



Madurai Kamaraj University
(University with Potential for Excellence)
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Centre for Educational Research

Organize a One-day National Seminar on
"Elevating Cognitive Health among Higher Education Students"
(25th October, 2023)

Seminar Report

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Report of the One-day national seminar on
"Elevating Cognitive Health among Higher Education Students"

The Centre for Educational Research hosted a one-day national seminar entitled "Elevating Cognitive Health among Higher Education Students." This seminar took place at Madurai Kamaraj University's Centre for Educational Research on October 25th, 2023. The formal inaugural function was started around 2.15 pm. Dr. R. Annadurai, Director, Centre for Educational Research followed by Dr. M. K. Janaki Raman, Cognitive Psychologist and Family Counsellor, Family Chemistry Foundation of India, Chennai. In his insightful address, explored the crucial importance of cognitive health in the lives of students. Beginning with a compelling introduction, he underscored the profound impact of cognitive well-being on students' academic performance, mental resilience, and overall life satisfaction. This foundational understanding set the stage for a comprehensive exploration of challenges faced by students and the strategies available to bolster cognitive health.



One of the key challenges highlighted by Dr. Janaki Raman was the pervasive stress that students contend with in their academic pursuits. He

eloquently articulated the detrimental effects of stress on cognitive functions, emphasizing its role in impeding focus, concentration, and memory retention. Moreover, he astutely addressed the need for students to manage stress effectively, providing them with a blueprint to navigate academic pressures without compromising their cognitive well-being.



In his address, Dr. Janaki Raman also spotlighted the significance of maintaining focus in numerous distractions prevalent in today's digital age. He elucidated how sustained focus is essential for effective learning and academic achievement, proposing practical strategies to cultivate and preserve this invaluable skill. Furthermore, he shed light on the criticality of fostering a

healthy mindset, advocating for positive thinking and resilience-building practices as cornerstones of cognitive well-being.



A pivotal aspect of Dr. Janaki Raman's discourse was the impassioned appeal to students to grasp the fundamentals of cognitive health and actively engage in strategies aimed at enhancing it. He stressed the need for a holistic approach, encompassing not only personal endeavors but also the crucial support systems of family, institutions, and the wider community.

Expanding on the role of family support, Dr. Janaki Raman elucidated how familial encouragement, understanding, and a nurturing environment can significantly contribute to students' cognitive health. Additionally, he underscored the pivotal role of educational institutions and communities in

fostering environments conducive to cognitive well-being, urging collaborative efforts to prioritize mental health in the academic sphere.



As his speech culminated, Dr. Janaki Raman artfully summarized the key takeaways, leaving an indelible impression on the students. He passionately encouraged them to proactively embrace the outlined strategies, make conscious lifestyle choices, and seek assistance whenever necessary. His concluding remarks served as a catalyst for empowering students to embark on a journey toward academic excellence and fulfilling lives, driven by a commitment to nurturing their cognitive health.

Dr. Janaki Raman's inspiring address resonated deeply, urging students to recognize the intrinsic link between cognitive health and their overall well-

being. His words serve as a beacon, guiding students to adopt proactive measures and cultivate habits that will not only enhance their academic performance but also enrich their lives holistically.



In the morning Centre for Educational Research faculty members Dr. R. Annadurai, Dr. M. Rajeshkumar and Dr. B. Kannan handled the sessions and discussed the topics of Understanding cognitive health in higher education, promoting a holistic approach and Managing stress and mental health.

Concluding the event, Dr. M. Rajeshkumar, the organizing secretary, extended a vote of thanks. He conveyed sincere appreciation to Dr. M. K. Janki Raman and all attendees. Dr. Janki Raman, who journeyed from Chennai, graced us with an insightful discourse on cognitive health, acknowledging students for their invaluable feedback on the seminar. Dr. Rajeshkumar also expressed gratitude to the seminar's organizers, authorities, and administrative personnel for their crucial roles in its success.