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Affiliated to Madurai Kamaraj University Re-Accredited with 'A++' by NAAC (Cycle - IV) Mary Land, Madurai - 625018, Tamil Nadu

#### **DEPARTMENT OF MCA**

Title : Guest Lecture on "Professional Self Improvement"

Date : 16.08.2022

Resource Person/s : Mr. M. Muthukumar, Founder & CEO, ARK Group, Madurai

No. of Participants : 52

Focus on : Skill Development

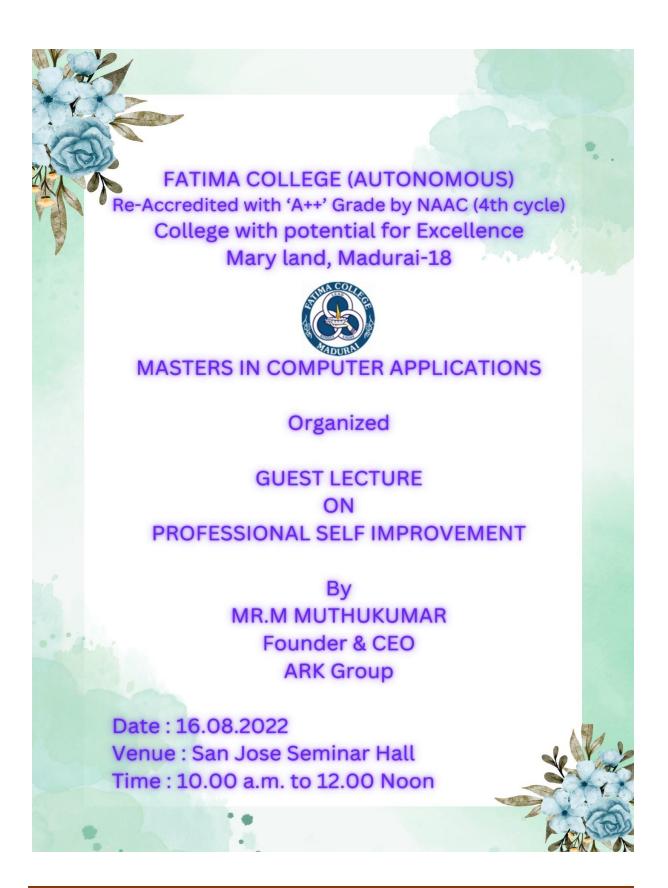
Outcome :

- Students gained tips to achieve their goal.
- This session helped students to be guided by a positive mind and to be driven by self-motivation.
- This session guided students along the path that they need to take in order to have goals and dreams in life.



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#### Report

#### **Key Points Highlighted:**

- How to set goals?
- How smart phone will become addiction?
- How to see the life as beautiful thing?

The presenter who himself is a source of motivation gave students some encouraging examples from his own life and inspired students to be a self-motivator. He discussed about the importance of positive thinking and attitude which brings optimism into life and such constructive changes can make one brighter and more successful. He motivated the students to excel in study and career. He shared that Goals are like road maps. Goals provide the direction to reach the destination, the motivation to sustain on the trip, and a way to measure the progress. The best way to get results is to plan for the future, but live one day at a time. The smart phone addiction may result in unwanted consequences on their academic performance and psychological health. He also conducted few games to make students learn some life messages. He also Discussed about how fear ruins things. It also discloses that beyond fear was the most blissful experience of his life, and how that principle can be applied to anything in life.

#### **PHOTOS**







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# DEPARTMENT OF MCA PROFESSIONAL SELF IMPROVEMENT PARTICIPANTS LIST

S.NO REG. NO NAME				
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1.	2021MCA01	Abinaya R		
2.	2021MCA02	Aishwarya M		
3.	2021MCA03	Alaghu Sunmathi.K		
4.	2021MCA04	Ayisha M		
5.	2021MCA05	Bakkiasri.P		
6.	2021MCA06	Bhavani.G		
7.	2021MCA07	Deepika S		
8.	2021MCA08	Dhana Lakshmi A		
9.	2021MCA09	Dharani Devi.V		
10.	2021MCA10	Durga Devi Vb		
11.	2021MCA11	Farija J		
12.	2021MCA12	Gayathri.S		
13.	2021MCA13	Gowri.V		
14.	2021MCA14	Ishwarya S		
15.	2021MCA15	Jeba Jelciya Sudhancy A J S		
16.	2021MCA16	Jenifer.D		
17.	2021MCA17	Jone Shayini Evangelin.		
18.	2021MCA18	Joshi Christina.S		
19.	2021MCA19	Kannamai.K		
20.	2021MCA20	Karunai Anandhi.S		
21.	2021MCA21	Keerthana.S		
22.	2021MCA22	Keerthiga M		



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23.	2021MCA23	Kokilapushpam.V
24.	2021MCA24	Kriti Shrikha.A
25.	2021MCA25	Lakshmi.V
26.	2021MCA26	Madhumitha.R.S
27.	2021MCA27	Maheswari.E
28.	2021MCA28	Malathi.M
29.	2021MCA29	Maria Graycita.B
30.	2021MCA30	Mariammal.M
31.	2021MCA31	Mohanapriya.A
32.	2021MCA32	Pooja T
33.	2021MCA33	Poornima.B
34.	2021MCA34	Saranya.K
35.	2021MCA35	Shakthi.M
36.	2021MCA36	Shalini.G
37.	2021MCA37	Shalini.M
38.	2021MCA39	Shipra P
39.	2021MCA40	Soundarya Mai R B
40.	2021MCA41	Sreeni Malar V
41.	2021MCA42	Sri Narmatha.J
42.	2021MCA43	Subhaa S
43.	2021MCA44	Sujitha J
44.	2021MCA45	Swetha.S
45.	2021MCA46	Thangaponnu.G
46.	2021MCA47	Uma Maheswari.S
47.	2021MCA48	Vaishnavi C



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48.	2021MCA49	Vidhya,V
49.	2021MCA50	Vinnothini R
50.	2021MCA51	Yamini N K
51.	2021MCA52	Yokeshwari.M
52.	2020MCA07	Jerlin M

Signature of HOD

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