



Springboard Leadership Programme

Third Session

For

Quality Circle Members

On

“Unlocking the Power of You: 100% Responsibility for Transformational Leadership”

29 January, 2025

Report

**Internal Quality Assurance Cell (IQAC)
Loyola College (Autonomous)
Chennai - 34**



LOYOLA COLLEGE

(AUTONOMOUS)

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24th January, 2025

Springboard Leadership Programme

The third session of the Springboard – A Leadership Programme for Quality Circle Members will be held on 29th January, 2025 between 11:30 a.m. and 01:00 p.m. in Bertram Hall. The session will be on the topic, “**Unlocking the Power of You: 100% Responsibility for Transformational Leadership**”, delivered by **Ms. Pooja Bardia**, Life Coach, Energy Healer Counsellor, The Blissful Navigator, Chennai.

The nominated Quality Circle members of each class of UG and PG and Loyola Student Council (LSC) and FLOWS, Office Bearers, Student Secretaries and Class Representatives are asked to attend the session without fail.

Prof. D. Francis Xavier

IQAC Coordinator

IQAC COORDINATOR
LOYOLA COLLEGE
CHENNAI-600 034

Rev. Dr. A. Louis Arockia Raj, S.J.

Principal
Principal
LOYOLA COLLEGE
CHENNAI - 600 034

“Let Your Light Shine”



**Internal Quality Assurance Cell (IQAC)
Loyola College (Autonomous)
Chennai - 34**

invites you to the Third Session of the

**Springboard - A Leadership
Programme for Quality Circle Members**

On

**“Unlocking the Power of You: 100% Responsibility
for Transformational leadership”**

*(for QC Members, LSC & FLOWS Office Bearers, Student Secretaries
and Class Representatives of all Programmes)*

**Ms. Pooja Bardia,
Life Coach, Energy Healer Counsellor,
The Blissful Navigator, Chennai.**

Patrons

Rev.Dr.Antony Robinson, S.J.
Rector

Rev.Dr.A.Louis Arockiaraj, S.J.
Principal

Rev.Dr.B.Jeyaraj, S.J.
Secretary & Correspondent

Dr.J.A. Charles
Deputy Principal

Organisers

Prof. D. Francis Xavier
IQAC Coordinator

Dr. Dorathy Pushparani
Assistant IQAC Coordinator

Jan 29th, 2025 | 11:30 a.m. to 01:00 p.m.

Bertram Hall



Loyola College (Autonomous), Chennai - 34

Internal Quality Assurance Cell (IQAC)

Report on

Springboard Leadership Program – Session 3

**“Unlocking the Power of You:
100% Responsibility for Transformational Leadership”**

Date: 29 January, 2025 **Time:** 11.30 a.m., **Venue:** Bertram Hall

The third session of the Springboard Leadership Program, titled “*Unlocking the Power of You: 100% Responsibility for Transformational Leadership*,” was organized by the Internal Quality Assurance Cell (IQAC) of Loyola College to inspire and empower student leaders. We began with an inspiring prayer song followed by a welcome note by Prof. D. Francis Xavier, our IQAC Coordinator and the introduction of the speaker by Dr Dorathy Pushparani, Asst IQAC Coordinator.



Led by Ms. Pooja Bardia, Founder of *The Blissful Navigator* and a certified Life Coach, the session was both dynamic and insightful. She began the program with energizing claps, a technique used to engage students and help them release stress, setting the tone for an interactive experience.

Ms. Bardia's session explored the following key concepts essential for personal and leadership growth:

- ✓ Embracing 100% Responsibility
- ✓ Overcoming Limiting Beliefs
- ✓ Managing Resistance
- ✓ Striving to Become a Better Version of Oneself
- ✓ Exploring the Path of Inner Transformation as a Leader.



She introduced a comprehensive Transformation Framework with core focus areas under the acronym SOARL — *SWOT Analysis, Owning Responsibility, Academic Excellence, Resilience, and Leadership* — guiding students in identifying and developing their leadership potential.

Ms. Bardia also discussed the philosophy of *Ikigai*, inspired by the Japanese way of life, particularly in Okinawa, highlighting how purpose, simplicity, and balance contribute to a fulfilling and healthy life beyond material desires.

