

REPORT OF THE PROGRAMME CONDUCTED



Dept. of
Sree Sankara College Kalady

Title of the activity	Peel off the old to better self
Date and Time	20/12/2023 11.30.am
Resource person	Smt.Anjaly Jose
Nature of activity	College
Type of Activity	,
Linkage Activity	
Convener	ASWATHI . H
Number of participants	44
Participants` list	View Participants list
Brochure	View Brochure

Report of the activity

To help pupils develop their self-confidence, it was agreed to hold a talk led by the mathematics department. From 11.30 AM to 12.30 PM on December 21, 2023, an interactive workshop on “peeling off the old to a better self” was conducted. The program began with the Lord’s prayer, and third-year student Najla presented a welcome speech. The resource person was Miss Anjaly Jose, from Sree Sankara, college Kalady. She is a postgraduate in Counselling Psychology and Mathematics. The class was successful in raising awareness of how personality development can be aided by self-confidence. To ensure the children’s participation, a small task was provided during the class. Students talked about their experiences. The talk was fascinating. The children’s self-esteem and confidence increased as a result of this lesson. Students expressed their thoughts. The children said that as a result of participating in the class, their confidence has increased and they can now face things boldly. Then, Sree Lakshmi Raj expressed gratitude. At 12:30 pm, the program came to a close. It is essential to build courage in children to face problems in this period when children are losing confidence. Such a class was very desirable in today’s changing world scenario

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Outcome of the activity

