflection round was conducted towards the end of the programme, whereby both the teachers as well as the students spoke on the theme "One thing I wish you knew", thereby sharing their views and opinions on the teacher student relationship and emotional well being. This provided an opportunity for the audience to reflect on the importance of listening, communication, emotional well-being, and mutual understanding within the educational environment.

OUTPUT:

The Edusoul'26 online article submission initiative provided a structured platform for students and faculty to express their perspectives through diverse forms of writing, including:

- Essays and opinion articles
- Personal narratives
- Reflective writing

- Poetry
- Teacher–student perspective pieces
- Creative non-fiction
- Anonymous personal narratives where applicable

Selected entries were proposed to be featured in the upcoming collaborative edition of **The Mental Compass Magazine**, with certificates/recognition also proposed subject to the final structure of the initiative.

The EduSoul Hour provided a common platform for **students and teachers to speak, listen and reflect together**. It served as a meaningful culmination to the EduSoul'26 article submission initiative and extended the written expressions of students and faculty into an interactive dialogue.

OUTCOMES:

- ✓ EduSoul'26 provided an opportunity to strengthen communication between students and educators by creating space for voices that may not ordinarily be expressed within the classroom.
- ✓ The initiative particularly encouraged reflection on student mental health, emotional well-being, teacher–student relationships and the life lessons associated with education.
- ✓ The Edusoul Hour session promoted greater awareness of the importance of **student well-being alongside academic development**.
- ✓ It encouraged students to articulate their experiences and concerns while providing teachers with an opportunity to understand student perspectives more closely.
- ✓ The interactive nature of the session contributed to fostering **empathy, communication, mutual respect and stronger teacher–student relationships**.
- ✓ It also reinforced the idea that meaningful education extends beyond textbooks, classrooms and academic achievement.

CONCLUSION

The Edusoul'26 – Celebrating Those Who Teach, Inspire & Guide served as a meaningful initiative to humanize education by bringing together the voices of students and teachers.

The collaborative concept promoted the idea that learning is not restricted to academic content and that teachers and students can learn from one another.

The **EduSoul Hour - “Students Speak, Teachers Listen”**, further extended this approach by providing an online platform for open dialogue, reflection, inspiration and community building.

The session highlighted the importance of listening, understanding and responding to the evolving needs of students while recognizing the significant role of teachers in shaping, inspiring and guiding young minds.

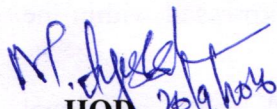
The programme successfully carried forward the spirit of **EduSoul'26 – “Celebrating Those Who Teach, Inspire and Guide”**, reinforcing the message that education becomes more meaningful when **students are heard, teachers listen, and both learn from one another**.

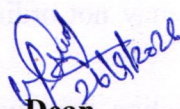
EduSoul Hour contributes to **SDG 4: Quality Education** by promoting education that goes beyond academic achievement and supports the holistic development and well-being of learners. **SDG 17 : Partnerships for the goals** is reflected through the partnership between the college, its academic and well-being units, The Mental Compass Magazine, students and faculty to collectively promote meaningful education and well-being.

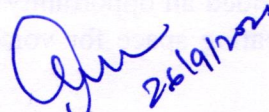
EduSoul Hour demonstrates how quality education can be strengthened through meaningful partnerships. While SDG 4 is addressed through student participation, holistic learning and emotional well-being, SDG 17 is reflected through collaboration, knowledge sharing and collective engagement among educational and community stakeholders.

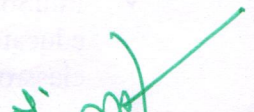
Participants Count :

Internal Participants	:	Faculty : 10; Students: 78
External Participants	:	Delegates: 3 ; Students : -