The session featured engaging student discussions, where participants shared personal insights regarding their strengths, weaknesses, opportunities, and challenges in setting goals and making decisions and framing policies. Ms. Bardia shared a powerful quote by Confucius: “We have two lives; the second begins when we realize we only have one.”



She highlighted the importance of the Declutter Matrix designed by Stephen Covey and its importance in a leader's life. The "declutter matrix," model, also known as the Eisenhower Matrix or Urgent-Important Matrix, is a time management tool that helps prioritize tasks by categorizing them as urgent and important, important but not urgent, urgent but not important, or neither urgent nor important.

By adopting this, the Benefits of Using the Eisenhower Matrix are

- ✓ Improved Time Management that helps you focus on what truly matters and avoid getting bogged down in unimportant tasks.
- ✓ Reduced Stress by prioritizing effectively, you can avoid feeling overwhelmed and stressed.
- ✓ Increased Productivity By focusing on important tasks, you can achieve more in less time.
- ✓ Better Decision-Making: The matrix forces you to consider the long-term implications of your decisions.

The speaker gave some physical exercises for fostering a positive and productive mindset for the student leaders, who also need the presence of mind to act smart and be more responsible.



Mr. Prithvi S, 24-UDJ-008 the MC for the session concluded that the session was highly influential for the young minds and on behalf of all students gathered expressed his gratitude for the college management and the IQAC (Internal Quality Assurance Cell) of Loyola College, Chennai.

KEY TAKEAWAYS FOR LIFE

Play your Role. Let others
play theirs

Don't dim to fight in

Don't expect people to be
perfect. Allow them to be
Human.

Do not put people on a
pedestal as everyone is
the Same.

Don't allow people's
opinion to divert your
path

Trust & Follow your
Intuition

Stand in your truth

Do more of what makes
you feel empowered

Don't get entagled in
other people's karma and
journey

Follow your passion &
Inner Calling

Even if there is no gain,
there is also no loss when
you do your duty

Do not get Triggered by
others, Triggers are
mirrors. Heal them.

Mr. Prithvi S,24-UDJ-008 the MC for the session concluded that the session was highly influential for the young minds and on behalf of all students gathered expressed his gratitude for the college management and the IQAC (Internal Quality Assurance Cell) of Loyola College, Chennai.


Prof. Francis Xavier D
IQAC Coordinator


Dr. Dorathy Pushparani
Assistant IQAC Coordinator



Loyola College (Autonomous), Chennai 600 034
Internal Quality Assurance Cell (IQAC)
Spring Board Leadership Program



"Unlocking the Power of You:100% Responsibility for Transformational Leadership"

Date : 29-01-2025

Time :11.00AM To 1.00P.M

Venue:Betram Hall

Department	Name of the Student	Dept. No	Year	Signature
Economics	ABIN BINU JOHN	22-UEC-269	III UG A	
	SHIKHAR SINHA	22-UEC-351	III UG B	
	TARUN	23-UEC 216	II UG A	
	ABHISHEK	23-UEC-363	II UG A	
	NITIN AKASH J D	24-UEC-247	I UG A	<i>Nitin Akash</i>
	DHARANE A	24-UEC-347	I UG B	
English	VISHNUPRASAD S	22-UEL-155	III UG	<i>Vishnu</i>
	AYUSH	23-UEL-146	II UG	<i>Ash</i>
	JEDIDIAH DAVID SMITH	24-UEL-140	I UG	<i>Jed</i>
French	NAFIZA FARAH A	22-UFR-003	III UG	
	HARITHIKAN P N	23-UFR-022	II UG	<i>Harithika N.</i>
	MARIA GLENNIS RAPHAEL	24-UFR-005	I UG	<i>Maria</i>
History	DHANASHREE V	23-PHT-002	II PG	
	ANNI LINITA L	24-PHT-022	I PG	
	AVANEESH	22-UHT-245	III UG	
	GIRIDHARAN	23-UHT-228	II UG	
	AKASH SARVESH	24-UHT-201	I UG	
Social Work	S.KEERTHANA	24-PSW-123	I PG	
	S.BHARATH KUMAR	23-PSW-112	II PG	
Sociology	NAVEEN J	23-PSO-027	II PG	
	BAVADHARNI S	24-PSO-003	I PG	<i>S. Bavadharni</i>
International Relations	NIKITHA KISHORE	23-PIR-034	II PG	<i>Nikitha</i>
	VISHARATH V	24-PIR-002	I PG	
Food Chemistry	NIGETHA P. A	23-PFP-020	II PG	<i>Nigetha</i>
	SHARUMATHI J	24-PFP-006	I PG	
Chemistry	BALA MURUGAN.T	22-UCH-203	III UG	
	RUDRA GOSH	23-UCH-220	II UG	<i>Rudra</i>
	JERIN V	24-UCH-214	I UG	
Data Science	SAHAYA ANTO MESIBUN	23-PDS-004	II PG	
	HARSUDAN S	24-PDS-024	I PG	

