



S.N.M COLLEGE MALIANKARA (Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program** : workshop on **Defining Strength and Confidence**
2. **Name of the Coordinator/s** : Sreejamol P.R.
3. **Organizing Department/Cell** : **SCHOLAR SUPPORT PROGRAMME**_(Kerala Govt.)
4. **Date** : 09/02/2019
5. **Number of participants**: 18
6. **Venue**: Seminar Hall, SNM College, Maliankara
7. **Resource Person/s** : Rohith N.R.
8. **Objective of the Program** :

The objective of the external mentoring program led by Rohith N.R. on February 9, 2019, from 9:30 AM to 4:30 PM, was to empower participants with essential life skills related to "Defining Strength" and "Confidence Building." The program aimed to provide attendees with a comprehensive understanding of their individual strengths, helping them recognize and leverage these attributes for personal and professional growth. Additionally, the program sought to enhance participants' confidence through practical techniques and strategies, enabling them to overcome challenges and communicate effectively in various contexts. By the end of the session, participants were expected to have a clearer self-awareness of their strengths and improved confidence, equipping them with valuable tools to navigate their journeys with increased resilience and self-assurance.

Detailed description of the event:

The day commenced with an interactive icebreaker, designed to create a comfortable and open atmosphere among the participants. Rohith N.R., with his expertise in personal development, then delved into the topic of "Defining Strength." Through thought-provoking discussions and self-reflective exercises, attendees were guided on a journey of introspection to identify their individual strengths and unique attributes. Group activities and individual reflections helped participants uncover qualities they might have overlooked or undervalued. The session emphasized the importance of recognizing these strengths as a foundation for personal growth and success.

As the day progressed, the focus shifted to "Confidence Building." Rohith N.R. engaged participants with engaging anecdotes, real-life examples, and practical techniques to boost self-confidence. Interactive activities were seamlessly integrated, encouraging participants to step out of their comfort zones and practice newfound skills. Role-playing scenarios allowed them to apply strategies for handling challenging situations and communicating effectively, fostering a sense of empowerment and assurance.

Throughout the event, Rohith N.R. fostered an environment of open dialogue and active participation. Participants were encouraged to share their thoughts, experiences, and

insights, promoting a rich exchange of ideas and perspectives. The resource person's engaging teaching style and approachable demeanor allowed attendees to interact without hesitation, contributing to a vibrant and enriching learning atmosphere.

As the day concluded, participants left with a heightened sense of self-awareness, armed with tools to recognize and harness their strengths. They also gained practical techniques for building and projecting confidence in various aspects of life. The external mentoring session proved to be not only informative but also inspirational, motivating participants to embark on their personal development journeys with renewed vigor.

9. **Outcome of the event/Evaluation by Program Coordinator:**

The external mentoring session by Rohith N.R. on "Defining Strength" and "Confidence Building" on February 9, 2019, served as a catalyst for positive personal and professional growth. Participants left the session with a heightened understanding of their strengths, improved confidence, and practical techniques to navigate challenges. These outcomes were poised to enhance their academic, professional, and personal journeys by equipping them with the skills and mindset needed to thrive and succeed.

