



ST FRANCIS DE SALES COLLEGE

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Accredited by NAAC with 'A' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

REPORT OF SKILL DEVELOPMENT

<i>Title</i>	<i>Skill development - SELF CONFIDENCE</i>
<i>Date of Event</i>	28/01/2021
<i>Department/ Association</i>	<i>HINDI- SURABHI ASSOCIATION</i>
<i>Venue</i>	<i>G-SUIT</i>
<i>Number Of Participants</i>	79

<i>Resource Person(s)with qualification</i>	<i>Dr. Reva Prasad</i>
<i>Books(if published)</i>	-

<i>Place Of Visit/details of Industrial visit Place (if applicable):</i>	-
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On behalf of Hindi department - SURABHI ASSOCIATION, skill development program was conducted on the 28th of January, 2021 on the topic of 'Self-Confidence' for 3rd semester B.Com, BBA, BSc, BCA and BA. Around eighty students took part in the skill development program. The objective of the skill development program was to enhance self confidence among the participants. To make them understand that success only comes who strengthen their belief in their abilities. Self-confidence makes the person more independent, eager, optimistic, loving and positive by nature. The resource person for the above program was Dr. Reva Prasad (HOD, Hindi Department, St. Francis De Sales College). The mentors of various departments conducted the same on the G-suit platform, through a recorded voice-over power point presentation.

The presentation started off with a brief introduction to the topic. It included a story named 'Path ki Baadha' which involved the story of a king who wanted to test whether the citizens of his kingdom were selfish or self-less. The story focused on the underlying feeling of self-confidence that allows one to be self-less and conscious of other beings. The introduction also included an inspiring example of Dr. A.P.J. Abdul Kalam and his great accomplishments, relating the same to the story narrated initially. The presentation went on to name other accomplished humans such as Michael Jordon and Mother Teresa. Some of their quotes and services were discussed.

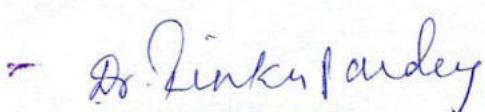
The next story narrated by the resource person was, 'Makkhan Ka Vazan'. It was about a poor farmer and a well-to-do shopkeeper who went to court over an issue around 'makkhan ka vazan'. The farmer wins the case due to his self-confidence and responsible behavior. The same was related to a famous quote by Ralph Waldo Emerson about failing due to internal fears. It was given a natural example about how the honey bee collects honey bit by bit and makes an entire honey comb by doing the same, over and over again. Other references were from the ancient science of yoga and meditation, which were backed up by examples of Mahatma Buddha and Mahaveer.

A video involving the story of farmers was played to show the self-reliant ability of people with self-confidence. The students were told that mistakes are not to put oneself in a shell and stop exploring, but to learn by trial and error and keep going. Supporting women to achieve great achievements, the examples of Kalpana Chawla, Sunita Williams and Arunima Sinha were shared. The presentation was concluded by sharing another story and a few tips to maintain ones self-confidence and never give up.

The outcome of the program included a feedback form that was supposed to be filled by every student in order to receive feedback and make the required changes in applied lecture methods. The students who filled the feedback form were given an e-certificate that certified their completion of the skill development program on self-confidence. The students of various departments participated well and gave a positive response to the program.

Dr. Reva Prasad.


✓ **PRINCIPAL**
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.


✓ **COORDINATOR**
Department of Hindi
St. Francis de Sales College
Bengaluru - 560 100.

ATTENDANCE SHEETS

Skill Development - Self Confidence

You are screen sharing

Participants (32)

- Indra V (Host, me)
- Aalash gm 19C321H
- Amrita Jena 19C327H
- Aparna Suresh (19C376H)
- Arbena begum M 19C330H

