



FATIMA COLLEGE

(Autonomous)

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

PART V WOMEN EMPOWERMENT CELL SHIFT 1

Title : **Motivational Videos – Self Motivation**

Date : **05.01.2023**

Resource Person/s :

Dr. S. Arul Jothi

Women Empowerment Cell Shift I

Fatima College

Madurai 18

No. of Participants : **47**

Focus on : **Self Motivation**

Outcome : The students get motivated towards the importance of learning a self-defense and real happiness lies in gratitude.

Report:

On January 5, 2023, the Women Empowerment Cell organized a Motivation Session on the title Self-Motivation. The Coordinator has screened few vidoes on developing self-confidence and courage to fight against societal problems.Avaladhikaaram motivational short film video by ArunNarain regarding women self-defense.The film focuses on Women Safety and Women Empowerment. The film seeds reformative thoughts and creates awareness on crimes happening against women in the society,and eventually provides a solution for it as well.Later on the motivational speech by MunibaMazari Motivational about Her Life Story, Words can make you, break you, they can heal your soul, they can damage you forever. So, always try to use positive words in life.A story of a woman. Who's perfectly imperfect life made her who and what she is today, pursuit of her dreams and aspirations made other people realize that if you think that your life is hard and you're giving up on that because you think your life is unfair, think again.Because when you think that way you are being unfair to your own self.It's the story of a woman who made people realize that sometimes



FATIMA COLLEGE

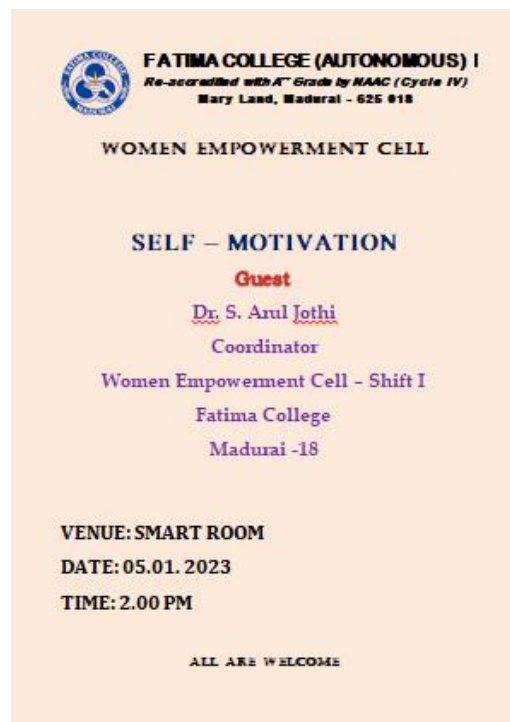
(Autonomous)

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

problems are not too big. We are too small. It is a story of a woman who we time realized, the real happiness doesn't lie in success, money, fame ... it lies within. Students expressed their view about self-defense and how to handle the situations in various women related problems.

Outcome: The students get motivated towards the importance of learning a self-defense and real happiness lies in gratitude.

Invitation/Brochure



List of Participants

S. No.	Reg. No	Name (Full name with Initials)
1.	2022T13	GOPIKA J
2.	2022T15	HEMA SREE R
3.	2022T29	MONIKADEVI V
4.	2022L21	HAJIRA H
5.	2022L51	SHALIHA S
6.	2022L36	MERLIN VINNARASI
7.	2022L37	MIRACLIN CHELLA VAILANKANNI
8.	2022L47	ANNIE METILDA J
9.	2022L34	MARY JESLI A.S
10.	2022H30	SHANMUGA SARANYA P
11.	2022A18	IDHAYA FRANKLINA A
12.	2022A58	SHIFA FATHIMA S
13.	2022A67	YOGESWARI K



FATIMA COLLEGE

(Autonomous)

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

14.	2022E61	SOMU SUNDARI M
15.	2022B10	HANIFA FATHIMA A
16.	2022B12	HEPZIBAH ANGELIN R
17.	2022B24	KIRUBA L
18.	2022B29	MYTHILI N.S
19.	2022B38	SANTHIA S
20.	2022M01	AISWARYA S
21.	2022M15	DIVYA K
22.	2022M24	IMMACULATE RATSINGA A
23.	2022M33	HINASNI A
24.	2022M43	SELVARANI R
25.	2022M46	SRIMATHI V
26.	2022P09	DULAITTA MARY T
27.	2022P17	LOGESHWARI S
28.	2022P29	SHARMILA P
29.	2022P33	SRI MEENAKSHI K.S
30.	2022C02	OVIYA S
31.	2022C12	FATHIMA R
32.	2022C17	JERLIN REEGA Y
33.	2022C20	JOSEPHINE TERESA X
34.	2022C22	MARIA FENISIYA P
35.	2022C24	ABITHA A
36.	2022Z04	AKSHAYA V
37.	2022Z05	BALASUBETHA R
38.	2022Z07	DENITA VINISH RADAN S R
39.	2022Z08	DHANUSRI S
40.	2022Z09	DHANUSHA R
41.	2022Z18	KAYAL VIZHI M
42.	2022Z21	MADHUMITHA S
43.	2022Z24	MERFIN L
44.	2022N04	ANGEL PRIYA V
45.	2022N19	LALITHA M
46.	2022N20	LAVANYA DEVI K. R
47.	2022N29	RESHMAA M.J

Dr. S. Arul Jothi
Women Empowerment Cell
Coordinator
(Shift I)