HOD 26/9/2022


Dean 26/9/2022


IQAC Director 26/9/2022


Principal

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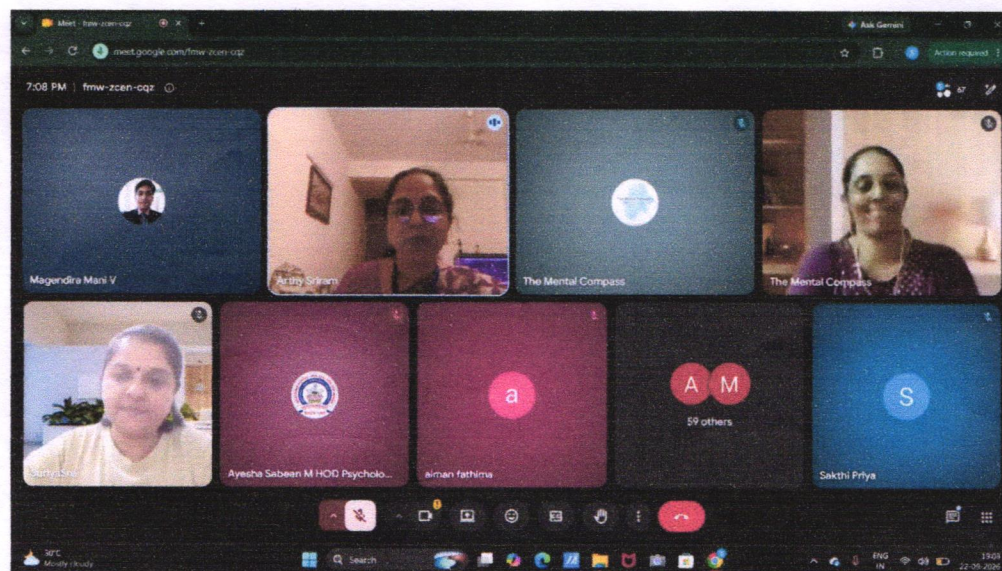
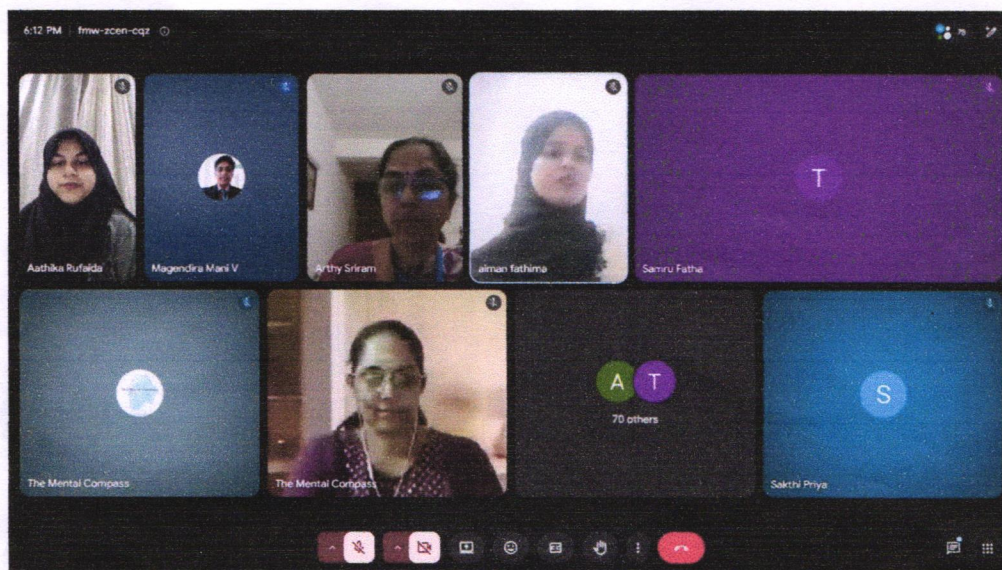
VANIYAMBADI

SCHOOL OF LIFE SCIENCES

**Ivan Pavlov Association of the PG Department of Psychology and
Mental Health and Well - Being Cell**

**In Collaboration With The Mental Compass Magazine, Chennai organized
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In Continuation of Edusoul'26 - "Celebrating those who teach, inspire
and guide" - Online Article Submissions from 23.08.2026 - 08.09.2026
In Commemoration of Teachers Day**

Date : 22.09.2026



M. J. Jeyaraj
HOD 26/9/26

M. J. Jeyaraj
DEAN, SLS

M. J. Jeyaraj
IQAC DIRECTOR 26/9/2026

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