



# A.V.C. COLLEGE OF ENGINEERING

Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai  
Accredited by NBA

Re-Accredited by NAAC with 'B ++' Grade (2<sup>nd</sup> Cycle) | An ISO 9001:2015 Certified Institution  
Mannampandal, Mayiladuthurai, Mayiladuthurai District, Tamilnadu-609305



## DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING



### Guest Lecture on

### **'Strengthening the Confidence Level'**

Date: 26/03/2024

On the 26th of March, 2024, a workshop titled "Strengthening the Confidence Level" was conducted by Dr. Umamaheswari, a distinguished psychologist, for the second-year Computer Science and Engineering (CSE) students of A.V.C. College of Engineering. The workshop aimed to provide the 63 participating students with practical tools and techniques to build and enhance their self-confidence, which is crucial for their personal and professional growth.

The workshop began with an introduction and an ice-breaking session, where Dr. Umamaheswari shared her background and the objectives of the workshop. This initial activity helped create a comfortable and engaging atmosphere for the students. Following this, Dr. Umamaheswari discussed the definition and significance of confidence, addressing common misconceptions and emphasizing its importance in everyday life.

A significant portion of the workshop was dedicated to identifying barriers to self-confidence. Through group discussions, students shared their personal experiences and identified common obstacles such as fear of failure, negative self-talk, and peer pressure. This interactive segment allowed students to connect and realize they were not alone in facing these challenges.

Dr. Umamaheswari then introduced various techniques to build confidence, including practical exercises such as positive affirmations, visualization, and mindfulness. Students participated in role-playing scenarios to practice assertiveness and decision-making, which helped them internalize these strategies. The session continued with the application of these techniques through case studies and group activities, allowing students to apply what they had learned to academic and social contexts.

The workshop concluded with a Q&A and feedback session, where students were encouraged to ask questions and share their thoughts. The feedback collected indicated that the workshop was highly engaging and beneficial. In summary, the "Strengthening the Confidence Level" workshop conducted by Dr. Umamaheswari was a resounding success. The II CSE students gained valuable insights and practical strategies to enhance their self-confidence. This initiative has significantly contributed to their personal and professional development. It is recommended to organize more such workshops in the future to continuously support and nurture the students' growth.

## Photos – Interaction with the Students

