



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2017– 2018



ROTARACT Club of Fatima College

Video Show - Self-confidence

Date :24-08-2017

Time : 10 a.m – 12 p.m.

No of participants: 62

Venue :S J Seminar Hall

On 24/8/2017 Rotaract students watched a video named “Self Confidence”. It was about Mr. Nick Vujicic, Born with no arms and no legs, Nick Vujicic has overcome life's challenges through self-confidence. Nick Vujicic is 33 years old. He was born with an extremely rare congenital disorder known as Phocomelia, which is characterised by the absence of legs and arms. Growing up in Melbourne, Australia, Nick struggled mentally, emotionally, and physically. Bullied at school, he attempted suicide when he was just 10 years old. Eventually coming to terms with his disability, Nick decided to become vocal about living with disabilities and finding hope and meaning in life. The charismatic Australian now travels the world addressing huge crowds. He has visited more than 57 countries and given over three thousand talks, some of which have attracted audiences as large as 110,000 people.

Not everyone is born with an inbuilt sense of self-confidence. There are a number of ways we can build our confidence.

1. Look at what we’ve already achieved - Make a list of all the things we’re proud of in our life
2. Think of things we're good at - Recognising what we’re good at, and trying to build on those things
3. Set some goals - Just aim for some small achievements

Outcome: Students were energized after seeing the life of Mr. Nick Vujicic. They made a pledge that they will never lose their self- confidence and they will boost it by adopting certain habits.



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Photo

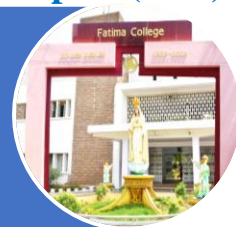




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BENEFICIARY LIST

1.	2017BB01	AARTHYSREE R J
2.	2017BB02	AKILA S
3.	2017BB03	ALANGARA JENIFER ROSELINE A
4.	2017BB04	ANITHA S
5.	2017BB05	ANUPPRABHA P B
6.	2017BB06	ARCHANA V
7.	2017BB07	BALA NAGA NANDHINI R
8.	2017BB08	BANUPRIYA K
9.	2017BB09	BRINDHA K
10.	2017BB10	DAYANAJENSY V
11.	2017BB11	DEVAKALYANI C
12.	2017BB12	DHARANI P
13.	2017LB01	AARTHYPRIYA M
14.	2017LB02	AFRABANU A
15.	2017LB03	AJITHIGNACIYA A
16.	2017LB04	AMIRDHAVARSHINI B
17.	2017LB05	ANIKSHA M
18.	2017LB06	AROCKIABRIDJETKIRUBA G
19.	2017LB07	ARRCHANA B R
20.	2017LB08	ATHEEMA VISHNU PRIYA I
21.	2017LB09	BABY ISHWARYA S
22.	2017LB10	BLESSYJEBASEELI V P
23.	2017LB11	CATHARINE E



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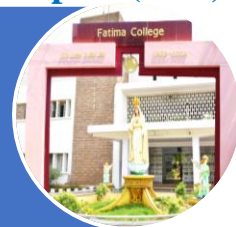
24.	2017LB12	CHELLAROJAPOOJA R
25.	2017JM01	ABHIRAMI S
26.	2017JM02	ABINAYA G
27.	2017JM03	ANANDARAJARASIKA A
28.	2017JM04	ANNAPOORANI M
29.	2016LB22	ISWARYA M
30.	2016LB23	JAGASRI M
31.	2016LB24	JESSICA A
32.	2016LB25	JEYANTHIARUNA M
33.	2016LB26	JINOKRISTIGA Y
34.	2016LB27	JOSEPHINE SUSMITHA A
35.	2016LB28	JUDITH AUXILIA J
36.	2016LB29	JUDY ROSELIN CHRISTY J
37.	2016LB30	KANIMOZHI M
38.	2016LB31	KEERTHANA P
39.	2016LB32	KIRUTHIGA S
40.	2016LB33	LAKSHMIPRIYA K
41.	2016JM01	AJEETHA JENIFER J
42.	2016JM02	ARCHANA S
43.	2016JM03	BENASIR S
44.	2016JM04	DIVYA V
45.	2016JM05	GLORY JESSIMA A
46.	2016JM06	JASMIN Y
47.	2016JM07	KAVIYA K M



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48.	2016JM08	KEERTHIGA B
49.	2016JM09	KEERTHIKA S
50.	2016JM10	MADHUMATHI M
51.	2016JM11	MADHUMITHA S
52.	2016JM12	MALARJOTHI K
53.	2016JM13	MANSHI SHARMA R
54.	2016MB01	AARTHI M
55.	2016MB02	ABARNA S
56.	2016MB03	ABINAYA R
57.	2016MB04	AISWARYAA S
58.	2016MB05	ANJANA B G
59.	2016MB06	APARNA B G
60.	2016MB07	AROCKIASHYLA B
61.	2016MB08	BHAVATHARANI S
62.	2016MB09	DIVYA M