



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited

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PROGRAMME REPORT ON

Student Awareness Drive-Mental Health & Well-being

Resource Person

**Dr. K Sivakumar, Freelance Counsultant, Mental Well
Being, Thanjavur**

Organized by

MANAGEMENT- PMIST



**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**

Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

FACULTY OF MANAGEMENT STUDIES

Department of Management Studies

Special Lecture	Experts / Guest Speaker	Beneficiaries
Special Awareness Drive on “Mental Health & Well-Being”	<p align="center">Dr. K. Sivakkumar, Freelance Consultant, Mental Well-Being, Thanjavur.</p> <p align="center">Mobile: +91 95859 75127</p>	<p align="center">BBA I year LSCM A & B Students</p>
<p>Date / Period: 13-11-2025 Time: 08.30 a.m. to 11.00 a.m.</p>		<p align="center">80</p>
<p>Report / Summary / Key points discussed: The objective of this programme was to create awareness among BBA I-year LSCM students about Mental Health and Well-being in their daily lives. The session focused on helping students in understanding the importance of maintaining a healthy mind, managing stress, and developing positive habits. The resource person explained how emotional balance, self-care, and seeking support when needed can improve both academic performance and overall happiness.</p>		



Participants listening to the lecture



Dr K. Sivakumar, Thanjavur, delivering the Awareness Drive on Mental Health & Well-Being

ACCREDITATIONS & RANKINGS



FACULTY OF MANAGEMENT STUDIES
DEPARTMENT OF MANAGEMENT STUDIES
Organizes
Student Awareness Drive on
“ Mental Health and Well-being”



RESOURCE PERSON

**Dr.K.Sivakumar, Freelance Consultant,
Mental Well-being, Thanjavur**

13 Nov, 2025

08:30am -11:00 am

Venue:TB-II,Room No:324



Periyar Maniammai Institute of Science & Technology (Deemed to be University), Periyar Nagar, Vallam, Thanjavur 613-403 Tamilnadu, India.

Convenors
Dr. B. Mahendra Mohan
Dean - FoMS
Dr. J. Sathyapriya
Head /Management
Studies

Coordinators
Ms. K. Keerthana
Mr. P. Ramkumar
Assistant Professor
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STUDENT AWARENESS DRIVE ON "EMPOWERING MINDS: A SESSION ON MENTAL HEALTH AND WELL- BEING"

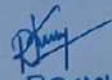
Date: 13.10.2025

Venue: TB -II ROOM NO: 324

Session: FN

S.No.	Register Number	Name of the Student	Class, Year and Section	Signature
1	125012176133	Hyder Nizaam A	I-LSCM-B	A. Hyder Nizaam
2	125012176159	Praveen K	I-LSCM-B	K. Praveen
3	125012176161	Abdul Samedh A R	I-LSCM-B	A.R. Abdul Samedh
4	125012176162	Abdul Wahid K	I-LSCM-B	K. Abdul Wahid
5	125012176163	Arjun M	I-LSCM-B	M. Arjun
6	125012176164	Arsath Ahamed A	I-LSCM-B	A. Amath Ahamed
7	125012176165	Baranidharan J	I-LSCM-B	ABSENT
8	125012176166	Baskaran T	I-LSCM-B	T. Baskaran
9	125012176167	Dharshan M	I-LSCM-B	M. Dharshan
10	125012176169	Dinesh M	I-LSCM-B	M. Dinesh
11	125012176170	Hariharan S	I-LSCM-B	S. Hariharan
12	125012176171	Iman I	I-LSCM-B	I. Iman
13	125012176172	Kishore Kumar V	I-LSCM-B	V. Kishore
14	125012176173	Kishore P	I-LSCM-B	P. Kishore
15	125012176174	Manikandan T	I-LSCM-B	T. Manikandan
16	125012176175	Mohamed Arif M	I-LSCM-B	ABSENT
17	125012176176	Mohamed Imran A	I-LSCM-B	A. Imran
18	125012176177	Mohamed Irfan A	I-LSCM-B	A. Irfan

