



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



Event Report

Silent Crisis – The Loneliness Epidemic



As part of the First-Year Induction Program at AVIT, a special guest lecture was organized on 4th August 2025 at the Indoor Auditorium-AVIT on the theme “Silent Crisis: The Loneliness Epidemic.” The program began with a warm welcome by the Principal, Dr. J. Janet, who honored the guest of the day Ms. Laya Anand, Founder of the Heart 2 Heart Foundation, USA, with a bouquet and memento. The Vice Principal (Academics), Dr. S. P. Sangeetha, presented a college memento, adding to the formal recognition. Ms. Anand was accompanied by Dr. Chokalingam, Senior Cardiologist and Former Dean of Madras Medical College, Chennai, whose presence brought further value to the occasion.



Ms. Laya Anand delivered an insightful talk on the issue of loneliness among today's youth. She explained how loneliness has silently grown into an epidemic that affects not only academic performance but also long-term emotional well-being. She emphasized the importance of maintaining emotional health, building genuine connections, and supporting one another as a community. Her words encouraged students to engage in meaningful interactions, build stronger peer bonds, and prioritize their mental health along with academics.



Following her address, Dr. Chokalingam delivered a short but impactful message on the importance of happiness for a long and healthy life. He emphasized that beyond academic success and career goals, the foundation of a fulfilling life lies in mental peace, positive relationships, and inner satisfaction. The session concluded with gratitude extended to the dignitaries and guests, leaving a lasting impression on the first-year students. The event was not only an inspiring experience but also a timely reminder of the need to nurture emotional well-being, compassion, and resilience in academic life.