



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS) VANIYAMBADI



Years of
Educational
Excellence...



- ✓ Recognized u/s 2(f) & 12(B) of UGC Act 1956
- ✓ Permanently Affiliated to Thiruvalluvar University
- ✓ Supported by DST - FIST | DBT STAR College Scheme

School of Life Sciences

Ivan Pavlov Association of the PG Department of Psychology,
Mental Health and Well Being Cell

In Collaboration with Evlove Learning and Education Centre, Jaipur

ORGANIZES

MOTIVATIONAL TALK CUM-WORKSHOP ON

“UNLOCK THE POWER
WITHIN YOU”

RESOURCE PERSON

Mr NIPUN DAGA

CHARTERED ACCOUNTANT

FOUNDER, EVOLVE LEARNING EDUCATION CENTRE, JAIPUR

SPEAKER

AUTHOR

CAREER COUNSELLOR

CORPORATE TRAINER



VENUE :
SRI ROOP RAJAT
SEMINAR HALL



DATE :
17.08.2026



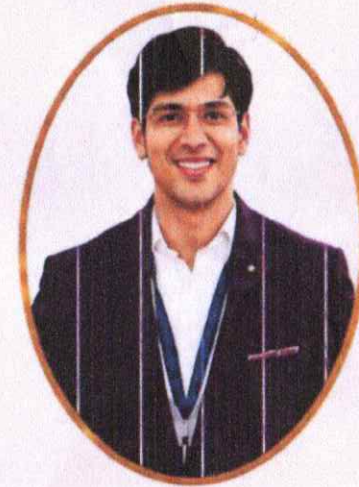
TIME :
01.30 PM

All are cordially invited

SRI. V. DILIP KUMAR JAIN
PRESIDENT

SRI. ANAND SINGHVI
SECRETARY

Dr.M.INBAVALLI
PRINCIPAL



PRINCIPAL

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirunelveli District



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University, Vellore
Accredited by NAAC with "A+" Grade (4th Cycle) – Supported by DST - FIST & DBT STAR College Scheme
Vaniyambadi, Tirupattur District

School of Life Sciences

IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY, MENTAL HEALTH AND WELL - BEING CELL

In Collaboration with EVOLVE LEARNING AND EDUCATION CENTRE, JAIPUR

Organizes MOTIVATIONAL TALK CUM WORKSHOP On

"UNLOCK THE POWER WITHIN YOU"

Date: 17.08.2026

Time: 01.30 p.m - 03.00 p.m

Venue: Sri Roop Rajat Seminar Hall

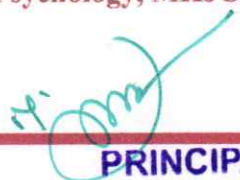
Master of Ceremony: Ms. Aathika Ruffaida K, III B.Sc Psychology

Targeted Audience: Students of Psychology & School of Commerce

AGENDA

Prayer and Tamil Thaaai Vazhthu

Welcome Address	:	Ms. Mubarraah Sameen P A III B.Sc Psychology, MKJC
Inaugural Address	:	Shri. K. Rajesh Kumar Jain Ji., Trustee., MKJC & Secretary, BMD Jain School, Vellore
Felicitation	:	Dr.M. Inbavalli, Principal, MKJC
Resource Person Introduction	:	Ms. Prithesha B III B.Com CA, MKJC
Honoring the Resource Person	:	Dignitaries on the Dias
Resource Person Address	:	Mr. NIPUN DAGA, CA Speaker, Author, Career Counsellor, Corporate Trainer Founder, Evolve Learning & Education Centre, Jaipur
Interactive Session	:	Participants
Feedback	:	Participants
Vote of Thanks	:	Ms. Zuha Arfain M II B.Sc Psychology, MKJC
National Anthem		


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**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI**

33
Years
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Activity Report

SUMMARY REPORT

TOPIC / SUBJECT OF THE ACTIVITY

The Ivan Pavlov Association of the PG Department of Psychology under the School of Life Sciences, Mental Health and Well - Being Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi in association with Evolve Learning and Education Centre, Jaipur organized a Motivational Talk Cum Workshop titled 'Unlock the Power Within You' on 17.08.2026 at Sri Roop Rajat Seminar Hall.

The motivational talk cum workshop aimed to cultivate a positive and growth-oriented mindset of the students towards personal, academic, and professional challenges and to identify and overcome personal barriers that may hinder their growth and success.

PROGRAMME PROCEEDINGS

The programme commenced with a **prayer and Tamil Thai Vazhthu**, setting a solemn and purposeful tone for the event. The **Welcome Address** was delivered by **Ms. Mubarrah Sameen P. A., III B.Sc. Psychology, MKJC**, who extended a warm and cordial welcome to the dignitaries, resource person, faculty members, and participants.

The **Inaugural Address** was delivered by **Sri. K. Rajesh Kumar Jain Ji, Trustee, MKJC and Secretary, BMD Jain School, Vellore** who encouraged the participants to take initiative and responsibility for their personal and professional development. He further motivated them to recognize their inner strengths, unlock their potential, and transform their abilities into purposeful action.