19	125012176178	Mohamed Nafeel S	I-LSCM-B	S. Mohamed Nafeel
20	125012176179	Mohamed Rafi H	I-LSCM-B	H. Rafi
21	125012176180	Mohamed Riyas M	I-LSCM-B	M. Riyas
22	125012176181	Mohamed Yasir S	I-LSCM-B	S. Mohamed Yasir
23	125012176182	Mohamed Yusuf S	I-LSCM-B	S. Mohamed Yusuf
24	125012176184	Naveenkannan M	I-LSCM-B	M. Naveenkannan
25	125012176185	Parthasarathy S	I-LSCM-B	S. Parthasarathy
26	125012176186	Praveen Raj V	I-LSCM-B	V. Praveenraj
27	125012176187	Pravin P	I-LSCM-B	P. Pravin
28	125012176188	Ragul C	I-LSCM-B	ABSENT
29	125012176189	Rajadurai P	I-LSCM-B	P. Rajadurai
30	125012176190	Rajapriyan J	I-LSCM-B	J. Rajapriyan
31	125012176192	Salman Farish A	I-LSCM-B	ABSENT
32	125012176193	Samsudheen S	I-LSCM-B	ABSENT
33	125012176194	Sashi Pooshan M	I-LSCM-B	M. Sashi
34	125012176195	Shahid Faris M	I-LSCM-B	M. Shahid
35	125012176196	Sudhakar S	I-LSCM-B	S. Sudhakar
36	125012176197	Vasanthakumar S	I-LSCM-B	S. Vasanthakumar
37	125012176198	Vijay S	I-LSCM-B	S. Vijay
38	125012176199	Vishwa J	I-LSCM-B	J. Vishwa
39	125012176201	Rajaprakash G	I-LSCM-B	ABSENT
40	125012176202	Suthakar S	I-LSCM-B	S. Suthakar


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 Coordinator


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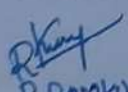
Date: 13.11.2025

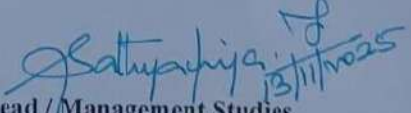
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Session: FN

S.No.	Register Number	Name of the Student	Class, Year and Section	Signature
1	125012176119	Aadhi A	I-LSCM-A	A. Aadhi
2	125011176120	Aarthi K	I-LSCM-A	K. Aarthi
3	125012176121	Afsal Ahamed M	I-LSCM-A	M. Afsal Ahamed
4	125012176122	Afsal Khan M	I-LSCM-A	Afsal Khan
5	125012176123	Ajmal S	I-LSCM-A	S. Ajmal
6	125012176124	Anbukumaran K	I-LSCM-A	K. ANBUKUMARAN
7	125011176125	Anusri R	I-LSCM-A	Anusri R
8	125012176126	Balakumaaran S	I-LSCM-A	ABSENT
9	125012176127	Basheer Ali S	I-LSCM-A	S. Basheer
10	125012176128	Brindha R	I-LSCM-A	R. Brindha
11	125012176129	Dinesh K	I-LSCM-A	K. Dinesh
12	125011176130	Fakhira N	I-LSCM-A	N. Fakhira
13	125012176131	Fatha Ahamed H	I-LSCM-A	H. Fatha Ahamed
14	125012176132	Hishaam Kader A	I-LSCM-A	A. Hishaam Kader
15	125012176134	Joan Gladson N	I-LSCM-A	N. Joan Gladson
16	125011176135	Madhavarshini B	I-LSCM-A	B. Madhavarshini
17	125011176136	Mahalakshmi S M	I-LSCM-A	S. M. Mahalakshmi
18	125012176137	Makeshaarya L	I-LSCM-A	L. Makeshaarya
19	125012176138	Mohamed Farhaan M	I-LSCM-A	M. Farhaan

