

NDDP Personality Development Session on Self-confidence

August, 2021

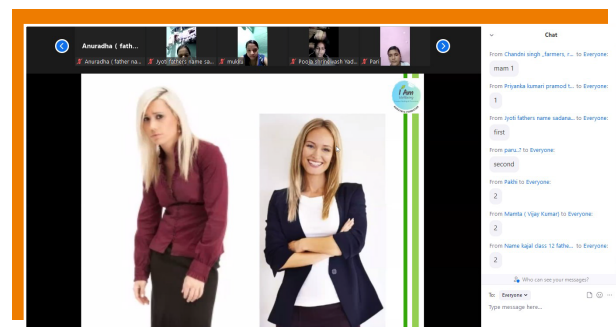
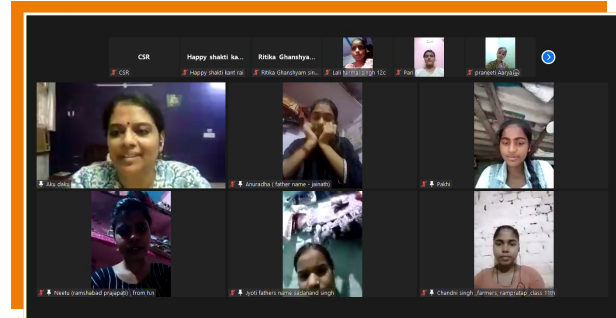
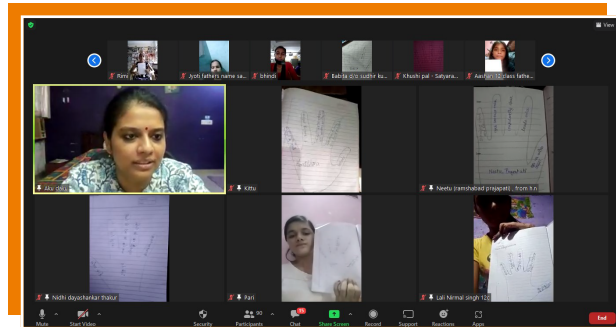
The pandemic has brought several changes in the lives of teenagers. The grim situation has affected their mental well-being and led to a lack of motivation and lower self-esteem. The teenage years are sensitive and crucial and the students need to be nurtured carefully for a bright future.

I AM, a mental support organization, conducted an online session on self-confidence with the NDDP alumni (students in classes 10th to 12th) on August 18 and 25, 2021.

The session lasted for an hour and a half with a purpose was to make students understand the importance of self-confidence and belief in themselves. It educated them about how self-confidence can help them accept and trust themselves, make them aware about their strengths and weakness, and build positive attitude in life.

The session helped the students set realistic expectations and goals, communicate assertively, and positively handle criticism. Students got the opportunity to distinguish between a confident and a non-confident person in several ways, such as confident body posture, communication skills, and more. Furthermore, through pictures and activities, they were taught to identify and understand the signals that depict low and high confidence in a person.

The students also analyzed the areas in their lives that needed work by making pictures and discussed ways how to improve them. The session highlighted some of the problems parents oversee while raising their kids.



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