



Date: 30/11/2018

Session on Confidence Building:

B.V. Patel institute of Management organized a session on Confidence Building for students of 11th and 12th science and commerce of Maliba Education Academy.



Session was conducted by Dr. Manisha Surti, Ms. ToralThanki and Mr. Vivek Ayre. Session was started with the song recitation “Chak De India”. Then students were divided in to the group of 10 for practical activity. From each group two members voluntary came on the stage for practical activity. Each group member has to introduction of other member. Audience have to observed the performance of each group. Afterwards they prepared the same for 10 minutes and again spoke for two minutes. Audience analyzed that students can performed better with the preparation. One group who performed well was declared as a winner.

After that students were shown the video of Michael Phelps. The swimmer who won 28 gold medals in Olympics. Each group representative has to represent the learning from the video. The approach of whole session was to make the students understand the importance of knowledge, preparation, skills and attitude for building the self-confidence. Students very enthusiastically participated in all the activities and whole session was very useful for students to build confidence.



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