B.C.A.	KEVIN BENEDICT PRAKASH.A	22-UCA-008	III UG	
B.C.A.	HARIHARAN A M	23-UCA-018	II UG	
B.C.A.	MOHAMMED SHEFIN.A	24-UCA-033	I UG	
Computer Science	J.SAMSON EBI	22-UCS-005	III UG -A	J. Sambonebi
Computer Science	MOHAMMED BAHAROZE KHAN.A	23-UCS-052	II UG-A	
Computer Science	GRACE JOHN EBENEZER	24-UCS-036	I UG-A	
Computer Science	K.P.ARUN KARKKI	22-UCS-117	III UG- B	
Computer Science	MAGIZHAN	23-UCS-105	II UG- B	
Computer Science	AKASH JONATHAN.A	24-UCS-121	I UG- B	
M.Sc.-Computer Sci.	ARIHARAN M	23-PCS-008	II PG	
M.Sc.-Computer Sci.	ASMINI.R	24-PCS-010	I PG	
Mathematics	PRADEEP T	22-UMT-327	III UG	
	RAJESH R	23-UMT-226	II UG	
Physics	JEFFRY ALWIN DAVID.A	22-UPH-203	III UG	
	SHAAM ANBUSELVAM .S.S	23-UPH-218	II UG	
	SIDDHARTH S	24-UPH-205	I UG	
Biotechnology	MANISHA	23-PBT -006	II PG	M. Manisha
	AYESHA RAHEEMA	24-PBT-009	I PG	
Vis Com	NEFERTITI ARTEMIS	23-PVC-003	II PG	
	MABEL MARION	24-PVC-001	I PG	
	JAYASURYA J	22-UVC-108	III UG	
	SABARISH	22-UVC-209	III UG	
Vis Com	DIELLE VICTORIA MENEZES	23-UVC-101	II UG	
	PENUGONDA NITHESH SIVA SAI	23-UVC-232	II UG	
	MANO MARTIN	24-UVC-118	I UG	
	POOJA RAO	24-UVC-231	I UG	
BMM	SAM VILBAR RAJU M	22-UMM-010	III UG	
	HARISH	23-UMM-008	II UG	
	NAKSHATHARA	24-UMM-038	I UG	
Counselling Psychology	SAHAYA JEFFINA-B	22-PCP-004	II PG	
	DEEPTHI JOYCE P	23-PCP-005	I PG	
	VENKATESH PRASAD. S	22-UCO-203	III UG -A	S. Venkatesh Prasad
	PRIYADARSHAN.R	22-UCO-330	III UG -B	
	B.ARDHITHA KARTHIK	22-UCO-450	III UG -C	
	MOHAMMED YUSUF RIZWI. M	22-UCO-554	III UG -D	
	ADIL.S.K	22-UCO-665	III UG -E	
	MOHAMED YUSUF RIZWI. M	23-UCO-273	II UG -A	
	N.A SETHISHWAR	23-UCO-377	II UG -B	

