

Seek Strive Succeed



# Annai Violet Arts & Science College

(Affiliated to the University of Madras, Co-Ed | NAAC Reaccredited)



**IQAC & Department of BBA & B.Com- (ISM)  
in association with IIC**

Cordially invites you all to the



## Self Motivation A KEY TO

# SUCCESS



On 11th & 12th September 2023- 09.00AM Onwards  
at Seminar Hall

### Resource Person

**Mr. R.J. Yuvnesh Kumar**, M.Com., MBA., NET.,  
IIC Innovation Ambassador,  
Assistant Professor,  
PG & Research, Department of Commerce,  
Patrician College of Arts and Science, Chennai.



**Dr. R.RAJAGOPAL**  
HOD

**Mrs.JAPHIA SOLOMON**  
Vice Principal

**Dr.C.INITHA LEBANON EBENCY**  
Principal

**Dr.P.E.R.Premchand**  
Joint Secretary

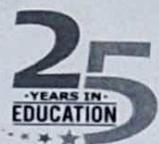
**Mr.N.R.D.Prem Kumar**  
Secretary

**Chev.N.R.Dhanapalan**  
Chairman



# Annai Violet Arts & Science College

(Affiliated to the University of Madras, Co-Ed | NAAC Reaccredited)



## IQAC, IIC & ED CELL EVENT ORGANISED REPORT (2023-2024)

<b>Name of the club</b>	IQAC, IIC & ED CELL
<b>Name of the event organized</b>	MENTORING EVENT LINKAGE WITH INNOVATION AMBASSADORS
<b>Title of the event</b>	SELF MOTIVATION A KEY TO SUCCESS
<b>Date of the event organized</b>	11/09/2023 & 12/09/2023
<b>Name of the coordinator of the event</b>	Mrs. C. Jaisree
<b>Participants</b>	Students of BBA & B.Com ISM
<b>No. of participants</b>	180 Students
<b>Name of the expert with the designation</b>	Mr.R.J.Yuvanesh Kumar, Assistant Professor, Department of Commerce, Partician College of Arts & Science
<b>Objective of the event</b>	The primary objective of the event was to inspire and motivate students and faculty by emphasizing the importance of self-motivation in achieving personal and professional success. Through expert-led sessions and discussions, the event aimed to provide participants with practical strategies to enhance their self-motivation and improve their overall performance and well-being.
<b>Description of the event</b>	<p><b>Day 1: 11th September 2023</b></p> <p><b>Introduction and Welcome:</b> The event began with a welcome address by Ms. Jaisree, Assistant Professor, and Department of Business Administration. The importance of self-motivation as a critical factor in achieving success was introduced. Mr. Yuvanesh Kumar began the session by discussing the significance of self-motivation and its impact on various aspects of life. He shared personal experiences and case studies that illustrated how self-motivation can lead</p>

	<p>to success. Strategies for fostering self-motivation, such as setting achievable goals, maintaining a positive mindset, and practicing self-care, were covered. Participants engaged in a question-and-answer session with Mr. Yuvanesh Kumar. Attendees asked questions related to overcoming challenges and staying motivated in the face of adversity.</p> <p><b>Day 2: 12th September 2023</b></p> <p>The second day included a workshop where participants learned practical techniques for building and sustaining self-motivation. Activities included goal-setting exercises, visualization techniques, and mindfulness practices. Participants were divided into small groups to discuss topics related to self-motivation and share personal experiences. Each group presented their insights and key takeaways to the larger audience. The event concluded with closing remarks from the organizers and a feedback session for participants to share their experiences and suggestions. Participants expressed appreciation for the opportunity to learn from the resource person and engage in discussions on self-motivation.</p>
<b>Outcome of the event</b>	The event "Self-Motivation - A Key to Success" was a successful and impactful experience for all participants. It provided valuable insights into the importance of self-motivation and equipped attendees with practical tools to improve their motivation levels. The event demonstrated the commitment of Annai Violet Arts and Science College to fostering the personal and professional growth of its students and faculty.
<b>Photo Gallery</b>	Attached
<b>Feedback Obtained from the Participants</b>	Enclosed

## Photo Gallery



*V. Gopalakrishnan*  
IIC Coordinator

AVASC-IIC Convenor, Department of Business Administration, Annai Violet Arts and Science College, No: 53, Violet College Road, Menambedu, Ambattur, Chennai-600 053.

*S. Suresh*  
Event Coordinator

Head of the Department

Annai Violet Arts and Science College

No: 53, Violet College Road, Menambedu,

Ambattur, Chennai-600 053.

*T. P. Suresh*  
IQAC Coordinator

Annai Violet Arts and Science College

No: 53, Violet College Road, Menambedu,

Ambattur, Chennai-600 053.

*S. Suresh*  
Principal

Annai Violet Arts and Science College

No: 53, Violet College Road, Menambedu,

Ambattur, Chennai-600 053.