



**AVIT**  
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)



## **A Report**

“Expert Talk Session on Unlocking Student Potential”

AVIT – first year students

Batch 2024-25

<b>Date &amp; Time</b>	:	18 <sup>th</sup> Feb 2025 to 21 <sup>st</sup> Feb 2025 & 10.50 AM
<b>Organized by</b>	:	Dr. VAIDEVI.C, Associate Professor / Civil, First Year Coordinator, AVIT
<b>Principal</b>	:	Dr. G. SELVA KUMAR, Principal Aarupadai Veedu Institute of Technology (AVIT)
<b>Vice- Principal</b>	:	Dr. S.P. SANGEETHA, Vice Principal (Academics), AVIT
<b>Resource Person</b>	:	<b>Ms. Saranya Ganesan, Student Counselor, VMCC</b>
<b>Venue</b>	:	Digital Classroom, AVIT
<b>Participation</b>	:	First Year Students , AVIT



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Vinayaka Mission's Chennai Campus



An expert talk on

## Unlocking Student Potential



Resource Person

**Ms. Saranya Ganesan**

Student Counselor, VMCC

All first-year students are invited to attend

18<sup>th</sup> Feb 2025 to 21<sup>st</sup> Feb 2025 | 10.50 AM | Digital Classroom



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Accredited with  
'A' Grade by NAAC



Event - Snapshots



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An insightful expert talk was conducted for current batch 2024-25 first year students from February 18th to 21st, 2025, at 10:50 AM. A resource person Ms. Saranya, a student counselor delivered the contents on the topic "Unlocking Student Potential" The session aimed to guide students on prioritizing their lives effectively, fostering personal growth, and overcoming mental barriers to success.

Ms. Saranya emphasized the importance of proper food and sleep hygiene, particularly for adolescents. She highlighted how a balanced diet and adequate rest contribute significantly to physical health, mental well-being, and academic performance. Students were encouraged to adopt healthier lifestyle choices to enhance their productivity and focus.

A key discussion point was the power of the subconscious mind. Ms. Saranya explained that changing one's thoughts could lead to a transformation in life. She stressed the impact of positive thinking and self-belief in shaping a successful and fulfilling future.

The session also covered overcoming fear and self-doubt, including feelings of nervousness and agitation. Ms. Saranya provided practical strategies for managing anxiety, such as mindfulness, self-affirmations, and gradual exposure to challenging situations.

Encouraging students to step out of their comfort zones, she spoke about exploring opportunities both on and around campus. Engaging in extracurricular activities, networking with peers, and seeking new experiences were suggested as ways to enhance personal and professional development.

Building self-confidence and self-esteem was another crucial topic. Ms. Saranya advised students to focus on their strengths, celebrate small achievements, and engage in self-reflection to foster a positive self-image.

Addressing the topic of handling failures, she urged students to view mistakes as learning opportunities. She emphasized that setbacks are a natural part of growth and that resilience and perseverance play a vital role in long-term success.

Finally, she encouraged students to reach out for assistance and guidance regarding career choices, personal issues, and mental health concerns. She reassured them that seeking support from counselors, mentors, and professionals is a sign of strength and a step toward self-improvement.

The session concluded with an interactive Q&A segment where students shared their concerns and received valuable advice. The expert talk by Ms. Saranya was highly informative and inspiring, leaving



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students with a renewed perspective on prioritizing their lives and achieving personal and academic success.

The event was coordinated by Dr. VAIDEVI. C, Associate Professor in the Department of Civil Engineering and First Year Coordinator, AVIT. The initiative received support from Principal Dr. G. SELVAKUMAR, AVIT, and Dr. S.P. SANGEETHA, Vice Principal (Academics) AVIT,

**First Year Coordinator, AVIT**