



PSG Institute of Technology and applied Research  
Neelambur, Coimbatore – 641062

Date: 19.08.2026

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|-----------------------------------------------------|-----------------------------------------------------------|
| Event title                                         | Interactive session                                       |
| Event Category                                      | Students Induction Programme                              |
| Date and Duration                                   | 18 August 2026 (9.00 am - 10.30 am)                       |
| Department                                          | -                                                         |
| Co-ordinators                                       | Dr.G.Latha, Professor & Vice Principal (Women Welfare)    |
| Chief Guest/<br>Resource Person/<br>Keynote Speaker | Mrs.Gayathri Arvind<br>Founder<br>Abhasa Rehab & Wellness |
| Guest Speaker/<br>Session Chair                     | -                                                         |
| No. of Participants                                 | 800 plus                                                  |

PSG Institute of Technology and Applied Research (PSG iTech) organized an interactive session on **Mental Wellbeing** as part of the First-Year Induction Programme on **18 August 2026** at the Convention Centre. The session featured **Mrs. Gayathri Arvind, Founder, Abhasa Rehab & Wellness, Coimbatore**, as the distinguished guest speaker. **Dr. P. V. Mohanram, Secretary, PSG iTech**, and **Dr. N. Saravanakumar, Principal, PSG iTech**, welcomed the chief guest.

Mrs. Gayathri Arvind began the session by recalling her own experiences as a first-year student during the orientation programme at PSG College of Arts and Science. Drawing from her personal journey, she encouraged the students to reflect on the person they aspire to become and the character they wish to develop by the time they graduate from college.

She engaged the students with thought-provoking questions such as, **“What will you do with your freedom?”**, **“What will you do when you fail?”**, and **“Who are you becoming?”** She emphasized the importance of making responsible choices, developing a strong individual identity, and using the freedom available during college life wisely.

She also spoke about the realities and challenges of life, highlighting the importance of making the right decisions and finding appropriate answers to the questions that arise in one's mind. Through personal experiences and relatable examples, she explained how students could face challenges, manage stressful situations, and develop a positive approach towards life.

Mrs. Gayathri Arvind particularly emphasized the importance of **seeking help at the right time** whenever students feel overwhelmed, depressed, or stressed. She encouraged them not to hesitate to reach out to trusted people and professional support when necessary.

The session was followed by a highly engaging **Question-and-Answer session**, during which the students actively participated and raised a variety of questions. Mrs. Gayathri Arvind responded to the questions patiently and elaborately, making the interaction both meaningful and informative.

The session provided the first-year students with valuable insights into mental wellbeing, responsible decision-making, personal growth, and building a positive identity during their college journey. **Dr. P. V. Mohanram, Secretary, PSG iTech**, **felicitated the guest speaker** at the conclusion of the programme.

