



JEPPIAAR
ENGINEERING COLLEGE



**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of Education Initiative)



DEPARTMENT OF SCIENCE & HUMANITIES

Report on *From School to College: New Campus, New Chapter*

The Department of Science and Humanities, Jeppiaar Engineering College, organized a guest lecture titled “*From School to College: New Campus, New Chapter*” on 10th March 2026 at the Elite Seminar Hall. The programme was arranged with the objective of guiding first-year students in understanding and adapting to the transition from school life to college life. The session was delivered by Ms. Carol A. Stanley, Counsellor at Jeppiaar CBSE School, who shared her knowledge and experience with the students and provided valuable insights into mental well-being and personal development during the formative years of college education.

The event began with a warm welcome address that set a positive tone for the programme. The gathering included faculty members and students from various departments who eagerly participated in the session. The Principal of Jeppiaar Engineering College, Dr. K. Senthilkumar, delivered a brief introductory address in which he emphasized the importance of mental awareness and emotional stability in a student’s life. He highlighted that the transition from school to college often brings new challenges, responsibilities, and opportunities, and therefore students must develop a balanced and healthy mindset to navigate these changes successfully. He also expressed his appreciation for organizing such an informative session and extended a cordial welcome to Ms. Carol A. Stanley to Jeppiaar Educuity.

As a mark of respect and appreciation, the guest speaker was felicitated by Dr. Shaleesha A. Stanley, Dr. K. Senthilkumar, and Dr. S. Titus. The felicitation ceremony formally marked the commencement of the guest lecture. The presence and encouragement of the faculty members created an atmosphere of motivation and enthusiasm among the students.

Ms. Carol A. Stanley then delivered an insightful and engaging lecture focusing on mindfulness, emotional awareness, and the well-being of the mind. She began her talk by addressing the significant differences between school life and college life, explaining that college introduces students to greater independence, responsibility, and self-discovery. She stressed that students often face various emotional and psychological challenges during this stage of life, and learning how to manage these experiences is essential for both personal growth and academic success.

During her lecture, Ms. Stanley discussed the concept of mental barriers and how they can affect a student’s confidence and decision-making abilities. She explained that many limitations faced by individuals are often created by their own thoughts and perceptions. By developing awareness and practicing mindfulness, students can overcome these barriers and approach life with clarity and positivity. She encouraged students to believe in their potential and to approach challenges with resilience and determination.

Another important topic addressed during the session was the role of dopamine and its influence on human behavior and emotions. Ms. Stanley explained how dopamine, a neurotransmitter in

the brain, plays a role in motivation, pleasure, and reward. She cautioned students about the excessive influence of temporary sources of happiness, such as social media and instant gratification, and encouraged them to seek more meaningful and lasting sources of satisfaction through learning, creativity, and healthy relationships.

The lecture also focused on emotional experiences that students commonly encounter during their college years, including feelings related to love, pain, friendship, and relationships. Ms. Stanley emphasized that these emotions are natural and part of personal development, but it is important to manage them wisely. She advised students to cultivate meaningful and respectful relationships rather than pursuing fleeting or superficial connections. According to her, strong relationships based on trust, understanding, and mutual respect can positively influence both personal well-being and academic performance.

The session was highly interactive and engaging, as students actively participated by asking questions and sharing their thoughts and experiences. Ms. Stanley responded to their queries with practical advice and real-life examples, making the session relatable and informative. Her approachable and empathetic manner encouraged students to openly reflect on their emotions and challenges, creating a supportive learning environment.

Overall, the guest lecture served as an important platform for students to gain awareness about mental health, emotional intelligence, and personal growth. It highlighted the significance of maintaining a balanced mindset while navigating the new academic and social environment of college life. The session not only provided valuable guidance but also inspired students to develop positive habits, build healthy relationships, and approach their educational journey with confidence and clarity.

The event was a testament to the commitment of the Department of Science and Humanities to promote holistic education and support the overall development of students. By organizing such programmes, the department aims to equip students with the knowledge and skills necessary to manage both academic and personal challenges effectively.

The department expressed its sincere gratitude to Ms. Carol A. Stanley for her valuable time and for sharing her expertise with the students. Appreciation was also extended to the faculty members and students who contributed to the successful organization and participation in the programme. The event concluded with a vote of thanks delivered by Ms. Jerusha from the Biotechnology Department and Ms. Divya Dharshini from the Information Technology Department, who expressed their gratitude to the guest speaker, the Principal, faculty members, and the students for making the session a meaningful and successful one.

GLIMPSES OF THE EVENT :



JEPPIAAR ENGINEERING COLLEGE

Jeppiaar Nagar, Rajiv Gandhi Salai, Chennai-600119



Cordially invites you to the

GUEST LECTURE

FROM SCHOOL TO COLLEGE: NEW CAMPUS, NEW CHAPTER



RESOURCE PERSON

Ms. CAROL A STANLEY,
Counsellor,
Jeppiaar CBSE School

Date: 10th March 2026 | Time : 10.00 Am – 12.00 Pm
Venue: Elite Seminar Hall, Jeppiaar Engineering College

With the blessings of



(Late) Hon. Col. Dr. JEPPIAAR,
M.A, B.L, Ph.D
Founder,
Jeppiaar Educational Trust

Under the guidance of



Dr. REGEENA J MURALI, B.Tech, MBA, Ph.D
Founder & Chancellor, Jeppiaar University
Chairman and Managing Director,
Jeppiaar Engineering College

In the Presence of



Dr. SHALEESHA A. STANLEY,
M.Tech, Ph.D, D.Sc
Dean-Academics,
Jeppiaar Engineering College



Dr. K. SENTHIL KUMAR
M.E Ph.D, FIE, MISHREA, MISTE
Principal,
Jeppiaar Engineering College

Convenor

Dr. S. TITUS, M.Sc., M.Phil., Ph.D.
Head, Science & Humanities
Jeppiaar Engineering College

Co-Ordinator

Mr. P. Balaganesh, M.A.NET.
Assistant Professor
Jeppiaar Engineering College

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