

Webinar report

Topic –“Self Confidence”

Date-30/07/2020

Resource person- Mr. Veer varma

Director,Coach direct

Coordinators- Dr.Jyothi E

HOD, Dept Of Biotechnology

SJRCW

Ms.Chandrakala Shivakumar

HOD, Dept Of Botany

SJRCW

As an IQAC initiative a webinar was organized on “Self Confidence” at 11.00 am for UG,PG and PG students(M.Com).

Dr.Jyothi E ,moderator of the webinar started with a greeting note.

Gayathri MP, Associate Professor, Department of Botany delivered welcome address.

Followed by presentation by the resource person ,Veer varma Sir. His presentation included the following contents-your self confidence, know yourself-SWOT analysis, cognitive triangle, beliefs, breaking limiting beliefs, building self-confidence and finally Q&A session. It was activity based learning webinar and boosted the participants confidence especially PG students.

Our beloved Principal Dr.Prema Siddaraju, delivered presidential address.

Mr.Gurudutt M N, Department of Mangement proposed vote of thanks.

Finally Dr.Jyothi E, Moderator concluded the webinar on a thankful note.