Marudhar Kesari Jain College for Women(Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

31 Years of Educational Excellence...

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

IQAC & FACULTY DEVELOPMENT CELL

Organizes

Student Empowerment Programmme

on

Vinnai Thodum Peru(n)mai

INVITATION

மருதர் கேசரி ஜெயின் மகளிர் கல்லூரி

(தன்னாட்சி)

வாணியம்பாடி, திருப்பத்தூர் மாவட்டம் - 635 751

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Internal Quality Assurance Cell (IQAC)

Organizes

Student Empowerment Programme on

விண்ணைத் தொடும் பெ(ரு)ண்மை

தேதி: 23.12.2024 || நேரம்: காலை 10.00

இடம்: ஸ்ரீ ரூப் ரஜாத் கருத்தரங்கக்கூடம்



சிறப்பு விருந்தினர்

"மாணவ ரத்னா"

Dr. K. கார்த்திக் வேலு

Psychological Life Skill Development Trainer,
CEO, 'One Life – One Chance'
Life Skill Academy.

PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751.

ஸ்ரீ. V. திலீப் குமார் ஜெயின்
தலைவர்

ஸ்ரீ. ஆனந்த் சிங்வி
செயலாளர்

Dr. M. இன்பவள்ளி
முதல்வர்

Dr. C. நித்யா
IQAC - இயக்குனர்

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)

Vaniyambadi, Tirupattur District - 635 751

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விண்ணைத் தொடும் பெ(ரு)ண்மை

நிகழ்ச்சி நிரல்

- இறைவணக்கம்
- தமிழ்த்தாய் வாழ்த்து
- வரவேற்புரை மற்றும் அறிமுக உரை : K. நாவுக்கரசன், உதவிப் பேராசிரியர்
- சிறப்பு செய்தல்
- வாழ்த்துரை : Dr. M. இன்பவள்ளி, முதல்வர்
- சிறப்பு விருந்தினர் உரை : "மாணவ ரத்னா" Dr. K கார்த்திக் வேலு
- நன்றியுரை
- நாட்டுப்பண்

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Vinnai Thodum Peru(n)mai

Activity Report

Title	VinnaiThodum Peru(n)mai		
Organized By	**Internal Quality Assurance Cell (IQAC)**		
Type of Activity	Student Empowerment Programme		
Level	**Institutional**		
Date	**23.12.2024**	**Time**	**10.00 am -3.40 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	1. To inspire students to develop a positive mindset and cultivate self-awareness to overcome personal and academic challenges effectively. 2. Toequip students with strategies to maintain motivation, build resilience, and achieve their personal and professional goals.		
Internal Participants Count	**785**	**External Participants Count**	**NIL**

Summary

The Internal Quality Assurance Cell (IQAC) of our college organized an inspiring and vibrant Women Empowerment Programme for college girls on 23.12.2024. The event aimed to motivate and uplift the young women in our institution, empowering them to embrace their talents, dreams, and aspirations.

The highlight of the event was the presence of our esteemed chief guest, Dr.K. Karthik Velu, Psychological Life Skill Development Trainera dynamic personality known for his perseverance and success. His speech set the tone for the day, as he shared his remarkable life journey, overcoming challenges and turning adversities into opportunities. With relatable anecdotes and heartfelt insights, sir inspired the audience, encouraging the students to believe in their abilities and never give up on their dreams. He motivated the students psychologically to overcome stress and anxiety.

The programme wasn't just about listening but also actively engaging the students. Throughout the day, the chief Guest called students onto the stage to showcase their talents, ranging from singing and dancing to storytelling and creative skills. This interactive segment not only added an element of fun but also boosted the confidence of the participants, creating a lively and supportive atmosphere.

In his address, Sir focused on an important and highly relevant issue—**cybercrime and the responsible use of social media**. With the rapid growth of digital platforms, he emphasized the importance of being cautious and mindful while navigating social media. Sir shared real-life examples and stories to illustrate how careless behavior on digital platforms can lead to significant problems, including cyber bullyingand privacy breaches.

The entire day was filled with inspiration, energy, and laughter. The students were motivated to break barriers, chase their goals, and support one another in building a better future. The event concluded with a vote of thanks, expressing gratitude to the chief guest for his valuable time and to the IQAC team for organizing such an enriching programme.This Women Empowerment Programme was truly a memorable and transformative experience, leaving a lasting impact on everyone present.

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.

25/12/24

IQAC- Director

Principal

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PHOTOS





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