

LOYOLA COLLEGE



BUSINESS ADMINISTRATION FORUM

Guest Lecture on **"Unlock Your True Potential"**
18th June 2025





LOYOLA COLLEGE (Autonomous), CHENNAI - 600034.

College of Excellence

DEPARTMENT OF BUSINESS ADMINISTRATION

Organises a Guest Lecture on

“UNLOCK YOUR TRUE POTENTIAL”

by



Life Coach Dr. Fatima

**Author, Trainer, Mentor, Speaker,
Energy Synthesist**

DATE: 18th June, 2025

TIME: 4.40 P.M. to 6.30 P.M.

VENUE: Beschi Hall

Dr.I.Eucharista Fatima Mary
Organiser

Dr.Siji Joseph
*President,
Business Administration Forum*

Dr.N.C.Martin
*Vice President,
Business Administration Forum*

Dr. A. Austin Xavier Amirtharaj
*Coordinator,
Department of B.B.A.*

Guest Lecture on "Unlock your True Potential" 18th June 2025-A Report

EVENT OVERVIEW:

The Department of Business Administration hosted an interactive guest lecture titled "Unlock Your True Potential", delivered by Life Coach Dr. Fatima. The session focused on self-discovery, emotional intelligence, and practical strategies to harness one's potential. The event began with a prayer song and concluded with the national anthem fostering a sense of unity and purpose.



EVENT FLOW & KEY HIGHLIGHTS:

I. Inauguration:

Dhyaneshwar introduced the guest speaker, Dr. Fatima.

- Dr. A. Austin Xavier felicitated Dr. Fatima with a memento and Dr. Siji Joseph with a shawl.
- **Welcome Address** by Dr. Austin Xavier emphasized the importance of personal growth for students.



2. Guest Lecture by Dr. Fatima:

Core Themes Covered:

- **Understanding Potential:** Definition and significance of unlocking hidden capabilities.
- **Self-Belief & Mindset:** Importance of confidence and growth-oriented thinking.
- **Emotional Intelligence:** Identifying emotions (e.g., fear, pride) that hinder success.
- **Activity:** Students participated in a guided exercise to release negative emotions through mindful breathing and self-reflection.
- **Purpose of Life:** Aligning goals with personal values.
- **Skills & Knowledge:** Developing technical and soft skills for holistic growth.
- **Social Factors:** Building relationships and community impact.



3. Interactive Session:

- Students Aditya and Ranjan shared their perspectives on expectations, pride and fear, respectively.
- Dr. Fatima provided actionable tips to overcome procrastination and self-doubt.



The interactive segment was a highlight of the event, fostering dynamic engagement between Dr. Fatima and the students. **Key moments included:**

1. Real-Life Problem Solving:

- Students Aditya and Ranjan shared personal challenges related to expectations and fear of failure. Dr. Fatima provided tailored strategies, such as:
- Breaking goals into smaller, manageable steps (for Aditya).
- Using positive affirmations and visualization techniques (for Ranjan).

2. Mindfulness Activity:

- "Palms Open, Eyes Closed" Exercise: Participants released negative emotions (e.g., self-doubt, anxiety) through guided breathing, symbolically "letting go" of mental barriers.
- Students reflected on pride and hidden fears, writing them down to confront and overcome them.

Vote of Thanks by Kavin Alex acknowledged Dr. Fatima's insights and the organizing team's efforts.

- The event ended with the national anthem, instilling a sense of patriotism and collective motivation.



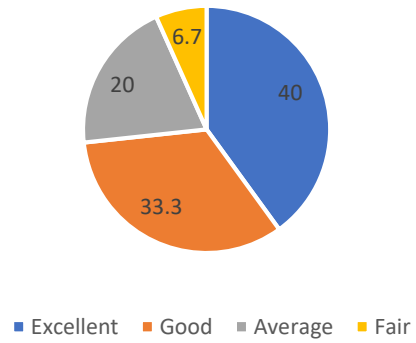
Conclusion:

The guest lecture "Unlock Your True Potential" was a resounding success, leaving attendees inspired and equipped with practical tools for personal and professional growth. Dr. Fatima's dynamic session, combined with interactive activities, fostered a deeper understanding of self-belief, emotional intelligence, and purposeful living. The enthusiastic participation and positive feedback from students highlight the event's impact in motivating them to harness their strengths and overcome challenges.