20	125012176139	Mohamed Mateen M R	I-LSCM-A	ABSENT
21	125012176140	Mohamed Saffiq S	I-LSCM-A	S. Saffiq
22	125012176141	Mohamed Thanzim J	I-LSCM-A	ABSENT
23	125012176142	Mohamed Yahya M	I-LSCM-A	M. Mohamed Yahya
24	125011176143	Narmatha S	I-LSCM-A	S. Narmatha
25	125012176144	Praveen T	I-LSCM-A	T. Praveen
26	125012176145	Rahul N	I-LSCM-A	ABSENT
27	125012176146	Rithish A	I-LSCM-A	ABSENT
28	125012176147	Rohith P	I-LSCM-A	ABSENT
29	125012176148	Sabarish B	I-LSCM-A	Sabarish
30	125012176149	Sanjai N	I-LSCM-A	Sanjai
31	125012176150	Sanjay K	I-LSCM-A	Sanjay K
32	125011176151	Santhiya P	I-LSCM-A	Santhiya
33	125012176152	Santhosh Kumar M	I-LSCM-A	M. Santhosh Kumar
34	125012176153	Saravanakumar M	I-LSCM-A	M. Saravana Kumar
35	125012176154	Sheik Abul Faiz J	I-LSCM-A	J. Sheikh Abul Faiz
36	125011176155	Srinithi M	I-LSCM-A	ABSENT
37	125012176156	Subash S	I-LSCM-A	S. Subash
38	125012176157	Suriyavarman M	I-LSCM-A	M. Suriyavarman
39	125012176158	Vinoth V	I-LSCM-A	ABSENT
40	125011176183	Musfira Afnan A	I-LSCM-A	ABSENT
41	125012176200	Mohamed Fahim J	I-LSCM-A	J. Fahim
42	125012176203	Madhan S	I-LSCM-A	ABSENT


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Feedback Report for Student Awareness Drive on Mental Health & Well-Being 13.11.2025

