

	Nallamuthu Gounder Mahalingam College (Autonomous) Re-Accredited by NAAC with A++ and ISO 9001:2015 Certified Institution Affiliated to Bharathiar University, Coimbatore Pollachi – 642 001	
Name of the Event: Guest Lecture for Students on “The Impact of Social Media on Student’s Mental Health”		
Department : Human Excellence		
Name of the Organizer : Mrs.S.Jeyalakshmi (HOD), Mr.N.Panneerselvam, Dr.P.Veersithivinayagan, Dr.S.Shanmugavadivu, Mr.V.Settu, Dr.S.Maheswari , Mrs.G.Gnanasoundari, Mrs.K.Santhi, Dr.S.Jagadambal, Mrs.D.Yashotha, Mrs.A.Srikavitha		
Category : Guest Lecture for Students		
Date : 29.01.2025	No. of Days : One Day	
No. of Participants: 80		
In Collaboration with: Nil		
Target Audience : Students	Beneficiaries of the Event : Students	
Link to the Activity report on the website :		



NGM College

Autonomous, Pollachi.

Re-Accredited by NAAC with A++, An ISO Certified Institution
Affiliated to Bharathiar University, Coimbatore



Department of Human Excellence

organises

Guest Lecture

**"THE IMPACT OF SOCIAL MEDIA ON STUDENTS'
MENTAL HEALTH"**

Guest speaker

Prof.V.Manickavachakam M.A.,Mphil.,(Yoga)
President, Mohanur manavalakalaيمانtram trust.

Organized Committee

- Mrs. S. Jayalakshmi (HOD)
- Assistant Professors:
- Mr.N. Panneerselvam
- Dr.P. Veerasithi Vinayagan
- Dr. S. Shanmuga Vadivu
- Mr. V. Settu
- Dr. S. Maheswari
- Mrs. D. Gnanasoundari
- Mrs. K. Santhi
- Dr. S. Jagadambal
- Mrs. D. Yashotha
- Mrs. A. Srikavitha

Prof. P. Manickavachakam
Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.

Advisors

- Dr. S. Saravana Babu,
Director – Academic
- Dr. S. Umamathy,
Dean – Research
- Dr. R. Muthukumaran,
Dean Outreach & Students Affairs

Dr. R. Manicka Chezian
Principal /c
Nallamuthu Gounder Mahalingam College
Pollachi - 642 001, Coimbatore District.



29.01.2025



3.00 pm - 4.30 pm



Arutjothi Arangam

IQAC/2024-25/JAN/153

2. Report of the Event

The Department of Human Excellence organized an insightful guest lecture on "The Impact of Social Media on Students' Mental Health" on 29th January 2025. Mrs.D.Gnanasoundari, Assistant Professor, Department of Human Excellence gave welcome address. The session was delivered by Prof. V. Manickavachakam, President of Mohanur Manavalakkalai Mandram Trust, a renowned SKY Yoga Professor, and the Vice President of Namakkal Manavalakkalai Trust. The objective of the lecture was to educate students on the psychological and emotional effects of social media, emphasizing the importance of mindful usage. Prof. Manickavasagan shared his expertise on how excessive social media engagement can lead to anxiety, stress, and reduced concentration, ultimately affecting academic performance and personal well-being.

During his lecture, Prof. V.Manickavachakam provided a deep understanding of how social media influences cognitive functions, sleep cycles, and emotional stability. He highlighted both the benefits and risks associated with social media platforms, stressing the importance of self-discipline and time management. The session included practical techniques such as digital detox strategies, mindfulness practices, and SKY Yoga techniques, which help in managing stress and improving focus. The event concluded with Dr.S.Shanmugavadivu, Assistant Professor, Department of Human Excellence a heartfelt appreciation for Prof. V. Manickavachakam for his enlightening talk. More than 80 students from various departments took part in this session and benefited from it.


Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.


Dr. R. MANICKA CHEZIAN M.Sc., M.S., Ph.D.,
PRINCIPAL I/c
Nallamuthu Gounder Mahalingam College
Pollachi - 642 001, Coimbatore District.



Department of Human Excellence

NGM College, Pollachi

Guest Lecture

IMPACT OF SOCIAL MEDIA ON STUDENTS' MENTAL HEALTH

Attendance Sheet

Date: 29.01.2025

Time: 2.00 TO 4.00 Pm

Venue: Aruljothi Arangam

Sl.No	Name of the Student's	Department	Phone No	Signature
	P. Gouthama	BA History	843897337	P. Gouthama
	K. H.A. Harasudhan	B.A. History	934279540	K. H.A. Harasudhan
	K. Yuvaraj	B.A. History	843888641	K. Yuvaraj
	P. Nandhika Krishnan	B.A. History	843873983	P. Nandhika Krishnan
	N. Dhanraj	B.A. History	843891046	N. Dhanraj
	V. Ganesh Kumar	B.A. History	904252960	V. Ganesh Kumar
	M. Parvathakumari	B.A. History	741896907	M. Parvathakumari
	P. Manikandah	B.A. History	852035589	P. Manikandah
	R. Midhun Krishna	B.A. History	902581516	R. Midhun Krishna
	N. Mahan K. Ramani	B.A. History	887047757	N. Mahan K. Ramani
	K. Manoj	B.A. History	700473494	K. Manoj
	S. Ishwari	B.A. History	934468906	S. Ishwari
	M. Anandha Kumar	B.A. History	688010673	M. Anandha Kumar
	S. Rishad	B.A. History	850815162	S. Rishad
	N. K. Tejaswini	B.Sc Botany	934269375	N. K. Tejaswini
	M. Yuvaraj	B.Sc Botany	868287063	M. Yuvaraj
	V. Vinith Kumar	B.Sc Botany	843818564	V. Vinith Kumar
	M. Gopi	B.Sc Botany	733904633	M. Gopi
	S. Nivankarthik	B.Sc Botany	638043099	S. Nivankarthik
	S. Kathiresan	B.Sc Botany	936378296	S. Kathiresan
	MRAMAKRISHNAN	B.A. History	805642590	MRAMAKRISHNAN
	P. Charan	B.Sc Zoology	812435326	P. Charan

