



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2016 – 2017



ROTARACT Club of Fatima College

Motivational speech on Building Self Confidence

DATE : 16-03-2017

No of Participants : 50

Venue : SJ Seminar Hall

“A Strong Positive Self-image is the best possible preparation for success in life”

Self-confidence is extremely important in almost every aspect of our lives, yet so many of us struggle without it. People who lack self-confidence find it difficult to become successful. To insist the importance of self-confidence, a motivational speech was delivered by Dr. S. R. Poongodi on 16th March 2017. Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because of personal experiences that have caused us to lose confidence, or we suffer from low self-esteem. We need to make some effort to build our self confidence. Some of them are just little changes to our frame of mind, and others are things we have to work on for a bit longer to make them familiar habits.

Dr. S. R. Poongodi quoted the following examples:

- 1) **Helen Keller** - Although the world is full of suffering, it is also full of the overcoming of it.
- 2) **Edmond Hillary** - I will come again & conquer you because as a mountain you can't grow, but as a human, I can. With practice and focus, you can extend yourself far more than you ever believed possible.
- 3) **Chanda Kochhar** - the managing director (MD) (ICICI Bank)
- 4) **Mamata Banerjee** -Chief Minister of West Bengal
- 5) **Pratibha Patil** -Former President of India
- 6) **Sonia Gandhi** - President of the Indian National Congress
- 7) **Sushma Swaraj** -Minister of External Affairs of India
- 8) **Sheila Dikshit** - Former Member of Delhi Legislative Assembly
- 9) **Malala Yousafzai**– Social Activist
- 10) **Blade Runner** - Oscar Leonard Carl Pistorius is a South African sprint runner. Both of his legs were amputated below the knee when he was 11 months old. He was the tenth athlete to compete at both the Paralympic Games and Olympic Games, competing in sprint events for below-knee amputees in Paralympic events, and in non-disabled sprint events.
- 11) **A weaver bird** is an excellent construction engineer who builds their beautiful nests which are very strong, water proof, storm proof, with sufficient light inside the nest. No rain or heat or storm can damage the nest.

How we can improve our self-confidence:



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1. Look at what you've already achieved
2. Think of things you're good at
3. Set some goals
4. Talk highly of yourself
5. Get a hobby

Outcome: our students understood why we need self-confidence. Even though weaver birds fail on their first efforts, they keep trying until they eventually create a nest. That kind of confidence every human being should have.

Photo

Event starting with Prayer Song





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Dr. S. R. Poongodi addressing the gathering





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STUDENTS NAME LIST

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| 1. | 2015BB01 | AARTHY G R |
| 2. | 2015BB02 | AISHWARYA P |
| 3. | 2015BB03 | ALAGUKOUSALYA K |
| 4. | 2015BB04 | ALANGARAREGISHILPA V |
| 5. | 2015BB05 | ANGAYARKANNI P |
| 6. | 2015BB06 | BIBIAMEENAROSHAN A |
| 7. | 2015BB07 | CHITHRA K |
| 8. | 2015BB08 | CHITRA S |
| 9. | 2015BB09 | CHRISTA MARY A |
| 10. | 2015BB10 | DEEPIKA M |
| 11. | 2015BB11 | DHANALAKSHMI @ PAVITHRA P |
| 12. | 2015BB12 | DHANALAKSHMI G |
| 13. | 2015BB13 | DHARSHINI D |
| 14. | 2015BB14 | DHARSHINI G |
| 15. | 2015BB15 | DHARSHINI K |
| 16. | 2015BB23 | JYOTI D |
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| 23. | 2015BB51 | SANGEETHA R |
| 24. | 2015BB52 | SANGEETHA V |



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| 30. | 2015BB58 | SOWBARNIKA A |
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| 33. | 2015LB39 | MADHUMITHA P |
| 34. | 2015LB80 | VARSHENE S K T |
| 35. | 2015LB81 | VISHALI D |
| 36. | 2016MB36 | NAYANASHRI T S |
| 37. | 2016MB37 | NIKITHA A |
| 38. | 2016MB87 | BEANI PHILO M |
| 39. | 2016MB88 | DEEPIKA B |
| 40. | 2016MB89 | GANISHMAA N S |
| 41. | 2016MB90 | HEMALATHA B |
| 42. | 2016MB91 | JANE MADHURAM R |
| 43. | 2016MB92 | JAYASHRI KR |
| 44. | 2016MB93 | JAYASUDHA K |
| 45. | 2016ST24 | NAGA LAKSHMI K |
| 46. | 2016ST25 | NAGA LALITHA N |
| 47. | 2016ST26 | NAVANITHASRI M |
| 48. | 2016ST27 | NILAKAVIYA S |
| 49. | 2016ST28 | NISHAJI S M |



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| 50. | 2016ST29 | NITHYAPRIYA B |
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