MARUDHAR KESARI JAIN
College for Women (Autonomous), Vaniyambadi

32 Years of Educational Excellence...

Recognized u/s 2(f) & 12(B) by UGC Act, 1956 || Permanently Affiliated to Thiruvalluvar University || Accredited with "A+" Grade by NAAC (4th Cycle) || An ISO 21001:2018 Certified Institution || Supported by DST-FIST

IQAC INTERNAL QUALITY ASSURANCE CELL

ORGANIZES

STUDENT EMPOWERMENT PROGRAMME



RESOURCE PERSON

MANAVA RATHNA

Dr.K.Karthik Velu

Psychological Life Skill Development Trainer and CEO of One Life - One Chance, Life Skill Academy

Date : 09.07.2025 to 11.07.2025

Time : 10:00am **Venue : Sri Roop Rajat Block Seminar Hall**

V.Dilip Kumar Jain	Anand Singhvi	Dr.M.Inbavalli	Dr.V.Nagendira Mani
President	Secretary	Principal	IQAC Director

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Vaniyambadi - 635 751.
Tirupattur District

MARUDHAR KESARI JAIN

COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

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32 Years of Educational Excellence...

INTERNAL QUALITY ASSURANCE CELL (IQAC)
Organizes
Three Day Student Empowerment Programme

Date : 09.07.2025 - 11.07.2025

Venue: Sri Roop Rajat Block Seminar Hall **Time**: 10.00 am – 3.00pm

Programme Schedule

Invocation	**: Prayer & Tamil Thaai Vazhthu**
Welcome Address	**: Muskan,** III B.Com
Felicitation	**: Dr. M. Inbavalli** **Principal, MKJC(A)**
Guest Introduction	**: S. Malathi,** III BA English
Honoring the Guest	**: Dignitaries on the Dias**
Chief Guest Address	**: "Manava Rathna" Dr.K. Karthik Velu** Psychological Life Skill Development Trainer, CEO of "One Life- One Chance", Life Skill Academy, Salem
Day 1	: Mind Management & Happiness is the Key to success
Day 2	:எதிர்நீச்சல் அடி & மகிழ்ச்சியாக ஜெயிக்கலாம் (படிக்கலாம்)
Day 3	: கல்வியே கடைசி ஆயுதம் & நீயே உன் வெற்றியின் மூலதனம்
Valedictory Session **Feedback**	
Vote of Thanks **National Anthem**	**: S.Komathi,** III B.Sc., Computer Science

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Activity Report

Title	**Day 1-** Mind Management & Happiness is the Key to Success **Day 2-**" எதிர்நீச்சல்அடி&மகிழ்ச்சியாகஜெயிக்கலாம் (படிக்கலாம்)" **Day 3-** "கல்வியேகடைசிஆயுதம்&நீயேஉன்வெற்றியின்மூல தனம்"		
Organized By	**Internal Quality Assurance Cell (IQAC)**		
Type of Activity	Student Empowerment Programme		
Level	**Institutional**		
Date	**09.07.2025 to 11.07.2025**	**Time**	**10.00 am -3.00 pm**
Venue	**Sri Roop Rajat Block Seminar Hall**	**Mode**	**Offline**
Resource Person Details	Manava Rathna **Dr.K.Karthik Velu** Psychological Life Skill Development Trainer, CEO, One Life – One Chance Life Skill Academy, Salem.		
Objective of the Programme	• To empower students to develop a positive mindset and enhance self-awareness, enabling them to effectively navigate personal and academic challenges. • To provide students with practical strategies to sustain motivation, foster resilience, and successfully pursue their personal and professional aspirations.		
Internal Participants Count	**1664**	**External Participants Count**	**NIL**

Summary

The Internal Quality Assurance Cell (IQAC) of our college successfully organized a vibrant and inspiring Three-Day Student Empowerment Programme exclusively for college girls, held from 09.07.2025 to 11.07.2025. The primary objective of this event was to motivate and uplift the young women of our institution, encouraging them to recognize their potential and pursue their dreams with confidence.

The programme was structured over three days, each dedicated to a different group of students. On the first day, sessions were conducted for I UG students under the theme **"Mind Management & Happiness is the Key to Success."** The second day focused on I PG students with the topic **"எதிர்நீச்சல்அடி&மகிழ்ச்சியாகஜெயிக்கலாம் (படிக்கலாம்),"** while the third day was reserved for III UG students, centered on the theme **"கல்வியேகடைசிஆயுதம்&நீயேஉன்வெற்றியின்மூலதனம்."**

The highlight of the event was the presence of the esteemed chief guest, **Dr. K. Karthik Velu**, a renowned Psychological Life Skill Development Trainer and motivational speaker. With his dynamic presence and insightful storytelling, he captivated the audience by sharing his personal journey of resilience, illustrating how challenges can be transformed into opportunities. His powerful message encouraged students to believe in themselves, overcome fear and anxiety, and strive for excellence.

The programme was not limited to motivational speeches alone. It actively engaged students through interactive sessions, where Dr. K. Karthik Velu invited participants to come on stage and exhibit their talents, including singing, dancing, storytelling, and other creative expressions. This segment greatly boosted the students' confidence and created a joyful, encouraging environment.

A crucial part of Dr. K. Karthik Velu's address focused on **cyber safety and the responsible use of social media.** In light of the growing influence of digital platforms, he highlighted the potential dangers associated with careless online behavior. Through real-life incidents and case studies, he emphasized the importance of digital awareness, the risks of cyber bullying, and the need to protect one's privacy.

The three days were marked by enthusiasm, energy, and empowerment. Students were encouraged to break barriers, pursue their goals fearlessly, and support each other in shaping a better future. The programme concluded with a heartfelt vote of thanks, expressing deep appreciation to Dr. Karthik Velu for his invaluable contribution and to the IQAC team for organizing such a meaningful initiative.

This Empowerment Programme was a truly transformative experience-one that left an indelible impact on everyone who participated.

Outcome of the Programme

The students will able

- To increase confidence in handling personal challenges and setting achievable goals in their lives.
- To acquire practical tools for time management, goal setting, and stress management to lead a balanced and fulfilling life.

28/12

IQAC- Director

Principal

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Marudhar Kesari Jain

College for Women (Autonomous), Vaniyambadi

Internal Assurance Cell (IQAC)

Programme Name: Student Emporwerment Programme

Date: 09.07.2025 to 11.07.2025

Topic: Mind Management & Happiness is the Key to Success

Day – 1









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Day – 2

Topic : எதிர்நீச்சல் அடி மகிழ்ச்சியாக ஜெயிக்கலாம்(படிக்கலாம்)









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Day - 3

Topic : கல்வியே கடைசி ஆயுதம்
நீயே உன் வெற்றியின் மூலதனம்









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