

Report

Guest Lecture-"Unlocking Your Potential: Strategies for Building Confidence."

Event Category: Guest Lecture

Topic: "Unlocking Your Potential: Strategies for Building Confidence."

Date: 28/01/25

Time: 01:30 PM

Venue: Room 009

Beneficiaries with numbers: 28

Faculty – Dr. Geeta Chaudhary, Mr. Sanjay Bhardwaj

Students - 25

Faculty Coordinators: Dr. Geeta Chaudhary

Learning Objectives:

- To Define Confidence and Its Importance
- To Provide Practical Strategies for Overcoming Fear and Self-Doubt
- To Highlight the Role of Goal-Setting in Confidence Building
- To Inspire Self-Empowerment and Personal Growth

Report:

On January 28, 2025, the B.Ed department of JIMS Engineering Management Technical Campus organized a Guest lecture titled "Unlocking Your Potential: Strategies for Building Confidence."

Content: The session began with a warm welcome and a felicitation of the resource Person Dr. Disha Vidyarthi with memento and a beautiful planter Dr. Disha Vidyarthi is a well sort personality development trainer, certified radio jockey, and communication coach. She specializes in enhancing interpersonal skills, confidence, and effective communication. She shared valuable insights and strategies on how to build and enhance personal confidence, emphasizing the importance of self-awareness, positive thinking, and overcoming self-doubt. The lecture lasted for one an half hour, during which Dr. Vidyarthi engaged with the audience, encouraging active participation and interaction. The lecture was attended by all faculty members, including the Principal, Prof. Dr. Rekha Mahajan. The session was insightful and well-received, providing practical tools and inspiration for the attendees to apply in both their personal and professional lives. The lecture fostered an enriching learning experience for everyone present.

***Conclusion:** The guest lecture on building confidence was a valuable experience, offering practical strategies and insights. It inspired both faculty and students to embrace self-awareness and positive thinking in their personal and professional lives.*

**GLIMPSES OF THE GUEST LECTURE-"UNLOCKING YOUR POTENTIAL:
STRATEGIES FOR BUILDING CONFIDENCE."**

Date: 28.01.2025



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STRATEGIES FOR BUILDING CONFIDENCE." Date: 28.01.2025***



Dr. Geeta Chaudhary

Faculty Coordinator

Dr. Rekha Mahajan

HOD
