



MOTIVATION, EMOTIONS AND LEARNING

IDF4013

Reflective Report: Organizing the PIO International Festival 2024

(Topic Chosen: Plan and Goals)

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INTRODUCTION

On 15th September 2024, I served as the Vice President of NGO Peptim in co-organizing the PIO (People of Indian Origin) International Festival 2024. The event took place from 2:00 p.m. to 7:00 p.m. at Sekolah Menengah Vivekananda, Brickfields, Kuala Lumpur. Our main objective was to introduce Siddha medicine to a wider audience and show how it can blend into modern wellness approaches. We also wanted to create a platform where attendees could engage with practitioners, learn about traditional remedies, and consider their value in current health contexts. I will use Gibbs' Reflective Cycle—Description, Feelings, Evaluation, Analysis, Conclusion, and Action Plan—to explore how setting clear plans and goals helped guide the entire process of organizing this event.

DESCRIPTION

The PIO International Festival 2024 brought together Siddha practitioners, researchers, and members of the public who were interested in alternative medicine. The program included talks by eight speakers who were experts in their respective fields. To honor their contributions, we presented each speaker and our VIP guests with a plaque during the inauguration ceremony. A range of activities filled the afternoon and evening: speeches and presentations, Q&A sessions, and opportunities for informal conversations. We also prepared goodie bags for the guests, containing “no boil, no oil” sweets, pieces of alum, aloe vera gum, an event pamphlet, a Siddha practitioner’s personal name card, and a rare species DIY plantation pot. We provided a tiffin meal as well, ensuring guests and participants had a light meal to enjoy during the event. My responsibilities included coordinating with speakers, arranging the schedule, ensuring the materials arrived on time, and working closely with the volunteers and other committee members.

FEELINGS

When I first took on the planning role, I felt both excited and a bit nervous. The idea of introducing something as traditional as Siddha medicine to a modern audience made me proud of our team's vision. Still, I worried about whether people would find the content engaging and if the logistics would run smoothly. On the day of the event, seeing attendees arrive and engage with the materials and speakers brought me a sense of relief and achievement. I felt satisfied when guests appreciated the goodie bags, especially the unique no boil, no oil sweet and the DIY plantation pot, as it sparked curiosity and conversation. At the same time, I felt a bit stressed when some speakers took longer than expected, threatening to throw off the schedule. Despite these minor concerns, the overwhelming feeling at the end of the day was one of accomplishment and learning.

EVALUATION

From a planning and goals perspective, the event mostly went as intended. Our main goals were to increase awareness about Siddha medicine, encourage interaction between professionals and the public, and leave a lasting impression through meaningful take-home items. The structured agenda, which we carefully planned out in advance, helped keep things organized. Most speakers followed their allotted time, and the brief delays that did occur were manageable. The goodie bags served their purpose, leaving guests with something tangible and educational.

However, there were also some areas for improvement. Not all attendees were equally interested in every topic, and a few mentioned in their feedback forms that certain sessions could have been shorter. Communication among volunteers could have been clearer, especially when unexpected challenges arose, such as handling a last-minute request from a speaker for additional presentation equipment. Overall, though, the feedback from attendees and speakers was mostly positive, and the event successfully met its main aims.

ANALYSIS

Looking back, I see that our clear planning and goal-setting made the biggest difference. According to theories like Goal-Setting Theory, having specific and achievable targets can guide a team towards success. Before the event, we set several concrete goals:

- Attract at least eight expert speakers on Siddha medicine and related fields.
- Offer meaningful goodie bags to all attendees to help them remember the event.
- Ensure at least three hours of active engagement (talks, Q&A, and discussion) with participants.
- Provide a comfortable environment, which included offering a light meal (tiffin).

These goals were realistic and measurable, which helped us focus our planning steps. By breaking down the larger objective into smaller tasks—such as confirming each speaker’s schedule two weeks in advance, finalizing the goodie bag items a month before, and arranging a simple but healthy tiffin meal—we created a roadmap that reduced confusion and stress.