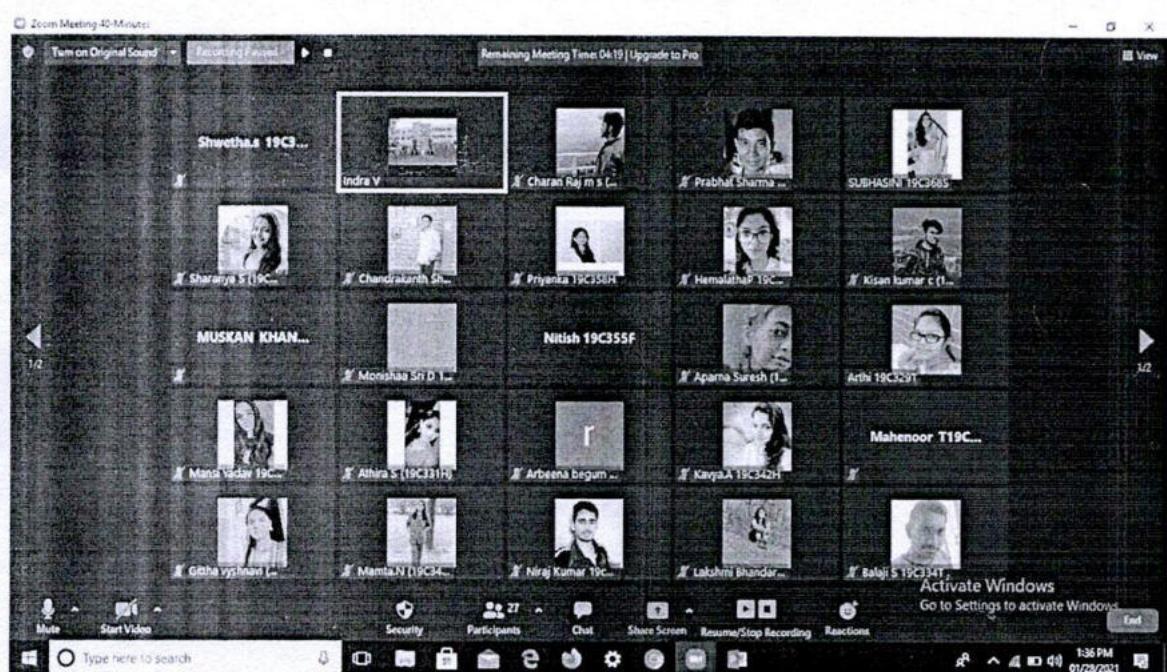
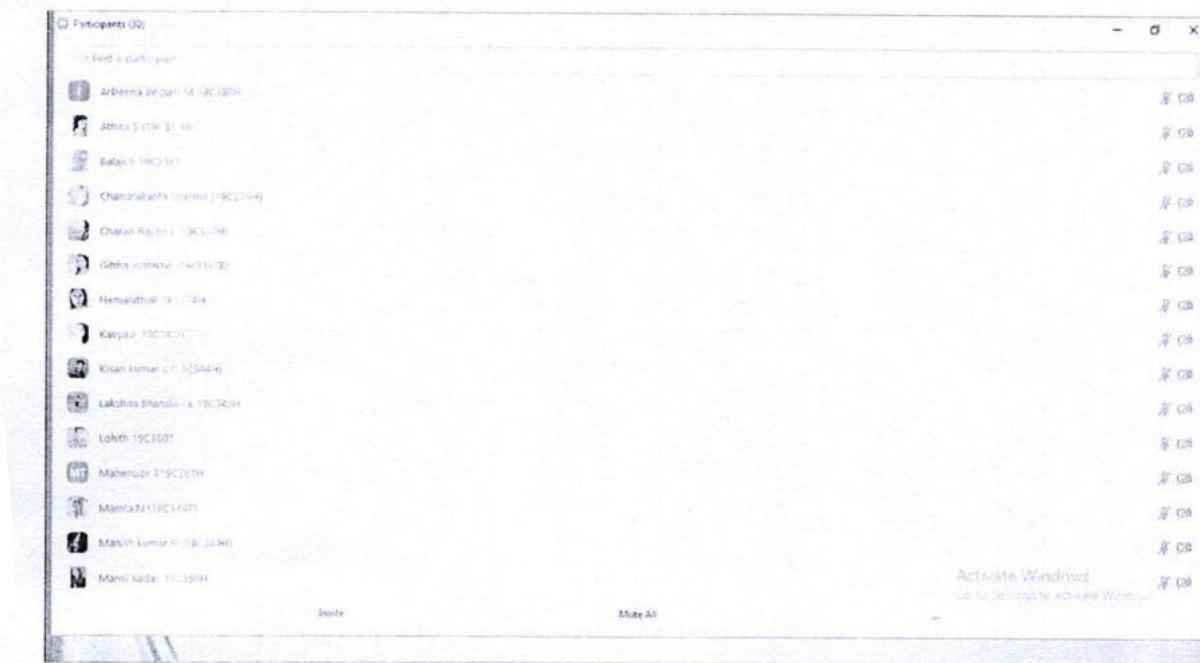
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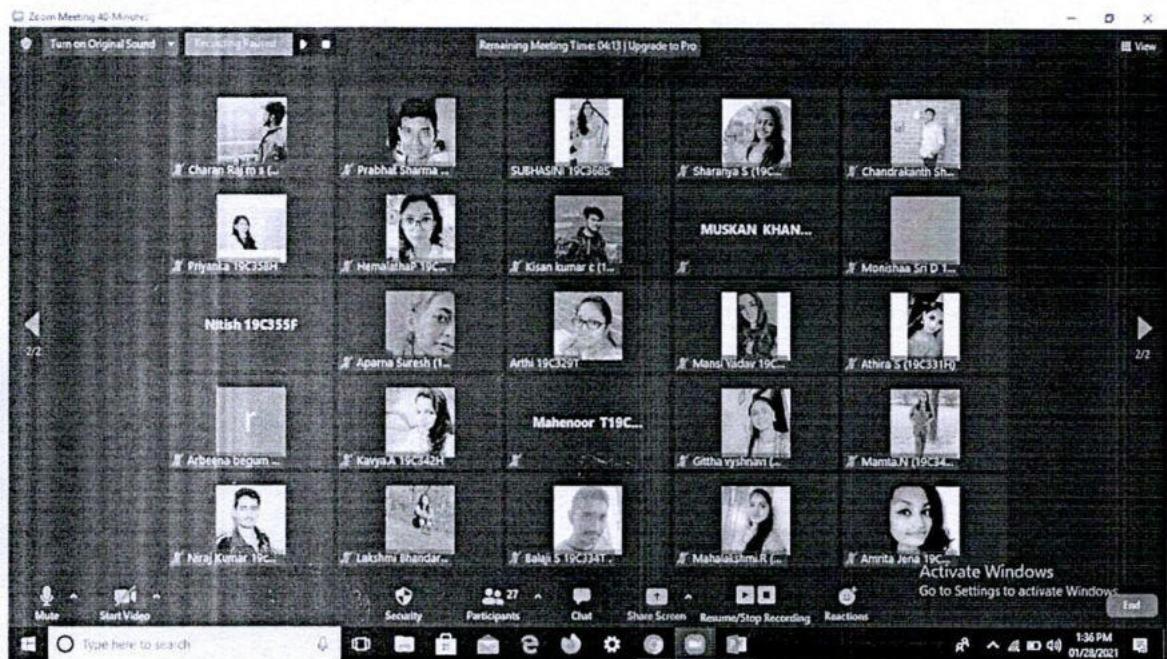
भूमिका

- आत्मविश्वास एक प्रतिष्ठित
- सफलता की कुर्बानी
- ध्यान केन्द्रित करने में मदद
- स्वयं पर विश्वास एवं नियंत्रण

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FEEDBACK FORM

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Feedback Form

SELF CONFIDENCE FEEDBACK FORM

Form description:

Email address: Required

This form is anonymous and confidential. Click here to read the terms and conditions.

Name:

Course & Section:

Comments:

प्राप्ति ज्ञान का है :

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Questions

Responses

80

Total points:

80 responses

SWATHI S

Rinku Pandey

Reva

McAdoo

Abhinash Shaitesh M

v. sairam

S Sharanya

Mansi vadvay

Charen rai m

Course & Section

80 responses

Hindi

Room E

B.com 'E' section

Room E

BRAA

Room 5

5

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