[Signature]

Head & Assistant Professor,
Department of Human Excellence,
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[Signature]
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Sl.No	Name of the Student's	Department	Phone No	Signature
1.	K.Thabasree Rathnam	Bsc. Botany	98433 86664	K.Thabasree
	K.vishalini	B.Sc. Botany	7397483773	K.vishalini
	S. Mahadurga Sri	B.Sc. Botany	8754610665	S. Mahadurga Sri
	P.Muthu Lakshmi	B.Sc. Botany	9566347059	P.Muthu Lakshmi
	T.Swetha	B.Sc. BOTANY	9342176137	T.Swetha
	N.M Subashini	B.Sc botany	9488 20224	N.M Subashini
	Amintha .A	B.Sc chemistry	6383020841	Amintha .A
	Dharsana .S	B.Sc chemistry	9400932456	Dharsana .S
	Shifa Fathema .P	B.Sc chemistry	915034501	Shifa Fathema .P
	Swathi .S	" "	9003656534	Swathi .S
	Aishwarya .S	B.Sc chemistry	6380137272	Aishwarya .S
	Aruna .S	" "	6385246781	Aruna .S
	Deepika	" "	7346247246	Deepika
	chitrakala	B.Sc. chemistry	9629884441	chitrakala
	Janani	B.Sc. chemistry	969893699	Janani
	Jayapriya	" "	8048875594	Jayapriya
	Madhumitha	BSC chemistry	9003434889	Madhumitha
	Maniketha Sri		6369772477	Maniketha Sri
	Sumayya		9344459201	Sumayya
	Priyanka		-	Priyanka
	Shalini	" "	9843373603	Shalini
	Lakshmi .C	" "	9363993613	Lakshmi .C
	Meena KSHI .C	B. Sc chemistry	9361979671	Meena KSHI .C

For P. Manickam
Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
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Sl.No	Name of the Student's	Department	Phone No	Signature
	K. Suresh Kumar . S	B.Sc. Chemistry	6386281776	S. Suresh
	MUTHU RAJA . M	B.A. History	83714102707	M. Raja
	SILVA KUMAR . A	B.A. History	9080261995	S. Kumar
	Pradip . S	B.A. History	8072635090	S. Pradip
	JHIRUMORTHY . S	B.Sc. Mathematics	6369279505	S. Jhirumorthy
	MANOJ PRABHU . V	B.Sc. Mathematics	9865851185	V. Manoj
	Abhishek . S	B.Sc. Zoology	9080885969	S. Abhishek
	Abhinav . D	B.Sc. Zoology	8661563680	D. Abhinav
	Shanmugapriya . B	B.Sc. Zoology	8590957765	B. Shanmugapriya
	P. Pavithra Chaitrini	B.Sc. Zoology	9345879230	P. Pavithra
	M. D. Prasad Kumar	B.Sc. Zoology	6380861714	M. D. Prasad
	S. Ranjith	B.Sc. Zoology	9976632576	S. Ranjith
	K. Mananahadani	B.A. History	7418547430	K. Mananahadani
	Shaniba . P. N	B.A. History	8891369096	P. N. Shaniba
	A. Nisha	B.A. History	8438079578	A. Nisha
	A. Logarajaki	B.A. History	8667597870	A. Logarajaki
	D. Priya	B.A. History	7708308467	D. Priya
	K. Dharsini	B.A. History	9950566878	K. Dharsini
	N. SANTHIYA	B.A. History	6374958380	N. Santhiya
	R. Malini	B.A. History	9150897423	R. Malini
	S. Jeevitha priya	B.A. History	8667517645	S. Jeevitha priya
	K. Anuragda . S	B.A. History	6381854343	K. Anuragda . S
	P. S. RAMESH K. R. S	B.A. History	6383911430	P. S. RAMESH K. R. S

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Date: 29.01.2025 Time: 2.00 TO 4.00 Pm Venue: Aruljothi Arangam


Head & Assistant Professor,
Department of Human Excellence,
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D. K. MANICKA CHEZIAN M.Sc., B.Ed.
PRINCIPAL i/c
Nallamuthu Gounder Mahalingam College
Pollachi - 642 001, Coimbatore District.

Date: 29.01.2025 Time: 2.00 TO 4.00 Pm Venue: Aruljothi Arangam

P. P. V. S.
Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
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5. Feedback

The session saw the enthusiastic participation of more than 80 students, who actively engaged in discussions and gained valuable insights into managing social media consumption effectively. Many participants expressed their gratitude, stating that the session provided them with a new perspective on their digital habits and motivated them to incorporate mindful practices into their daily lives. The event concluded with a heartfelt appreciation for Prof. V. Manickavachakam for his enlightening talk, leaving students inspired to develop a healthier and more conscious approach to social media usage.

6. Details of the Resource Person

Prof.V.Manickavachakam, M.A.,M.Phil(Yoga)
President,
Mohanur Manavalakkalai Mandram Trust,
Trichy.
Mobile No: 9789174567
9688759198


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