

REPORT ON CONFIDENCE BUILDING PROGRAMME 26.07.2023

The Women Development Cell of Kandaswami Kandar's College organized a Confidence building programme for the girl's students on 26.07.2023. the Programme begin with Thamizhthaivalthu followed by welcome address by Dr.S. Parvathi, Convener WDC. Dr.P. Loganathan Principal I/C Presided over the function and delivered a presidential address. Mrs. B.Kavitha, Member WDC introduced the chief guest Anjuman Banu of Rexona Confidence Training Academy.



The Rexona Confidence Training Academy is a renowned organization known for its expertise in conducting training programs focused on confidence building and personality development. Anjuman Banu from Rexona Confidence Training Academy a seasoned trainer with vast experience in the field of education and personal development, was entrusted with the responsibility of conducting this confidence-building programme.



The programme aimed to empower the female students by helping them recognize their potential and capabilities, instilling a strong sense of self-belief, and

encouraging them to overcome self-doubt. The program focused on improving verbal and non-verbal communication skills, public speaking, and active listening.

The programme addressed common fears and anxieties faced by young women, providing techniques to manage and overcome them. Leadership qualities were fostered, and participants were taught the importance of teamwork and



collaboration, understanding the significance of positive body language and personal grooming was emphasized to enhance overall self-presentation. 670 girls students from the all the discipline were the beneficiary of this programme.

The confidence-building program conducted by Anjuman Banu of the Rexona Confidence Training Academy was a resounding success. It succeeded in empowering the girl students, equipping them with valuable life skills, and fostering a sense of self-belief. Such initiatives are instrumental in shaping the next generation of strong, confident, and successful women.