Chart: 1

Class and Sec

50 responses

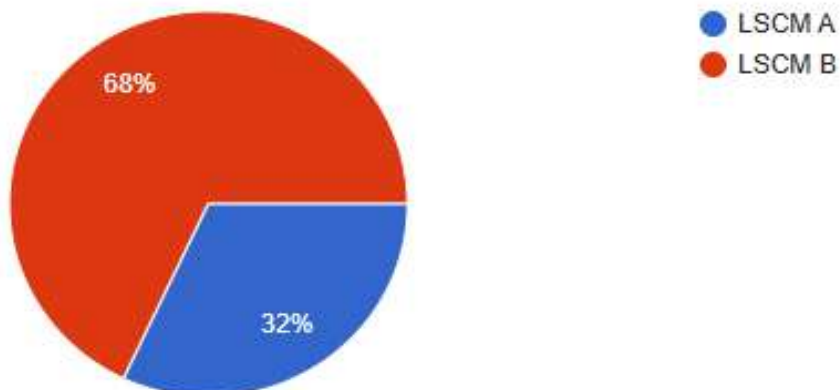


Chart: 2

The objectives of the Programme were clearly defined

50 responses

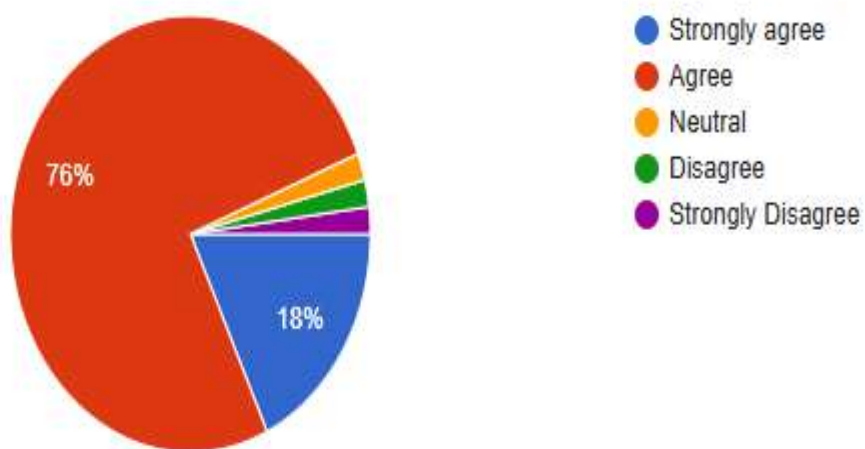


Chart: 3

The Department provided proper infrastructure for the smooth conduct of the programme.

50 responses

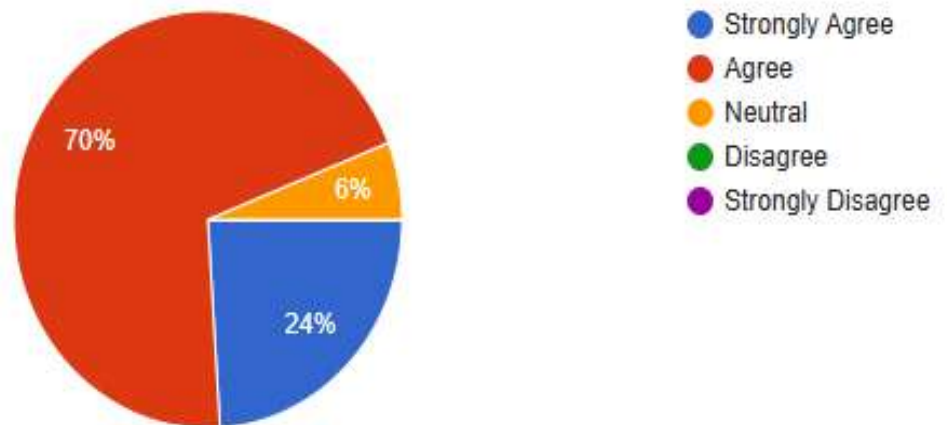


Chart: 4

The resource person demonstrated effectively

50 responses

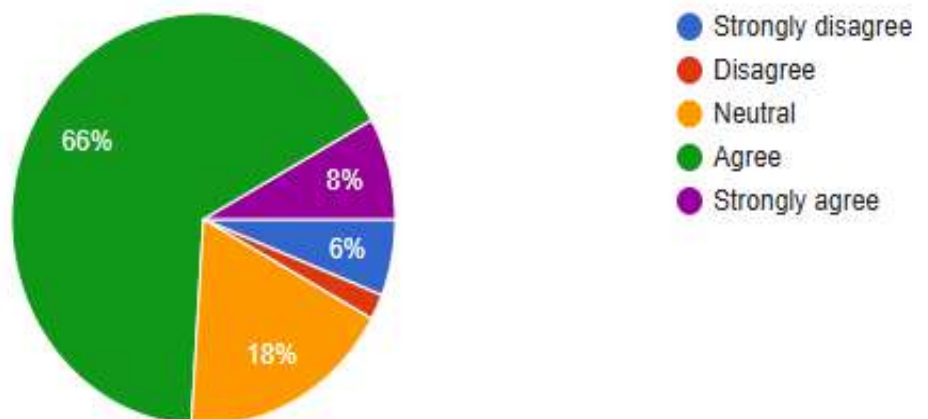


Chart: 5

The programme was well organized and efficiently coordinated by the Department.