COMMERCE	A. JECINTH	23-UCO-403	II UG -C	A. Jecinth
	L.S. PRAJIN	23-UCO-545	II UG -D	
	K. SEDHESH RAJ	23-UCO-659	II UG -E	
	BARATH RAM.M	24-UCO-220	I UG -A	
	GHANASHYAM	24-UCO-364	I UG -B	
	BENJAMIN MARAN.B	24-UCO-467	I UG -C	
	SARUKESH.A.M	24-UCO-536	I UG -D	
	JEFFIN.J	24-UCO-603	I UG -E	
Commerce (Hons.)	LOHITH V	22-UBH-034	III UG	V. Lohith
	ANTONY AMAL RICHARD	23 -UBH-004	II UG	I. Antony
	IRFAN FARHATH A	24-UBH-019	I UG	A. Irfan Farhath
Commerce (A/F)	JEYANTHA RAJAN M	22-UAF-023	III UG	
	FRANCIS MARRIA NATHAN.M	23-UAF-027	II UG	Francis
	SIDDIQ AHAMED	24-UAF-017	I UG	S. Siddiq
Commerce (C.A)	MOHAMED SYNWON S	22-UCC-052	III UG	
	KEVIN KRISTOFER A	23-UCC-042	II UG	
	HRIDAY GUPTA	24-UCC-012	I UG	
BBA	ABHISHEK	22-UBU-037	III UG -A	
	JEFRRY	22-UBU-108	III UG -B	J. Jeffry
	UMAR FAROOK K	22-UBU-222	III UG -C	
	ABHISHEK ANDERSON S	23-UBU-229	II UG -A	
	ASHWATH KUMAR M.J	23-UBU-142	II UG -B	
	WILLIAM CAREY CH	23-UBU-029	II UG -C	
	S.RICK JACKSON	24-UBU-236	I UG -A	
	NAMAN DHOKA B	24-UBU-140	I UG -B	
	CHRISTOPHER KEWIN	24-UBU-005	I UG -C	
B.Com. (C. S)	THEJES NAYAIAK	22 UBC 059	III UG	
	JONES	22-UBC-139	III UG	
	C A. J. RICHARD IRUDHYARAJ	22-UBC-256	III UG	
	MONISH J	23-UBC-021	II UG	Monish J
	PRASANNA MOORTHY T A	23-UBC-126	II UG	P. Pranna
	JESHURUN DAVID ZACHARIA	23-UBC-263	II UG	
	R.K JOSHUA SAMUEL	24-UBC-077	I UG	
	JOE IGNATIUS.M	24-UBC-112	I UG	
	KINGSTON B	24-UBC-229	I UG	



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Date : 29-01-2025

Time :11.00AM To 1.00P.M

Venue:Betram Hall

Department	Name of the Student	Dept. No	Year	Signature
Economics	PRAGATHEESWARI S	23-PEC-013	II PG	Pragatheeswari S.
	MONICA K	24-PEC-035	I PG	K. Monica
	SHIVA C	22-UEC-057	III UG	
	K M ADITH YOGESHWARAN	23-UEC-080	II UG	K.M. Adithy
	NIKHIL J PALAKEEL	24-UEC-006	I UG	
English	OVIYA. E	23-PEL-016	II PG	
	AROKIYA SHELTON. E	24-PEL-012	I PG	
	KARTHIKEYAN S	22-UEL-014	III UG	P. Karthikeyan
	DENNIS JACKSON A.P.	23-UEL-067	II UG	
	HARIHARAN	24-UEL-055	I UG	
History	MR. KUMARAGURU	22-UHT-027	III UG	
	MR. AMITAYU SENGUPTA	23-UHT-046	II UG	Amitay
	MR.KANNA GAUTAM	24-UHT-036	I UG	
Sociology	CUBERT SINJIN	22-USO-010	III UG	
	SHANJAY RAAJAH	23-USO-060	II UG	
	ALLAN PAUL PK	24-USO-059	I UG	
Social Work	R.ADITHYA ANIL	23-PSW-018	II PG	
	A.P,VANAVIL	24-PSW-024	I PG	
Tamil	SIVAMANOJ B	22-UTL-030	III UG	
	JAYA KRISHNA K	23-UTL-001	II UG	
	MADAN PRAKASH S	24-UTL-013	I UG	Madan Prakash
Advanced Zoology	KAMALESHWARAN E.	23-PZO-005	II PG	
	ABINAYA K.	24-PZO- 030	I PG	Abinaya K.
	DHARANI P.	22-UAZ- 012	III UG	
	KAVI NIVETHETHA T.	23-UAZ- 025	II UG	
	SHARON ROY	24-UAZ -023	I UG	

