



**DEPARTMENT OF BIOMEDICAL SCIENCE
BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI- 620024**

REPORT ON THE STUDENT WELLBEING COMMITTEE PROGRAMME

The Department of Biomedical Science, Bharathidasan University, Tiruchirappalli – 620024, organized a special session on **17.07.2026 at 11:00 a.m.** in the A/C Seminar Hall under the aegis of the **Student Wellbeing Committee** through the **Biomed Futura**.

The **Student Wellbeing Committee** was constituted for a period of **three years**, commencing from **20 January 2025**, with the vision of fostering a nurturing, inclusive, and supportive academic environment that prioritizes the holistic development of students. The committee is dedicated to safeguarding students' mental, emotional, and academic wellbeing by offering guidance and support in areas such as academic challenges, personal concerns, stress management, emotional resilience, and psychological health.

Recognizing that students often encounter diverse academic and personal pressures, the committee serves as a reliable support system, encouraging them to seek timely assistance and promoting a culture of empathy, trust, and mutual respect within the department. Through counselling initiatives, awareness programmes, expert interactions, and wellbeing activities, the committee aims to empower students with the knowledge and life skills required to cope with challenges, make informed decisions, build healthy interpersonal relationships, and maintain a balanced and productive lifestyle. By integrating student wellbeing into the academic ecosystem, the committee reinforces the Department's commitment to developing not only competent biomedical professionals but also emotionally resilient, socially responsible, and confident individuals.

The Student Wellbeing Committee comprises the following members:

- **Dr. G. Mathan**, Professor and Head, Department of Biomedical Science – **Convener**

- **Dr. N. Murugeswari**, Professor and Head, Department of Women's Studies, Bharathidasan University – **Member**
- **Dr. M. Arulsubila**, Managing Director & Chief Psychologist, Abi's Psychological Counselling & Research Centre, Tiruchirappalli – **External Member**
- **Dr. S. D. Saraswathy**, Associate Professor, Department of Biomedical Science – **Member**
- **Dr. S. Shanmugaapriya**, Associate Professor, Department of Biomedical Science – **Member**

As part of the activities of the Student Wellbeing Committee, a special interactive session titled "**Emotional Stability – From Reaction to Response**" was delivered by **Dr. M. Arulsubila**, Managing Director & Chief Psychologist, Abi's Psychological Counselling & Research Centre, Tiruchirappalli through Biomed Futura. She is a distinguished psychologist, academician, counsellor, and mental health professional with over two decades of experience in the fields of psychology, counselling, psychotherapy, teaching, and research. Her expertise encompasses student counselling, adolescent mental health, stress management, emotional regulation, parenting, life skills, and psychological wellbeing. She has published research articles, authored academic books, organized national conferences and workshops, and has trained thousands of students, teachers, and parents through counselling and awareness programmes.

As the **External Member** of the Student Wellbeing Committee, she provides valuable professional guidance in planning and implementing student wellbeing initiatives, counselling programmes, and awareness sessions. Her expertise strengthens the committee's efforts in promoting emotional resilience, healthy interpersonal relationships, stress management, and positive mental health, thereby contributing significantly to the holistic development and overall wellbeing of the students.

The session was highly engaging and interactive which focused on emotional stability, stress management, and the importance of responding thoughtfully rather than reacting impulsively to challenging situations. She emphasized that understanding the situation before responding is an essential life skill that helps individuals maintain emotional balance and make better decisions in both personal and professional life.

To make the session more practical and relatable, Dr. Arulsubila invited student volunteers to enact real-life situations. One such role play demonstrated how students should communicate with their parents after obtaining low marks in an examination. Through this activity, students learned the importance of honest communication, emotional regulation, empathy, and constructive problem-solving instead of responding with fear or frustration.

The speaker also highlighted various aspects of stress management and explained how unmanaged stress can adversely affect day-to-day life, academic performance, interpersonal relationships, and mental health. She further stressed the importance of building healthy relationships through effective communication, mutual respect, empathy, and emotional understanding.

The session received an enthusiastic response from the students. During the feedback session, several participants expressed that they had gained valuable knowledge on stress management, emotional stability, and the importance of understanding situations before responding. Students also appreciated the practical demonstrations and interactive activities, stating that the session enhanced their awareness of managing emotions and developing healthy relationships in their personal and academic lives.

The programme was attended by the faculty members of the Department of Biomedical Science, guest faculty members, research scholars, and undergraduate and postgraduate students of the department. The faculty members present included **Prof. G. Mathan** (HOD), **Prof. K. Premkumar**, **Dr. S. D. Saraswathy**, and **Dr. S. Shanmugaapriya**. As a token of love and gratitude the speaker of the day was given a memento by Dr. S. Shanmugaapriya, Associate Professor and a shawl was presented by Dr. S. D. Saraswathy, Associate Professor.

Overall, the programme was highly informative and beneficial. In today's fast-paced world, where stress, emotional instability, and academic pressure are increasingly common among students, such initiatives play a significant role in promoting mental wellbeing and resilience.

Invitation



“BIOMED FUTURA”

**Department of Biomedical Science
School of Genetic Engineering & Biotechnology
Bharathidasan University, Tiruchirappalli-620 024**

Office bearers

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Dr. G Mathan
Professor and Head

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Maha Bhavadharani N
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Joint Secretary-II
Grace Nehael R
III year BMS

“BIOMED FUTURA”

Cordially Invites you all for attending the special session on

**Topic: “Emotional stability -
from reaction to response”**



Dr. M. Arulsubila

Managing Director & Chief psychologist,
Abi's Psychologist Counselling &
Research Centre, Trichy -21

Date and Time
17th July at 11:00 AM

Venue
Seminar Hall - A/C
Department of Biomedical Science
Bharathidasan University
Tiruchirappalli-620024
Tamil Nadu, India

A group of four people are standing in front of a presentation screen. From left to right: a woman in a purple sari, a woman in a yellow and white sari, a woman in an orange shawl, and a man in a light blue shirt. The presentation screen displays a slide titled "FROM REACTION TO RESPONSE" with a diagram of a brain and gears. A GPS overlay at the bottom of the image indicates the location as Mathur, Tamil Nadu, India, with coordinates Lat 10.682234° Long 78.742028°, dated Friday, 17/07/2026 11:25 AM GMT +05:30.





