

## EVENT REPORT

**Name of the Event** : Invited Guest Lecture  
**Name of the Event** : Know your health-Live Smart  
**Organized by** : Rathinam College of Arts and Science  
**Date & Time** : 22.09.2025  
**Venue** : Auditorium  
**No of Participants** : 50

The Guest Lecture on the topic "*Know Your Health – Live Smart*" was organized by the **Department of Computer Science (RAISE SMART), Rathinam College of Arts and Science** under the **DBT-Star College Scheme** on **22nd September 2025** at the **Auditorium**. The session was graced by **Dr. Balakrishnan N., Principal, Rathinam College of Pharmacy**, who was invited as the **Guest Lecturer**. In his address, he highlighted the importance of maintaining good health in today's fast-paced lifestyle and shared practical strategies for living a balanced and smart life.

The lecture also emphasized preventive healthcare, lifestyle management, and the role of awareness in improving overall well-being. The event witnessed active participation from **50 students and faculty members**, who found the session highly informative and inspiring. The program was highly beneficial in spreading awareness about healthy living and was well appreciated by the participants.

  
Program Committee

  
**Principal**  
**Principal**  
Rathinam College of Pharmacy  
Rathinam Techzone,  
Pollachi Main Road, Eachanari,  
Coimbatore - 641021.



**RATHINAM**  
COLLEGE OF ARTS & SCIENCE



(An Autonomous Institution Affiliated to Bharathiar University, Accredited by NAAC with A++ (3.60 CGPA) in 3rd cycle,  
NIRF Ranked, Approved by AICTE and recognized by UGC under 2(F) & 12B)  
Recognized under DBT STAR College Scheme by DBT, New Delhi  
Rathinam Techzone Campus, Eechanari, Coimbatore - 641021  
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Department of Computer Science

**RAISE SMART**  
Raising you Smarter for the New Gen Era

Organizes

**KNOW YOUR HEALTH -  
LIVE SMART**

Organized under

**DBT-STAR COLLEGE SCHEME**



Resource Person

**Prof. Dr. N. BALAKRISHNAN**, M.Pharm., Ph.D.

Principal  
Rathinam College of Pharmacy  
Coimbatore



**MONDAY**  
22<sup>nd</sup> September 2025



**02:00 PM**  
**04:00 PM**



**AUDITORIUM**

Coordinators

**Mr. M. Saravanakumar**

Assistant Professor  
saravanakumar.inur@rathinam.in

**Mr. S. Janarthanan**

Assistant Professor  
janarthanan.inur@rathinam.in

Convenor

**Dr. K. Arun Kumar**

Associate Professor & Dean  
Computer Science

**Dr. D. Vimalkumar**

Associate Professor & Head  
Computer Science

For Further Details

**Dr. S. N. Suresh**

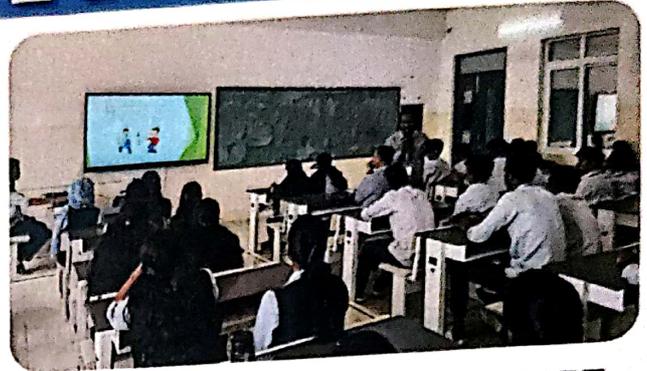
Convenor & Program Coordinator  
DBT STAR College Scheme  
Rathinam College of Arts and Science  
E-mail: Viceprincipal.rcas@rathinam.in  
Ph: 9791200300



**REVISTA** Rathinam Revista

**EMPOWERING ENTREPRENEURSHIP**

A guest lecture on "Empowering Entrepreneurship" was conducted by Department of Management (PG) on 22 September 2025 to provide the students with valuable insights into entrepreneurship and management strategies. Ms. Jayashree S, CEO & Founder, EDUSCOPE, delivered a speech, focusing on the importance and impact of entrepreneurship among young entrepreneurs. She has given a detailed account on how to start a new business and sustain in the market taking her venture as an example



