



Mahajana Education Society (R)
SBRR Mahajana First Grade College (Autonomous)
Affiliated to University of Mysore
Re-Accredited by NAAC with 'A' Grade, College with Potential for Excellence
Post Graduate Wing
Pooja Bhagavat Memorial Mahajana Education Centre
K R S Road, Metagalli, Mysuru – 570 016

Title of the Event and name of the venue	One-day workshop on Personal growth and mindset resource, PBMMEC, Mysuru
Date	3.04.2025
Details of the department organizing the event in collaboration with institution	DEPARTMENT OF SOCIAL WORK PBMMEC, Mysuru

Purpose and scope of the event: The special talk was organized with the objective of fostering **self-awareness, emotional intelligence, and mindset transformation** among MSW students. The session was designed to help students:

- Understand the connection between mindset and personal/professional success
- Develop emotional resilience and self-motivation
- Recognize the role of values and clarity in decision-making
- Cultivate a growth-oriented attitude essential for social work practice

Details of the talk/event/activity: Mrs. Anuradha Muralidharan, with her expertise in coaching and behavioral development, delivered an insightful and interactive session. Key aspects of the talk included:

- **Understanding Fixed vs. Growth Mindset:** Students were introduced to how beliefs shape outcomes and how shifting perspective leads to personal breakthroughs.
- **Self-awareness and Clarity:** Through guided questions and exercises, students reflected on their strengths, challenges, and internal narratives that affect their growth.
- **Goal Setting and Action:** The resource person encouraged students to align their personal vision with actionable steps, stressing the importance of consistency and reflection.
- **Emotional Well-being:** Mindset was discussed not only in terms of productivity but also as a tool for managing stress, setbacks, and interpersonal challenges in the field of social work.
- **Interactive Elements:** The session included real-life examples, self-assessment exercises, and small group reflections that enhanced student engagement.

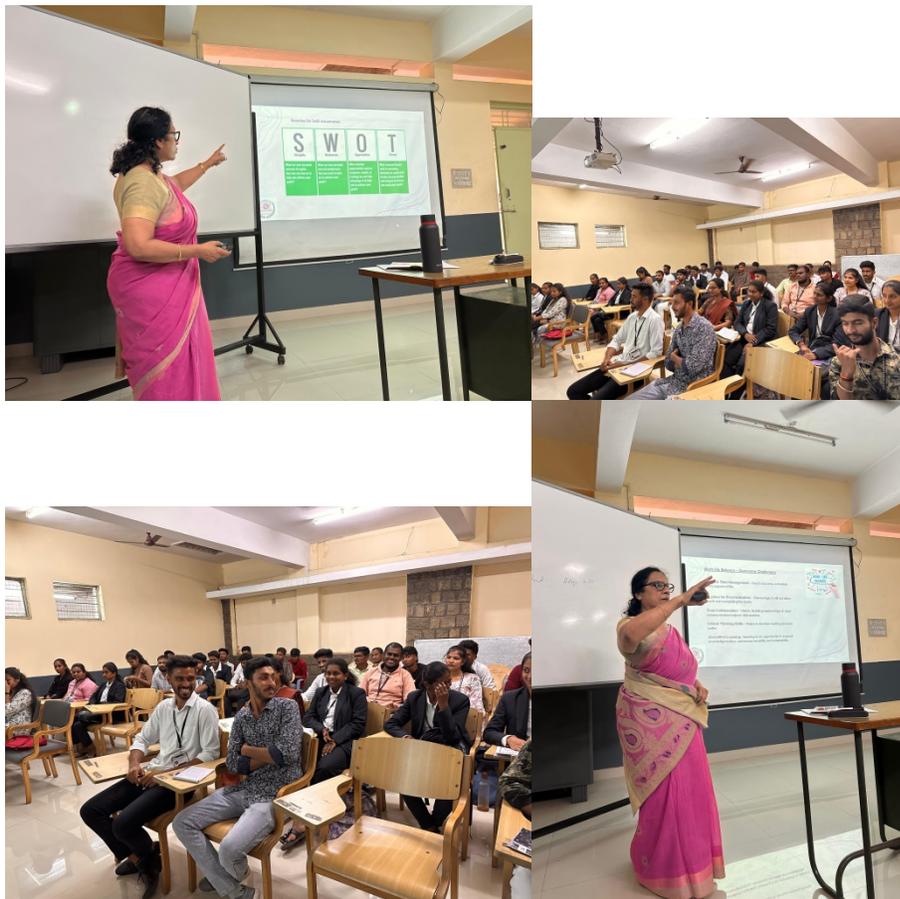
Event Highlights:

- **Dynamic and engaging session** led by Mrs. Anuradha Muralidharan, an experienced personal and career coach from Anugrow Coaching Solutions, Mysuru.
- **Insightful introduction to “Growth vs. Fixed Mindset,”** helping students understand how mindset influences success and resilience in both personal and professional life.

- **Interactive activities** and guided reflections encouraged students to identify personal strengths, limiting beliefs, and areas for improvement.
- Emphasis on **goal setting, value-based decision making, and emotional regulation** tailored to the context of social work practice.
- Practical tools shared for **managing stress, building confidence, and developing clarity** in academic and career pursuits.

A brief profile of the resource persons: Mrs Anuradha Muralidharan, Career and personal coach, Anugrow coaching solutions, Mysuru

Target audience and No. of Participants/beneficiaries: 48 MSW students



Signature of the Event Co-ordinator

(Dr. B R Jayakumari)

