

## **Manifest Your Potential: A Vision Board Experience**

**Date:** 11-12-2025

**Venue:** Library Seminar Hall

The **Department of English and Foreign Languages** organized a faculty development and wellness-oriented program titled “**Manifest Your Potential: A Vision Board Experience**” on **11 December 2025** at the **Library Seminar Hall**. The program was initiated by **Dr. P. Jeyappriya, Registrar i/c**, with the aim of empowering academic staff through reflective and goal-oriented practices. The Primary Objectives of the program was to encourage self-reflection and personal growth among academic staff and to foster a supportive and collaborative faculty culture. The session introduced the concept of **vision boards** as a creative and mindful tool for manifesting goals and aspirations. Academic staff actively participated in creating their own vision boards using images, words, and symbols that represented their ambitions, values, and future plans. The interactive nature of the program encouraged open sharing of ideas, experiences, and aspirations. The program “**Manifest Your Potential: A Vision Board Experience**” was a successful and enriching initiative that addressed the holistic development of academic staff. By blending creativity, reflection, and motivation, the Department of English and Foreign Languages reinforced its commitment to nurturing a **positive, empowered, and forward-looking academic community**.