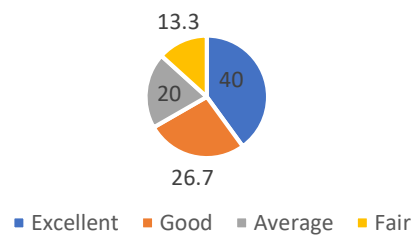
This lecture not only aligned with the department's mission to nurture well-rounded leaders but also set the stage for future initiatives focused on holistic development. As the echoes of the national anthem lingered, the event closed on a note of unity and renewed determination among students to unlock their fullest potential.

FEEDBACK:

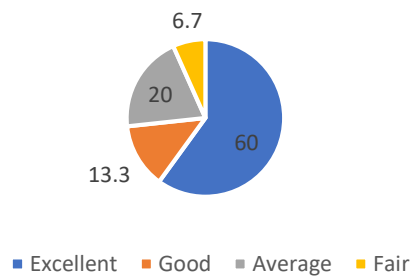
Quality of the Presentation



Contents of the Session



Overall Organisation of the Guest Lecture



LIST OF PARTICIPANTS

Sl.No.	Register No	Student Name
1	23-UBU-003	RITHICK SHOBAN V
2	23-UBU-004	SANJAI STEPHEN S V
3	23-UBU-008	RIKASH CLINTON J
4	23-UBU-012	REMINGTON J
5	23-UBU-014	SELWIN ASTLE A J
6	23-UBU-015	SIMON WILSON R
7	23-UBU-016	RAHUL MORYA P
8	23-UBU-017	JEFFREY PAUL ANTO S
9	23-UBU-018	RYAN THOMMPPSON
10	23-UBU-019	RONALD FRANCIS X
11	23-UBU-022	MATHEW MANOJ
12	23-UBU-023	RITESH RAJ GOPALAKRISHNAN
13	23-UBU-029	WILLIAM CAREY C H
14	23-UBU-030	JASPER KEVIN ABRAHAM S
15	23-UBU-031	RAHUL S
16	23-UBU-034	FRANK DUFF JOE ANTONY .D
17	23-UBU-035	SAM ANTHONY W
18	23-UBU-036	ADITYA P V
19	23-UBU-037	JOSHUA MERVYN AMALRAJ L
20	23-UBU-038	KUNALSIPANI
21	23-UBU-039	HARIHARAN R
22	23-UBU-040	SENTHAMIZH G
23	23-UBU-041	PRASAD J
24	23-UBU-047	BONGU VAMSI KRISHNA
25	23-UBU-048	HARITH A
26	23-UBU-049	SAJITHKUMAR S
27	23-UBU-051	JAWAKAR S
28	23-UBU-052	ESHVAR RAMANADHAN
29	23-UBU-053	MOHAMED ASHFAAQ F
30	23-UBU-054	THRIDEV P
31	23-UBU-055	PRAJAN BALA P B
32	23-UBU-057	MOHAMMED SHAAKIR S
33	23-UBU-059	KEVIN ISAAC R
34	23-UBU-063	VINITH KUMAR JAIN M
35	23-UBU-067	YATAN P
36	23-UBU-078	ALIASGAR MOHAMMED KOHDAWALA
37	23-UBU-101	MARIA ADSHAEIL FERNANDO
38	23-UBU-103	BENCHRISTO S J

