

Motivational seminar

Resource person:

**Mrs. Prabha Rajan(certified trainer& consultant, Elysian
inspires)**

Date : 27th Feb 2020

Venue : Study Centre, Mangalapuram

Time : 5.00 pm to 6.30 pm

“If you can dream it, you can do it” ! - Walt Disney

Trainees have identified the need of motivation among the students to study well and achieve their dreams. After the continuous search for a resource person, trainees could able to find out a potential resource person ,Mrs. Prabha Rajan (certified Career consultant, Elysian Inspires).Trainees focused on students as well as their mothers to be a part of this programme, and asked the students to attend the event without fail soon after confirming the date.

The session was organized in a manner which incorporated video based- story-interactive session. Speaker have prepared a video in which story of 2 frogs , A chained elephant, and animated life story of athlete Usain Bolt included. Through the story of 2 frogs , speaker spoke about how to come out from the comfort zones &importance of hard work. She had portrayed about the hurdles before the students in achieving their dreams and need to overcome through the story of Chained elephant. Animated story of Usain bolt had drew a real life example of achieving the dreams by overcoming the challenges.

Other than the medium of presentation, the highlight of the event was the sharing of real life experience by the trainer herself. She explained about her past life in which she had suffered of her physical difficulty and the demotivating attitude of the society. She have started walking only after the age of 10 and undergone several surgeries. People around her told her that she can't do anything with her physical situations and she needs someone's help. But in spite of all the negative comments she received, she achieved everything which the society told she can't. She studied really hard, achieved degrees in different subjects, worked in a good position, and presently she is so called 'physically challenged' by the demotivating set of people, is owning 3 companies and mother of 15 year old girl.

It was found that after hearing the story of speaker, the students and mothers were very energetic and hopeful. Mrs. Prabha have also conducted an interactive session with the participants during the session and after, in which it helped them to identify their hurdles and strengths in front of achieving their dreams. Mothers were also actively participated in the interactive session.

Dr . Amuthalakshmi(Faculty ,MSW(A)) ,in charge of Study centre delivered the vote of thanks and handed over a token of gratitude to the speaker. There were 41 participants in total including the students and mothers. Trainees have also provided refreshments to the participants . The programme came to an end by 6.30 with final group photo session. To sum up, the motivational seminar was really impactful for the target group.