This approach also aligns with self-regulation principles. As organizers, we continuously checked our progress against our goals, adjusting tasks as needed. For example, when we realized one speaker might be late, we quickly rescheduled that slot to maintain the flow. The act of monitoring and refining our plan helped keep the team motivated and reassured them that we knew our direction.

CONCLUSION

Reflecting on the entire experience, I learned that having clear, well-structured goals is essential for a successful event. These goals served as our guiding force. They not only organized our tasks but also boosted team confidence, as everyone understood their role and how it contributed to the bigger picture. If we had not set these goals, we might have struggled with last-minute changes, confusion about responsibilities, and lack of focus.

In the future, I believe we can refine certain aspects, like improving communication with volunteers to handle sudden changes more smoothly. Also, we can consider shorter, more interactive sessions instead of lengthy lectures to keep the audience fully engaged.

ACTION PLAN

For the next event, I will:

- Create a more detailed run-through schedule, including built-in buffer times for unexpected delays.
- Train volunteers on their specific duties and provide a clear communication channel, such as a messaging group solely for the event day.
- Consider conducting a short survey before finalizing the program line-up, so we can tailor the length and type of sessions to the audience's interests.
- Continue offering goodie bags with unique items, but maybe add a short feedback card inside for immediate, on-the-spot reactions from attendees.

REFERENCES

Gibbs, G. (1988). *Learning by doing: A guide to teaching and learning methods*. Oxford: Oxford Polytechnic, Further Education Unit.

University of Edinburgh. (n.d.). *Gibbs' reflective cycle*. Retrieved from <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>

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APPENDICES

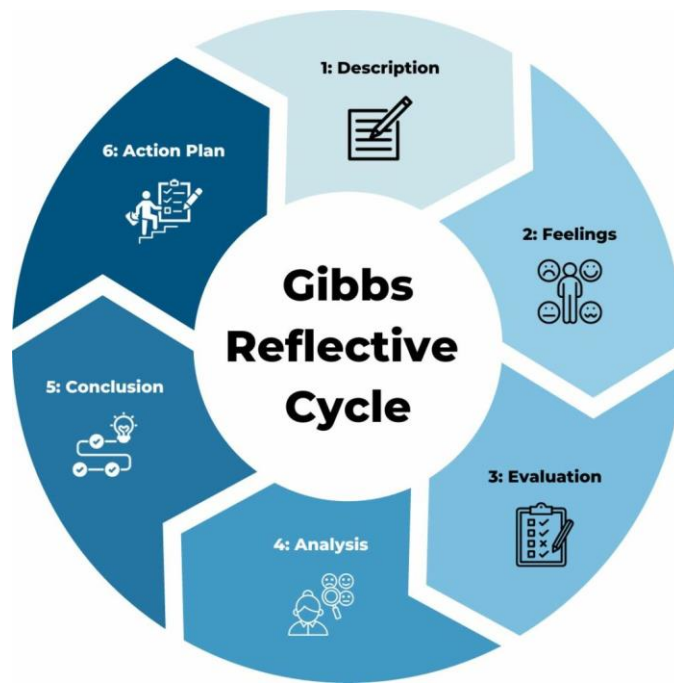


Figure 1 shows Gibbs' Reflective Cycle, a structured framework for reflective learning, consisting of six key stages



