

# INVITATION



## AIMAN College of Arts and Science for Women

(Sponsored by AIMAN Education and Welfare Society)

Affiliated to Bharathidasan University

Recognized Under 2(f) 12 (B)

K. Sathanur, Tiruchirappalli



### INSTITUTION INNOVATION CELL OF AIMAN COLLEGE ORGANIZES

#### MY STORY

#### MOTIVATIONAL SESSION BY SUCCESSFUL INNOVATOR ON

18<sup>th</sup> of January 2021 from 10:00 am to 12:00 pm in

GOOGLE MEET



# SUCCESS

This is our Proposal for your Business



**Mr. AJITH PEREIRA**

ICC Level 2 Cricket Trainer  
Co-Founder of B-Fit Foundation



Idea Generation & Implementation



Innovative Ideas  
Importance of  
Right approach & Execution  
Methodology



How to Overcome  
Challenges &  
Set Target Goals



**Mr. PACKIARAJ**

Fitness and Conditioning | Cricket  
Founder & CEO of B-Fit Foundation



For Registrations visit our Website:

[www.aimancollege.edu.in](http://www.aimancollege.edu.in)



# AIMAN COLLEGE OF ARTS & SCIENCE FOR WOMEN



(Sponsored by AIMAAN Education & Welfare Society)  
(Affiliated to Bharathidasan University)  
Recognized by UGC under section 2(f) and 12(B),  
Tiruchirappalli – 620 021.



**IIC ID: IC202014554**

## **‘MoE’s Innovation Cell’ in collaboration with AIMAAN College of Arts & Science for Women, Tiruchirappalli**

### **Report on My Story – Motivational Session by successful Innovator**

Institution’s Innovation Cell & AIMAAN College of Arts & Science for Women organized a Motivational Session in the topic “My Story – Motivational Session by successful Innovator” on the 18<sup>th</sup> of January 2020 virtually via Google Meet platform from 01.30pm to 3.00pm. The agenda of the program was declared by Ms.B.Farhan, Assistant Professor Department of English & Convener of IIC AIMAAN College & the welcome address was proposed by Principal Dr.Suhashini Ernest. The Speaker of the day was, Mr.Ajith Pereira, ICC Level 2, Cricket Trainer, Co-Founder of B-Fit Foundation & Mr. Packiaraj Fitness and Conditioning I Cricket Founder & CEO of B-Fit Foundation they focused on

1. Idea Generation & Implementation
2. Innovative Ideas, Right Approach & Execution Methodology
3. How to overcome challenges & set goals?

Packiaraj is a Certified Strength and Conditioning Specialist (CSCS) and has trained several junior football players in Liverpool(uk) He is a Level II RTB Fitness Certified, which makes him an expert in muscle building and conditioning. Packiaraj is also an ICC Level II certified cricket coach who served as a captain in St. Joseph College Cricket Team and has also represented Bharathidasan University for cricket and athletics. Being good at athletics, Packiaraj found that he actually enjoyed fitness and with that in mind, he fell into the fitness industry to help the upcoming athletes to achieve their fitness goals. Packiaraj’s interest quickly developed into a passion and since then, he dedicated his life to understanding the most effective and efficient way to be fit through training and nutrition. Now, Packiaraj gets to share his knowledge by imparting training for fitness from what he has learned over the past years, through the B-Fit foundation. Ajith Pereira is a Post graduate student in Personnel Management and Industrial Relationship of St. Joseph’s College and also an International Cricket council – Level 2 ICC- Certified Personal Trainer in 2018, and is currently working toward a specialization in Sports Management. They believe wholeheartedly that sport is a necessary component of physical and mental wellness and personal expression in young Children. Their goal is to help kids and adults transform their lives by making health and wellness accessible to all. 100 participants in Google Meet & 300 participants viewed in YouTube.

**YouTube Live Streaming Link:**

<https://youtu.be/tCCjFm3O6Xo>