Chemistry	ROSHINI	23-PCH-025	II PG	V. P. S. S. S.
	PRASANTHRAJ.C	24-PCH-022	I PG	C.P.S.
	VENKAT.T	22-UCH-044	III UG	T. S. S.
	EUGINE JOSHUA W	23-UCH-019	II UG	D. Mohan Kumar
	ANTONY MERWIN JOSEPH	24-UCH-009	I UG	
Mathematics	YASMEEN	23-PMT-010	II PG	
	JEFRIN ANTONY S	24-PMT-002	I PG	S.A.S.
	SHANMUGAM S	22-UMT-005	III UG	
	HIRRSWIN A J	23-UMT-016	II UG	
	VISHWAJIT R	24-UMT-014	I UG	
Physics	SHALON MARY	23-PPH-002	II PG	
	AKASH SURI SHATHA A	24-PPH-013	I PG	A. S. S.
	SELVIN MATHEW S	22-UPH-019	III UG	Selvin Mathew
	SHIVAM S	23-UPH-003	II UG	
	AKASH R	24-UPH-033	I UG	
Plant Biology	HARINI, P	22-UPB-004	III UG	Harini P.
	FELICIT SARAH S	23-UPB-012	II UG	
	RITHVIK P	24-UPB-002	I UG	Rithvik
Statistics	SATHVIKA VARSA	23-PST-007	II PG	H. Sathvika Varsha
	JAWALA P	24-PST-004 24-PST-002	I PG	J.P.S.
	SHIVA SANKAR U.C	22-UST-065	III UG	
	AKASH S	23-UST-005	II UG	
	VENKAT JOSITH	24-UST-055	I UG	Josith
Visual Communication	REVATHI	22-UVC-032	III UG	
	AVINASH	22-UVC-011	III UG	
	ANNIE	22-UVC-016	III UG	
	SHRUTIKA	23-UVC-020	II UG	
	ANTO JOEL	23-UVC-012	II UG	
	PANIMA	23-UVC-008	II UG	
	SHARON MICHEL KRISTEN	24-UVC-022	I UG	Sharon
	SHIRIN.M	24-UVC-005	I UG	

MOHAN KUMAR. D
23-UCH-010

	DEEKSHITH KUMAR .S	24-UVC-039	I UG	
3D Animation	HARSHAVARDHAN K	23-PAN-022	II PG	
	AMRIN LUTHUFIYA M	24-PAN-010	I PG	
	MADHAVA DHAYAGAR K	22-UAN-032	III UG	
	PRITHIKA BENEDICT R	23-UAN-003	II UG	<i>Prithika</i>
	JERUSHA CAROLIN V P N	24-UAN-006	I UG	
Digital Journalism	ADITHI CHAABRIA	23-PDJ-024	II PG	
	LINCY FRANCIA E	24-PDJ-013	I PG	<i>Lincy</i>
	ANUSHA.S	22-UDJ-054	III UG	
	ANGELIN PREETHI	23-UDJ-021	II UG	
	PRITHVI S	24-UDJ-008	I UG	<i>Prithvi</i>
Commerce	VIVEKRAJ A	23-PCO-011	II PG	
	ESTHER CARLIN A	24-PCO-039	I PG	
	SIVASOORIYAN V	22-UCO-023	III UG - A	<i>V. Sivasooriyar</i>
	FRAN SIJU M	22-UCO-103	III UG - B	
	PERARASU D	23-UCO-077	II UG - A	<i>Perarasu</i>
	ROSHAN R	23-UCO-135	II UG - B	<i>R. Roshan</i>
	AMAR S	24-UCO-058	I UG - A	<i>S. Aman.</i>
	SHARATH L	24-UCO-124	I UG - B	
Economics	SUNDARARAMAN.P	24-PEC-010	I PG	