

MES ASMABI COLLEGE, P.VEMBALLUR RESEARCH DEPARTMENT OF COMMERCE

Workshop on *Mind Canvas – Unlock and Rebuild* On 2nd July 2025

The Research Department of Commerce at MES Asmabi College, P. Vemballur, organized a transformative workshop titled **“Mind Canvas – Unlock and Rebuild”** on 2nd July 2025 at the



College Auditorium. The session was conducted by Mr. Lathif Penath, Counselor at the Students Services Center, MES Asmabi College. This



insightful workshop encouraged students to challenge old learning patterns and embrace new ways of thinking and adapting to change. The programme



was effectively coordinated with the support of Principal Dr Reena Mohamed P M, IQAC Coordinator Dr Amitha Bachan K H, HoD Dr Shiney C N, and Programme Coordinator Dr Princy Francis.

The session saw enthusiastic participation from commerce students who actively engaged in discussions and activities aimed at enhancing personal growth and resilience. Mr. Lathif's interactive approach helped students reflect on their thought processes and learn



practical techniques to unlearn limiting beliefs. Overall, the workshop successfully motivated students to adopt a growth mindset, empowering them to navigate future academic and professional challenges with renewed



confidence and creativity.