50 responses

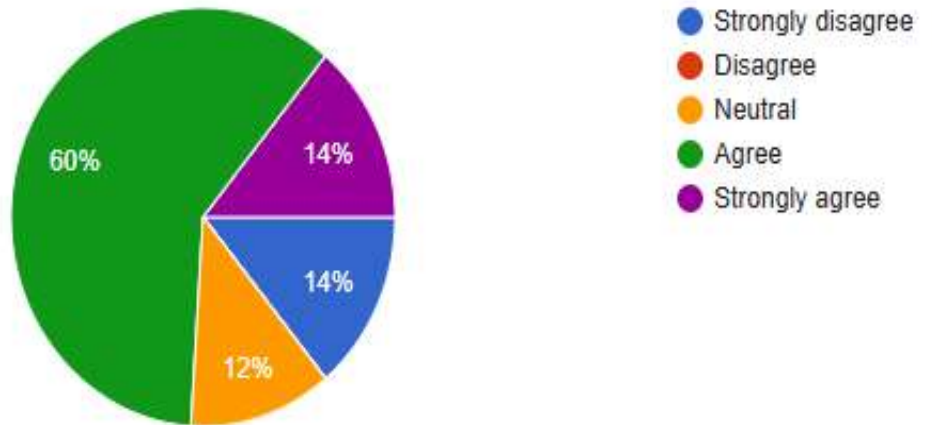


Chart: 6

The overall learning experience from the programme was valuable and engaging.

50 responses

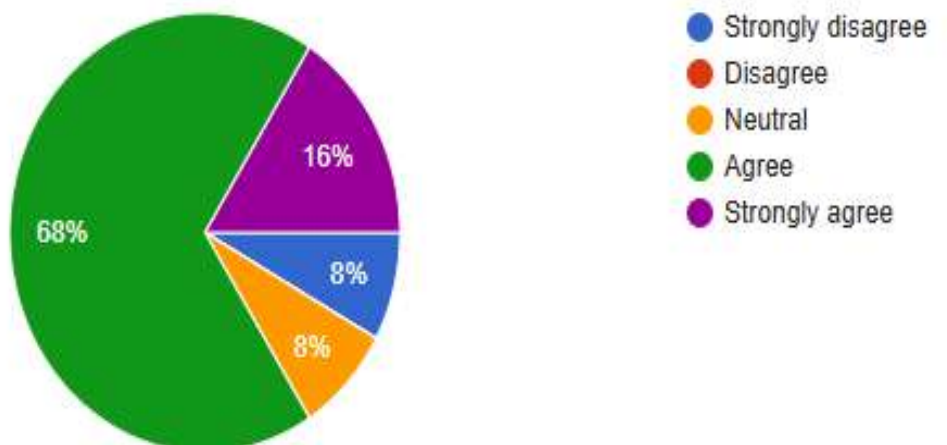


Chart: 7

The duration of the programme was appropriate and well utilized.

50 responses

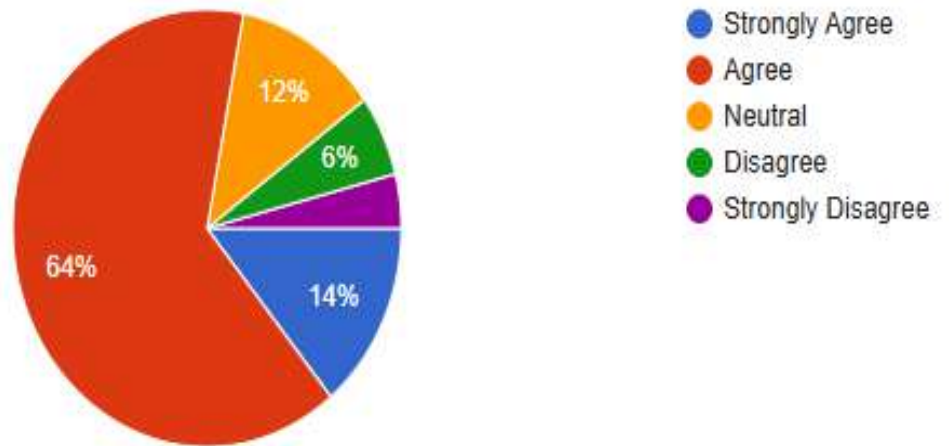


Chart: 8

The content of the programme was relevant and useful.

50 responses

