



**G. NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE
(For Women)**

**(AUTONOMOUS)
Shaikpet, Hyderabad - 500104**

Training and Placement Cell

Event Report

Event Title: Overcoming Fear with Confidence

Speaker: Mr. Sashidhar Reddy, HR, Campus Hiring, Infosys

Date: 13th Oct 2018

Time: 10:00 AM to 4:00 PM

Venue: F-10B HALL (F-Block 3rd Floor)

Introduction:

The "Overcoming Fear with Confidence" event was designed to empower students in conquering their fears. Attendees embarked on a journey of self-discovery, learning strategies to build resilience and boost self-assurance. The event provided a supportive environment for students to address fears head-on, fostering personal growth and empowerment.

Key Highlights:

1. Talk on Inspirational Stories of great personalities.
2. Interactive activities on fear identification and management.
3. Group activities promoting a sense of student community and shared strength.
4. Practical tools for building confidence and resilience.
5. Strategies for embracing fear as a catalyst for personal development.

Conclusion:

The event proved transformative for students, offering them newfound tools and perspectives to confront fears with confidence. Attendees left with a heightened sense of self-assurance, equipped to navigate challenges and embrace opportunities for personal and academic growth.