

**Name of the activity** : Webinar on “Reprogramming Your Mind”  
**Activity start Date** : 01.8.2020  
**Number of Resource Persons** : 01  
Mr. Vimal Thiagarajan  
Founder and Director  
Be Positive Training Academy  
Chennai

REPORT OF THE WEBINAR ON THE TOPIC “Reprogramming Your Mind”1<sup>st</sup> ,  
AUGUST, 2020

The PG and Research Department of Chemistry, conducted a webinar on the topic “Reprogramming Your mind” on 1<sup>st</sup> of August, 2020 between 4.30-5.30 p.m. The guest speaker Mr. Vimal Thiagarajan, Founder and Director of Be Positive Training Academy, Chennai. Dr. L. Cathrine, Dean of Science and Assistant Professor in Chemistry welcomed everyone and Dr. A. Leema Rose offered felicitations. The speaker started his motivational speech by quoting what kind of people are called LURE(People who Learn, Unlearn, Relearn and Experience Learning) followed by revealing the unravelling secrets of life and made us to realize the zones which one has to move ie from comfort to confident zone, celebrity worship syndrome to selfworship syndrome, impossible to I am possible which made us to understand our roles, skills and how we can improve our personal attributes which helps one to move towards the road of success. The session came to an end with vote of thanks by Dr. J. Rosaline Vimala, Assistant Professor in Chemistry.



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Program: Reprogramming Your Mind  
Holy Cross College, Trichy

BePositive  
Building Positivity  
Everyday

**Objective + a small friendly caution**

- 1) Just for your self-improvement
- 2) Nothing personal
- 3) Your choice is based on your life
- 4) Analyse the points
- 5) Take what suits you & ignore the rest

Vinay Thangaraj

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**3) Un(der) employed Vs  
Over Qualified**

Grads every year      Skills to Develop      MOSE

Vinay Thangaraj

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