**KNOW YOUR HEALTH - LIVE SMART**

Department of Computer Science, R-SMART-3, organized a session on "Know Your Health - Live Smart" on 22.09.2025 under the DBT Star College Scheme. Prof. Dr. N. Balakrishnan, M.Pharm., Ph.D., Principal, Rathinam College of Pharmacy was the resource person, delivered an insightful session addressing various diseases affecting youth and their prevention. He highlighted the importance of awareness on drug abuse, cancer prevention, and adopting a healthy lifestyle through practices such as smart eating, regular physical activity, adequate sleep, stress management, avoidance of harmful habits, periodic health checkups, and understanding family health history. The session was presided over by Dr. K. Arunkumar, Dean, R-SMART, along with Dr. D. Vimal Kumar. The event was coordinated by Mr. M. Saravanakumar and Mr. S. Janarthanan, Assistant Professors, Department of Computer Science, R-SMART-3



**A SKILL ENHANCEMENT PROGRAMME**

The School of Science and the Department of Psychology organized a Skill Enhancement Programme on "Stress Management through Travel and Tourism" on 23<sup>rd</sup> September 2025. The session was facilitated by Mr. Jenifar L, who shared both scientific and practical perspectives on how travel and tourism can reduce stress, enhance mindfulness, and improve overall well-being. He emphasized the restorative power of exploring new environments, cultural experiences, and mindful travel practices for building resilience and emotional balance. Students engaged enthusiastically, sharing reflections, asking questions, and connecting the concepts to personal and academic stress management.





