

# AGARAM -YRC 2023

**Event Details:** YRC, CEG has organized a **Personality Development Session** as part of the 1<sup>st</sup> year (Grey Tags) orientation program “AGARAM” for both 1<sup>st</sup> year (Grey Tags) and 2<sup>nd</sup> year (Purple Tags) on 08/10/2023 from 8.30 am to 12.30 pm at TAG Auditorium, Department of Mechanical Engineering. The aim was to lay a strong foundation for personal growth and motivation among the incoming 1<sup>st</sup>-year (Grey Tags) volunteers of YRC. Around 250 students had attended the event. The overall event was organized and managed by 3<sup>rd</sup> year (Orange Tags) Office Bearers.

**Event Description:** The event commenced with a powerful Motivational Talk by Mr. Vipinendran Sir, Printing and Industrial Engineering, Management Studies, setting the stage for the transformative journey ahead. Following this inspiring session, participants engaged in practical sessions like Focus and Memory Building, designed to sharpen cognitive skills essential for personal and academic growth. The next segment Leadership experiment involved lighting cotton on fire, placing it in the mouth, then closing the mouth to extinguish the flame. This bold exercise symbolized overcoming fears through focus and control. The event concluded with a dynamic Tower Building Challenge, encouraging teamwork, creativity, and problem-solving skills, as groups collaborated to construct impressive towers using only newspapers. Refreshments were provided to all the volunteers at the end of the event. Prizes were awarded to volunteers who demonstrated exceptional courage and focus, making the entire session a transformative and enriching experience for all.

## Event Agenda:

- Tamizh Thai Vazhthu
- Welcome Speech
- Speech by Programme Officer and Office Incharge Staff
- Motivational Talk by Mr. Vipinendran Sir
- Interactive Sessions
- Refreshment Break
- Group Activities & Team Building Exercises
- Vote of Thanks
- National Anthem

**Motive of the Event :** The ultimate motive of the event was to instill personal growth, leadership qualities, and a strong sense of community engagement among the 1<sup>st</sup> year and 2<sup>nd</sup> year volunteers, aligning with the core values of Youth Red Cross. Mr. Vipinendran Sir Personality Development Session was a resounding success, leaving a profound impact on the first and second year volunteers. The combination of motivational insights, practical exercises, leadership experiments and the group challenge created a comprehensive and enriching experience.

**Feedback:** We have asked 4 volunteers (2 boys and 2 girls) from 1<sup>st</sup> year and 2<sup>nd</sup> year volunteers following the Personality Development Session and we got overwhelming positive feedback. Participants expressed gratitude for the impactful Motivational talk delivered by Mr. Vipinendran Sir, citing its ability to instilling a sense of purpose and self-belief among individuals.

## PHOTOS:



