

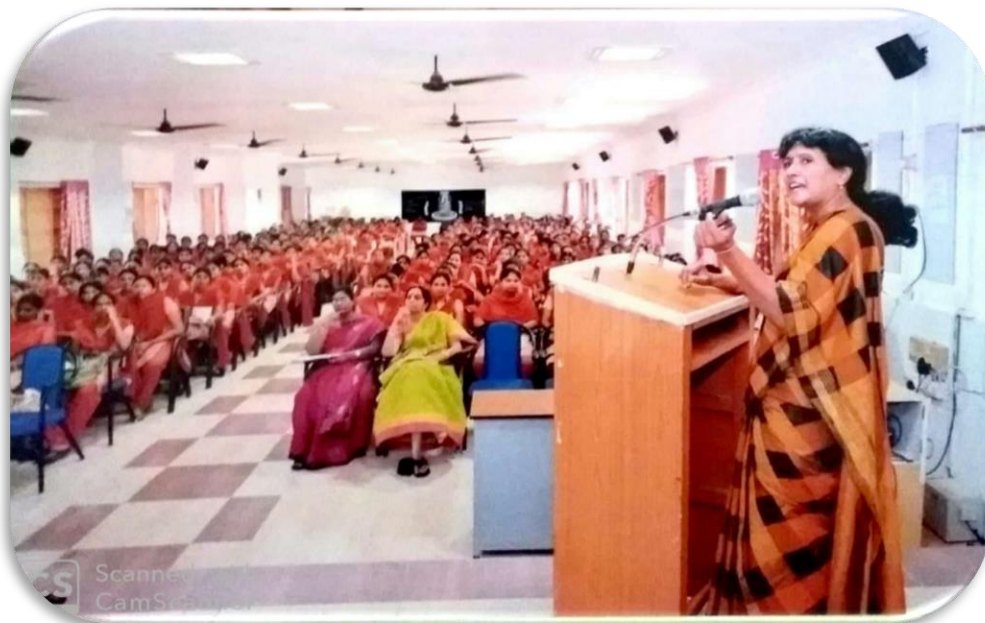
Special Lecture
on
Confidence Building
by

Dr.R. Madhavi, H.O.D, English, St.Theresa's College for Women, Eluru

DATE: 25th July, 2015

About the Programme:

Dr. R. Madhavi, the resource person said that Confidence is the result of one's brought up and what is taught. It is simply the learning of how to behave in different situations. Positive Thinking, Practical Training, and Communication Skills, Knowledge, Etiquette etc., boost one's confidence. She told Confidence comes from feelings of wellbeing, acceptance of body and mind, self-esteem, belief in one's own abilities and skills. She advised to build confidence to face the challenges in life. She also added that confidence is improving one's abilities for wide acceptance. She concluded that confidence is believing in oneself.



Be Humble in confidence yet courageous in your character.

-Melanie