39	23-UBU-104	JOSHUVA A
40	23-UBU-105	MARIA DEAN JONES A
41	23-UBU-107	KALVIN MARIA KAROL F
42	23-UBU-108	FRANCESCO I
43	23-UBU-109	KAVIN ALEX
44	23-UBU-110	MANO S A
45	23-UBU-111	MONISH S R
46	23-UBU-112	JOYAL R
47	23-UBU-113	JUSTIN MATHEW J
48	23-UBU-114	RITTHIK R S
49	23-UBU-116	EDWARD PETER D MORAIS
50	23-UBU-118	RONNIE S
51	23-UBU-119	PREMRAAJ GOBINATH
52	23-UBU-120	PRAVESH JAIN R
53	23-UBU-121	DINESH ANANDHA KUMARAN S
54	23-UBU-123	LEON ANTHONY
55	23-UBU-124	ASHWANTH V
56	23-UBU-126	NITHEESH G
57	23-UBU-127	DANIEL NEERAJ JOSEPH
58	23-UBU-128	JOSHWA SNOWJUN M
59	23-UBU-130	AJJEYDHARUN
60	23-UBU-131	ARAVIND A
61	23-UBU-132	ELAKKIYA MARAN A
62	23-UBU-133	K DEEPAK ROSAN
63	23-UBU-134	TRILOK CHAND R R
64	23-UBU-136	DUSHYANTH L
65	23-UBU-138	NEETHISH W K
66	23-UBU-139	MUKARRAM MUFADDAL VADNAGARWALA
67	23-UBU-140	DWIP T DOSHI
68	23-UBU-142	ASHWATH KISHORE M J
69	23-UBU-143	DYAANESHWAR S
70	23-UBU-144	KISHORE B
71	23-UBU-145	ASHISH SOHAIL S
72	23-UBU-146	JAYESH KARTHIK B J
73	23-UBU-148	DEVANANDHAN SRINIVASAN
74	23-UBU-150	ARYA PAREKH
75	23-UBU-152	DENVER MARK SAMUEL
76	23-UBU-153	MOHAMED LAREEF T
77	23-UBU-155	IMMANUEL RAJEEVAN K B
78	23-UBU-156	VIJAY SENTHIL KUMAR
79	23-UBU-157	ANTONY NIRMAL A
80	23-UBU-158	RATHIN KASINATHAN M
81	23-UBU-159	RAM PRASATH R

82	23-UBU-162	PRADOSH S
83	23-UBU-163	CHARLES STEVEN RAJ B
84	23-UBU-165	SUDEV HARISH R S
85	23-UBU-167	VISSHAAL P
86	23-UBU-168	RANJAN S R
87	23-UBU-169	DAMAN CHOPRA M
88	23-UBU-171	PRATYAKSH P
89	23-UBU-172	KARLMARX
90	23-UBU-174	NITHIK VASAN L
91	23-UBU-175	MOHAMED HIDAYATH AFSHIN
92	23-UBU-176	RAKESH J
93	23-UBU-201	FELIX R
94	23-UBU-202	JOHN BRITTO K
95	23-UBU-203	WENISCH MANUEL JAYARAJ X
96	23-UBU-204	CAROLE.S.A
97	23-UBU-205	MARKAS I
98	23-UBU-206	HENRY IMMANVEL A
99	23-UBU-208	PRADEEP E
100	23-UBU-209	REGEO STENIL R J
101	23-UBU-210	JUDE MICHAEL V R
102	23-UBU-211	SOHIL FRANCIS P
103	23-UBU-212	RAGHULRAJ S
104	23-UBU-213	CLARIS FERDIN C
105	23-UBU-214	SUJAN VIGNOATHRE T
106	23-UBU-215	VISHALPRANAV V R
107	23-UBU-217	ALEX JULIAN A
108	23-UBU-218	ANDERS L
109	23-UBU-219	ARUL ROSHAN A
110	23-UBU-220	NARAM SAI SHANMUKH
111	23-UBU-223	AKSHAT K JAIN
112	23-UBU-224	AMBHARISH SIVAKUMAR
113	23-UBU-225	SRIJESH G
114	23-UBU-226	KISHAN RAJ J
115	23-UBU-228	SAHIL D
116	23-UBU-230	ZAHID AHAMED
117	23-UBU-232	ANAND S
118	23-UBU-234	ANTON A
119	23-UBU-235	NEELESH J J
120	23-UBU-236	VIJAY MILTON S
121	23-UBU-239	DAKSHIN KUMAAR P
122	23-UBU-240	MOHAMED MARZOOK
123	23-UBU-241	SUJITH G
124	23-UBU-245	MALEKULASHTAR

125	23-UBU-247	SANTO P SEBASTIAN
126	23-UBU-248	PARTHAV SATISH
127	23-UBU-251	THIRUMALAI RAJA R
128	23-UBU-252	YUVARAJ S
129	23-UBU-253	NANAMBATH RAJEEV YASH
130	23-UBU-255	MOHAMED ISRAN M I
131	23-UBU-257	RISHAB LUNKED