Madukkarai, Tamil Nadu, India 

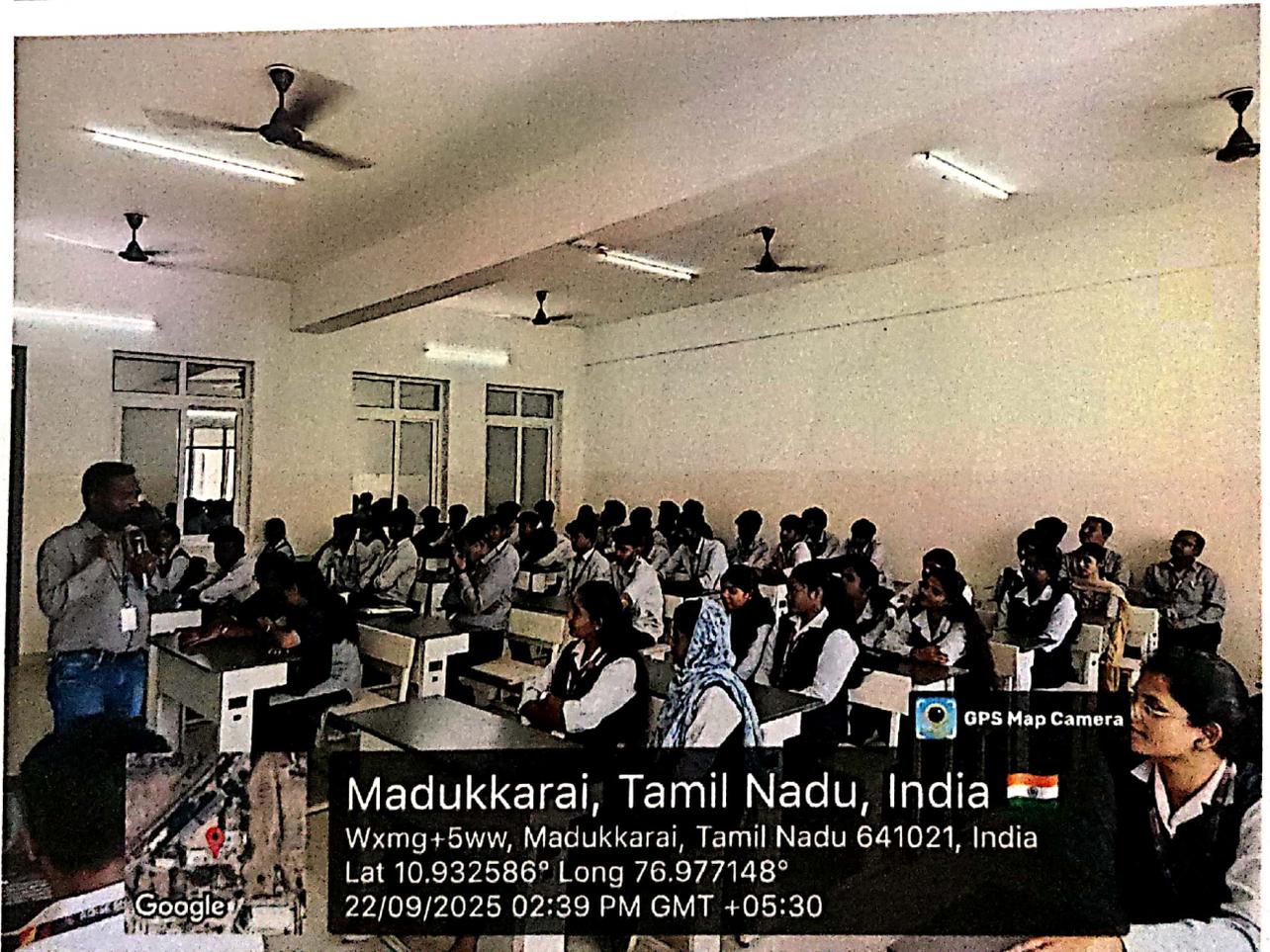
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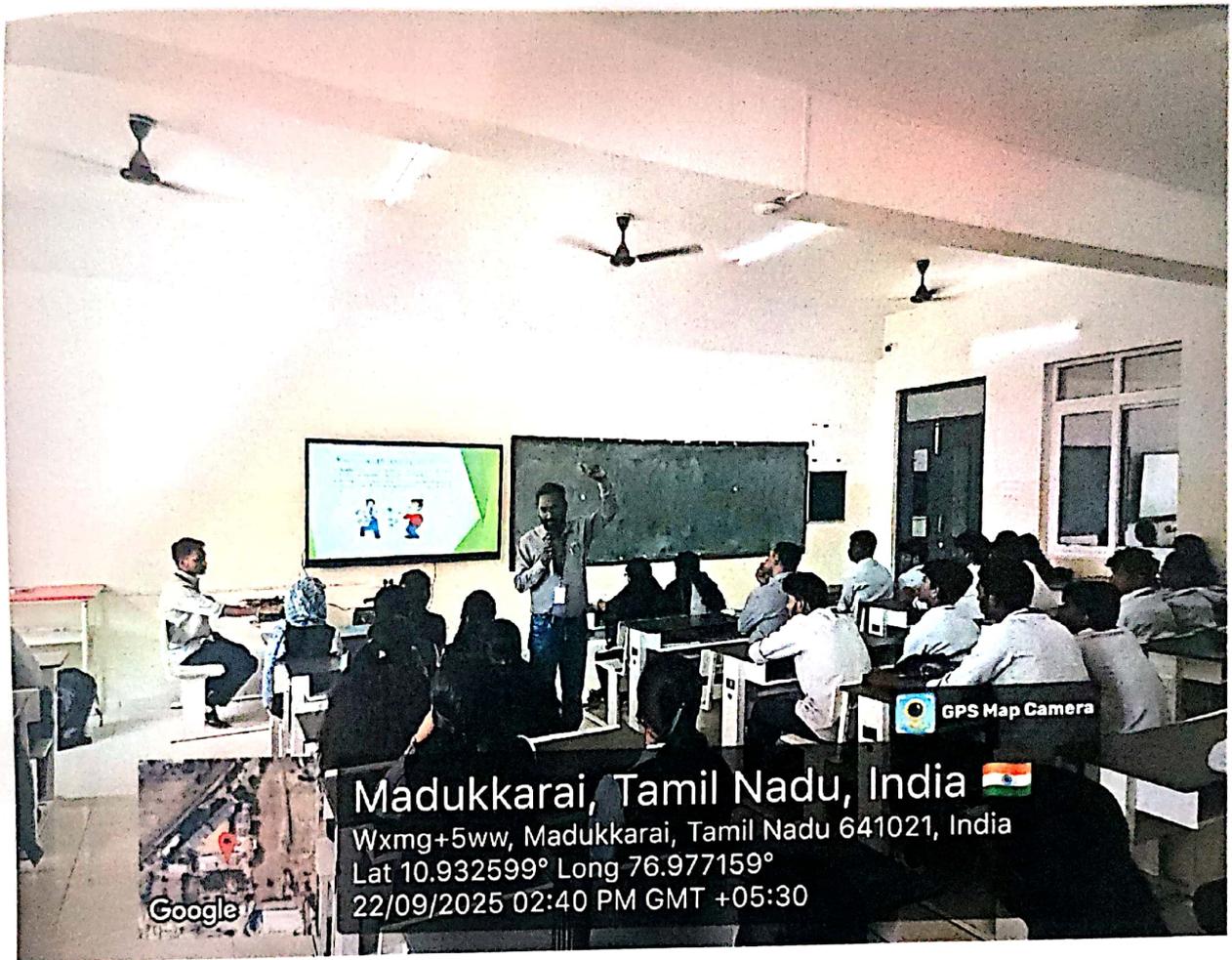
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