This was followed by the **Introduction of the Resource Person**, presented by **Ms. Pritheesha B., III B.Com CA, MKJC**, who highlighted the professional background and accomplishments of the resource person. The resource person was subsequently **formally honored by the dignitaries on the dais** as a mark of respect and appreciation.

OBJECTIVES (INPUT):

- To develop self-confidence and self-belief among students and encourage them to overcome self-doubt.
- To motivate participants to set meaningful goals and develop a clear vision for their future.
- To encourage participants to identify and overcome personal barriers that may hinder their growth and success.

- To enhance resilience and perseverance by encouraging participants to view challenges as opportunities for learning and development.
- To develop essential life and career skills, including effective communication, decision-making, leadership, and interpersonal skills.

METHODOLOGY (PROCESS):

The programme was conducted in the form of an interactive **motivational talk cum-workshop**. The resource person, Mr. Nipun Daga, shared motivational insights and practical perspectives related to personal growth, self-belief, career development and realization of individual potential.

The session adopted an interactive and engaging approach, enabling students to reflect on their strengths, aspirations and future goals. The workshop-oriented methodology encouraged active participation and helped students connect the motivational concepts with their own academic and personal experiences.

OUTPUT:

The immediate outputs of the programme included:

- Students were exposed to motivational perspectives on personal and professional development.
- Participants gained practical inputs on recognizing their inner strengths and potential.
- The session provided students with opportunities for self-reflection and goal-oriented thinking.
- Students received guidance from an experienced speaker, author, career counsellor and corporate trainer.
- The interactive format facilitated active student engagement and participation.
- The programme created a platform for integrating psychological principles of motivation, self-confidence and personal growth into students' everyday lives.

OUTCOMES:

The programme contributed to the following outcomes:

- **Enhanced self-awareness:** Students were encouraged to understand their abilities, strengths and potential more effectively.
- **Improved self-confidence:** The motivational inputs helped promote a stronger belief in one's own capabilities.
- **Positive attitude:** Participants were encouraged to approach challenges with optimism, determination and perseverance.
- **Goal orientation:** Students gained greater awareness of the importance of setting meaningful academic, personal and career goals.
- **Career awareness:** The interaction with a career counsellor and corporate trainer provided valuable perspectives on career development and future opportunities.

- **Personal empowerment:** The programme encouraged students to take greater responsibility for their personal growth and future aspirations.

CONCLUSION

The **Motivational Talk Cum-Workshop “Unlock the Power Within You”** served as a meaningful platform for motivating students to recognize their potential, strengthen self-confidence and develop a positive, goal-oriented approach towards life. The interaction with Mr. Nipun Daga provided students with valuable motivational and career-related insights and encouraged them to approach their aspirations with greater clarity and determination.

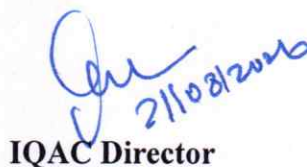
The programme successfully complemented the academic learning of Psychology by providing practical exposure to concepts associated with motivation, personal growth, self-belief and resilience. Overall, the event contributed to the holistic development of students and reinforced the importance of unlocking and utilizing their inner potential for academic, personal and professional success.

Participants Count :

Internal Participants	:	Faculty : 7; Students: 598
External Participants	:	Delegates: - ; Students : -


HOD 18/8/2026


Dean 18/8/2026


21/08/2026
IQAC Director


Principal 24/8/2026

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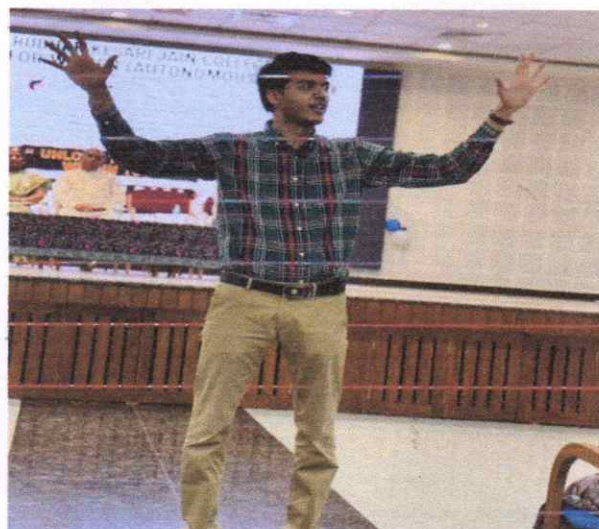
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MOTIVATIONAL TALK CUM WORKSHOP ON

"UNLOCK THE POWER WITHIN YOU"

Date : 17.08.2026



M. Sankar
HOD

Dr. S. S. Sankar
DEAN, SLS

Dr. S. S. Sankar
IQAC DIRECTOR

Dr. S. S. Sankar
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