

St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

1. Title of the Program: Life Skill: - Confident building

2. Organizing Department / Cell: Department of Hindi

3. Date/Duration: 10 February 2024

4. Number of Participants: 44

5. Objectives:-

The objective of life skills in building confidence is to equip individuals with practical tools and abilities that enhance their self-esteem, decision-making, and problem-solving capabilities. These skills promote self-awareness, resilience, and effective communication, which in turn foster confidence in handling personal, social, and professional challenges. Key life skills contributing to confidence-building include:

6. Detail Description of the Event:

The Confident Building session organized by the Hindi Department was held on 10 February 2024. Rose Alice Barla was present as the keynote speaker in this session. In her address, she emphasized on the building of self-confidence and its importance. Barla told that self-confidence is an important basis for the success of any person, and constant practice and positive attitude are necessary for its development. She explained to the students through various examples how self-confidence can lead to better results in life and challenges can be faced.

Rose Alice Barla presented some important examples to get better results from self-confidence:

1. Confidence in public speaking
 2. Success in interview
 3. Academic performance
 4. Development of leadership skills
 5. Facing challenges
- 7. Outcome**

The outcomes of life skills training in building confidence include:

Improved Self-Awareness, Effective Communication, Decision-Making and Problem-Solving, Emotional Regulation

Adaptability and Resilience, Leadership and Social Skills, Enhanced Self-Reliance ,Overall, life skills training leads to holistic personal growth, empowering individuals to approach life challenges and opportunities with confidence.

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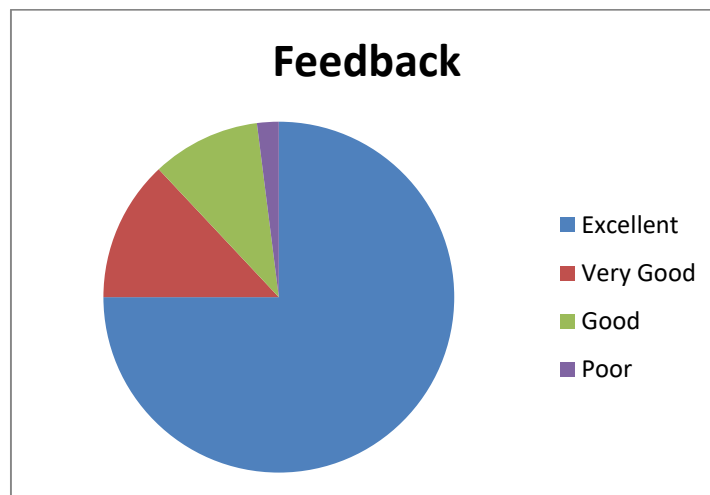
7. Brochure .



8. Photos:



9. Feed Back:



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10. List of Participants:



ST. XAVIER'S COLLEGE MAHUADANR

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Name of Program: *Life* Skill:- Confident Building

Attendance Sheet

1.	ABHIJEET EKKA	Abhijeet Ekka	23.	ANSHU XESS	Anshu Xess
2.	AKANCHA KERKETTA	Akancha Kerketta	24.	ANUJ LAKRA	Anuj Lakra
3.	AMOS TOPPO	Amos Toppo	25.	ANUJA KUJUR	Anuja Kujur
4.	ANISH KERKETTA	Anish Kerketta	26.	ANUP NAGESIA	Anup Nagesia
5.	ANJALI KUMARI	Anjali Kumari	27.	ANUSKA KUJUR	Anuska Kujur
6.	ANJLI RANI TOPPO	Anjli Rani Toppo	28.	ARCINA KERKETTA	Arcina Kerketta
7.	ANJLI XALXO	Anjli Xalxo	29.	ARMAN XALXO	Arman Xalxo
8.	ANJU KUJUR	Anju Kujur	30.	BINITA KERKETTA	Binita Kerketta
9.	ANJUM JIVITA XAXA	Anjum Jivita Xaxa	31.	HARSHIT TOPPO	Harshit Toppo
10.	ANKITA XALXO	Ankita Xalxo	32.	JOSPHIN XALXO	Josphin Xalxo
11.	ANNA RAHILA MINJ	Anna Rahila Minj	33.	MONIKA MINJ	Monika Minj
12.	ANUPA TOPPO	Anupa Toppo	34.	MUSKAN XALXO	Muskan Xalxo
13.	ANUPAM MINJ	Anupam Minj	35.	NIRAL TIRKEY	Niral Tirkey
14.	ASHWIN BECK	Ashwin Beck	36.	NISHA NAGESIA	Nisha Nagesia
15.	DIVYA XAXA	Divya Xaxa	37.	PINKI KERKETTA	Pinki Kerketta
16.	AMULYA XALXO	Amulya Xalxo	38.	PREETI MINJ	Preeti Minj
17.	ANAMIKA KUJUR	Anamika Kujur	39.	PRERNA KUJUR	Prerna Kujur
18.	ANAND TIGGA	Anand Tigga	40.	PUJA KUMARI BARAIK	Pujakumari Baraik
19.	ANCHLA XALXO	Anchla Xalxo	41.	PUJA MINJ	Pujaminj
20.	ANISHA MINJ	Anisha Minj	42.	PULKIT KUJUR	Pulkit Kujur
21.	ANJU XESS	Anju Xess	43.	RIKAN KUJUR	Rikan Kujur
22.	ANKITA GIDH	Ankita Gidh	44.	RITIK XALXO	Ritik Xalxo

Principal
St.Xavier's College
Mahuadanr