

**MET'S Institute of Engineering**

**Bhujbal Knowledge City Nashik**

**Department of MCA**

**Report**

**Date-26/09/2024**

**Topic :Motivational Session on self confidence building**

**Date: 26/09/2024**

**Facilitator: Mr.Dattatraya Aher**

**Participants: FYMCA and SYMCA students**

## **Introduction**

The self-confidence building session aimed to empower students of the MCA with the skills and mindset necessary to enhance their self-esteem and confidence levels. Recognizing that self-confidence is crucial for personal and professional growth, this interactive workshop was designed to equip participants with practical tools and strategies.

## **Objectives**

1. To understand the importance of self-confidence in personal and professional contexts.
2. To identify factors that contribute to low self-esteem and self-doubt.
3. To provide practical exercises and techniques for building self-confidence.
4. To encourage participants to set achievable goals and celebrate their progress.

## **Session Overview**

### **Welcome and Introduction**

The session began with a warm welcome of Mr.Dattaraya Aher, who emphasized the significance of self-confidence in today's competitive environment.

### **Defining Self-Reliance**

#### **1. Discussion on Self-Reliance:**

Participants were invited to share their understanding of self-reliance. Common responses included independence, accountability, and the ability to trust one's own judgment.

## 2. Importance of Self-Reliance:

The facilitator explained how self-reliance fosters confidence, allowing individuals to take initiative and make informed decisions.

### Building Confidence

#### 1. Understanding Confidence:

The session included a discussion on the components of confidence—self-esteem, self-awareness, and the ability to face fears.

#### 2. Practical Exercises:

Participants engaged in activities designed to build confidence, such as:

- **Positive Affirmations:** Writing and reciting affirmations to reinforce self-belief.
- **Visualization Techniques:** Imagining successful outcomes in personal and professional endeavors.

### Great Thoughts and Inspirations

#### 1. Sharing Inspirational Quotes:

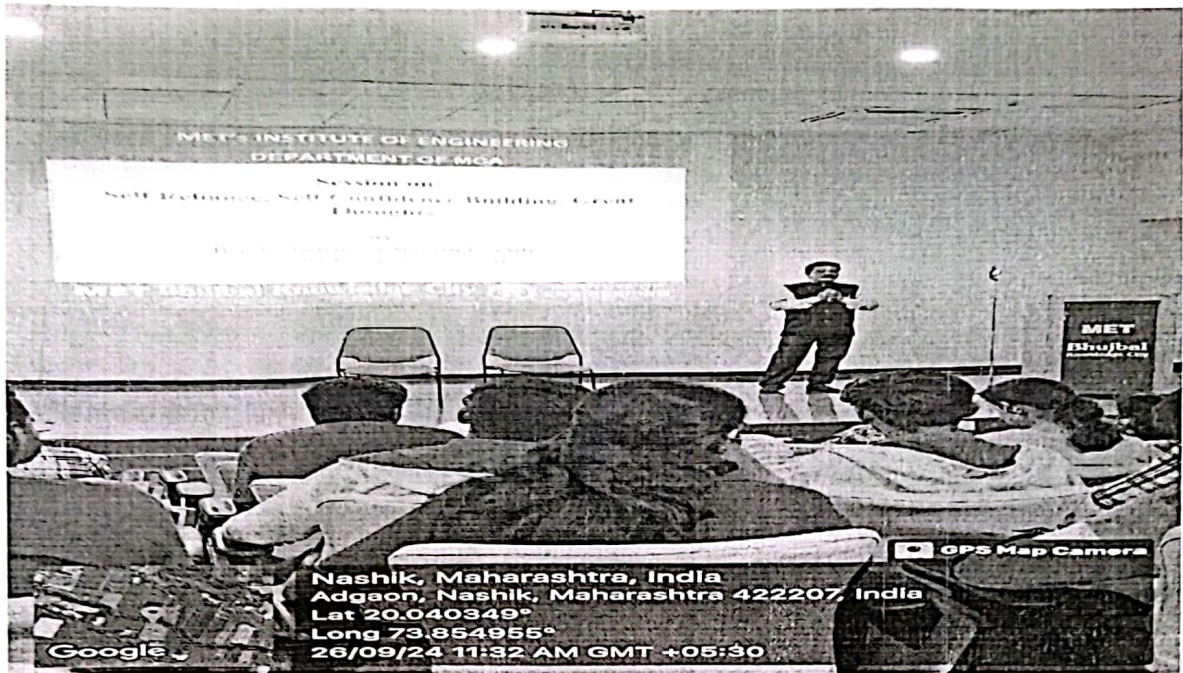
The facilitator presented quotes from notable figures (e.g., Christopher Columbus) that emphasize self-reliance and confidence. Participants discussed how these thoughts resonate with their experiences.

#### 2. Group Reflection:

Attendees reflected on personal experiences where inspirational thoughts motivated them to take action or overcome challenges.

### Photos of the session:-





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