Figure 2 shows the official banner of the PIO Fest Siddha Conference 2024

|  Itinerary | | | |
|--|---|---|--|
| 1 - 02:00pm | 5 - 03:00pm - 03:20pm | 11 - 04:30pm - 04:45pm | 17 - 06:00pm - 06:05pm |
| Arrival of Guest | Mr. Thiruganaselvan Nadaraja | Tea Break | Stay connected follow us on social media |
| 2 - 02:00pm - 02:05pm | <i>The Important of Indian Herbal Plants in Siddha Medicine and its future in Malaysia.</i> | 12 - 04:45pm - 05:05pm | 18 - 06:05pm - 06:25pm |
| Lighting Lamps | Language : English | Prof.Dr.Sivashanker Rangasamy | Vr.Shiyamala Subramaniam |
| 3 - 02:05pm - 02:15pm | 6 - 03:20pm - 03:40pm | Guest Speaker GOPIO | குவினாக் ஸாந்தியா, சைவ மருத்துவமுகம் |
| Opening Address | Dr.G.S. Muniandy Subramaniam | 13 - 05:05pm - 05:25pm | Language : Tamil |
| By : GOPIO | (Doctor Of Philosophy In indology) | Vr. Premalatha Shanmugam | 19 - 06:25pm - 06:30pm |
| 4 - 02:15pm - 02:25pm | சிதிரை சித்தமெனவின் உட்கல், மனம், ஆயுதம் மற்றும் அவற்றின் மூலக்கோவைகள் தொடர்பானவை | <i>The Effective Cancer Treatment Modalities in Siddha Medicine Practice.</i> | Vote of Thanks by PEPTIM |
| Photo Session | Language : Tamil | Language : Tamil & English | 20 - 06:30pm - 06:40pm |
| 5 - 02:25pm - 02:40pm | 7 - 03:40pm - 03:50pm | 14 - 05:25pm - 05:45pm | Closing Remarks |
| Presentation of Token of Appreciation | Special Speech by Vr. Sivakumaran Tirumalai | Dr.G.Senthilvel MD, PhD | By : GOPIO |
| 6 - 02:40pm - 03:00pm | President of PEPTIM | Language : Tamil | 21 - 06:45pm |
| Vr. Muthalagy Muniandy | 8 - 03:50pm - 04:00pm | 15 - 05:45pm - 06:00pm | Coodie Bag Giveaway |
| ஆட்சியன் சிதிரை குருநாதசுவாமிகள் வரிகளின் அடிப்படையில் | PEPTIM Presentation | Q & A Session | |
| Language : Tamil | 9 - 04:00pm - 04:10pm | | |
| | Yoga dance | | |
| | Vr. Segar Guru | | |
| | 10 - 04:10pm - 04:30pm | | |
| | Vr. Segar Guru | | |
| | <i>Evidence of Yoga in the Siddha System Medicine and its Combined Benefits.</i> | | |
| | Language : English | | |

Figure 3 shows the detailed itinerary of the PIO Fest Siddha Conference 2024



In Associate

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www.peptim.org.my

| | | | |
|---|---|--|---|
|  VR. MADAM KDD Siddha Practitioner |  VR. MUTHALAGY Siddha Practitioner, Psychology (CBT) |  VR. PREMALATHA Siddha Practitioner, Kinesiology (child specialist) |  VR. SHIYAMALA Siddha Practitioner, Founder of Mypure Herbs |
|  THIRUGANASELVAN NADARAJA Botanist, Aqueous System, Researcher |  DR. G. S. MUNIANDY Siddha Practitioner Ph.D (Doctor of Philosophy) in Iridology |  PROF. DR. SIVASHANKARRANGASAMY MD (siddha) M.Sc clinical research, |  MASTER SEGAR Siddha Practitioner, Yoga Master |


Vaithiar Sivakkumaran a/l Tirumalai
 President of PEPTIM


Valthiyar Agasthiar
 Vice President of PEPTIM

GOPIO Day of Malaysia

SIDDHA CONFERENCE

Panel of Speakers

For more inquiry
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Figure 4 shows the panel of esteemed speakers for the PIO Day Siddha Conference



Figure 5 shows the Certificate of Appreciation awarded to contributors for their efforts



Figure 6 shows a group photograph of key participants, including organizers, speakers, and attendees of the Siddha Conference



Figure 7 shows a promotional poster for the Siddha Conference