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MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
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PROGRAMME REPORT ON

Code of Conduct Lecture Series-Changing Fear into Confidence

Resource Person

Ms.D.Antony lilypushpam

Organized by

SW- PMIST



**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**

Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

FACULTY OF SCIENCE AND HUMANITIES

Department of Social Work

Special Lecture	Experts / Guest Speaker	Beneficiaries
Code of Conduct Lecture Series (CLS-8)		I UG Political Science and II & III UG English Students
Date / Period: 25-10-2025 Time: 11.30 a.m. to 12.30 p.m.		
Report: <p>The Department of Social Work, in collaboration with the Centre for Student Academic Support (CSAS), organized an Awareness Programme on “Changing Fear into Confidence” was conducted with the objective of helping students overcome fear, anxiety, and self-doubt, and develop greater self-confidence in both academic and personal settings. The session emphasized the systematic process of identifying psychological barriers such as fear, low self-esteem, and negative self-talk. The resource person, Ms. D. Antony Lilypushpam, discussed how individuals can recognize the root causes of fear, formulate positive coping strategies, and apply evidence-based techniques to transform fear into confidence. The programme encouraged participants to engage in critical self-reflection, positive thinking, and goal-oriented behavior. Practical examples and interactive exercises helped students analyze their fears, challenge irrational beliefs, and adopt constructive approaches to build confidence and resilience.</p>		
<p align="center">Ms.D.Antony lilypushpam Counsellor, Periyar Maniammai Institute of Science and Technology. Mobile: +91 9442158777</p>		52

Special Lecture	Experts / Guest Speaker	Beneficiaries
 <p data-bbox="288 752 718 831">Introductory address given by Dr.A.Ananad Jerard Sebastine</p>	 <p data-bbox="825 725 1414 804">Resource Talk delivered by Ms.D.Antony lilypushpam</p>	



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FACULTY OF SCIENCE AND HUMANITIES

DEPARTMENT OF SOCIAL WORK

JOINTLY WITH

CENTRE FOR STUDENTS AND ADMINISTRATIVE SERVICES

CODE OF CONDUCT LECTURE SERIES (CLS#08)

CHANGING FEAR INTO CONFIDENCE



MS. D. ANTONY LILYPUSHPAM

COUNSELOR, PMIST

OCT

SATURDAY

25

11:30 AM - 12:30 PM

VENUE: EDISON HALL

Coordinator

Mrs. T. Alamelu

Assistant Professor
Department of Social Work
PMIST

Co- Coordinator

Ms. A. Ragavi

Counselor Trainee
VMCQLER,
PMIST



DEPARTMENT OF SOCIAL WORK

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CODE OF CONDUCT LECTURE SERIES (CLS#08)
 CHANGING FEAR INTO CONFIDENCE ON 25.10.2025

PARTICIPANTS LIST

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5	V. SHALINI	BA ENG-I	63 82 05 7069	V. Shalini
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7	D. Prathiba Devi	B.A PS -I	9345519312	D. Prathiba Devi
8	S. Safana Banu	B.A. PS -I	7845761678	S. Safana Banu
9	R. Sindhuja	BA (PS) I	6382628865	R. Sindhuja
10	K. Sathendral	BA (Eng) I	9791539A07	K. Sathendral
11	J. Neha	BA (Eng) I	9384426372	J. Neha
12	S. Kavi Bharath	BA (PS) I	7305489337	S. Kavi Bharath
13	A. Harman	BA (PS) I	7904826875	A. Harman
14	S. Keerthana	BA. Eng. III	86102216160	S. Keerthana
15	R. TAMUNIKA	BA. ENG - II	6374154865	R. Tamunika
16	J. Rithishwathi	B.A. English III	7094354242	J. Rithishwathi
17	J. John Jaganbalg	BA English - II	9363001626	J. John Jaganbalg
18	G. Anan Kumar	BA Tamil III	6369771497	G. Anan Kumar
19	M. VASANTHAN	B.A. TAMIL III	6381785897	M. VASANTHAN

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21	S. vigneshwaran	B.A English III	123012163141	S. vigneshwaran
22	R. Kaviyansan	B.A English III	123012163131	R. Kaviyansan
23	A. Akhisehan	BA English III	123012163127	A. Akhisehan
24.	V. VISHNU RAM	B.A JMC III	123012154014	V. VISHNU RAM
25.	C. Sakthi Saravanan	B.A JMC III	123012154011	C. Sakthi Saravanan
26.	K. Akash	B.A Eng III	123012163126	K. Akash
27	J. Arjun	B.A ENG I	1250121103194	J. Arjun
28.	SIVANESAN. S	I. B.A (English)	125012163186	S. Sivanesan
29.	S. Nithishwaran	I. B.A (INDO)	125012163177	S. Nithishwaran
30.	R. Muthum	III B.A - Tamil	123012174014	R. Muthum
31.	A. Amarath	III B.A Tamil	122012174010	A. Amarath
32.	R. Tamikarasan	I B.A (P.S)	125012182087	R. Tamikarasan
33.	B. Sakthi	I B.A (P.S)	125012182081	B. Sakthi
34	R. Arulmani Karan	I B.A (P.S)	125012182062	R. Arulmani Karan
35.	K. SRIRAM	I B.A (P.S)	125012182085	K. SRIRAM
36.	P. Siva pradheep	BACPS Ist year	125012182059	P. Siva pradheep
37.	J. Vinay Durai	BA (English)	125012163187	J. Vinay Durai
38.	R. Santhosh	B.A. Eng	125012163181	R. Santhosh
39.	M. Thirumaran	I B.A. PS	125012182088	M. Thirumaran
40.	P. Selvapriya	IBA English	125011163182	P. Selvapriya
41.	B. Hema	IBA English	125011163174	B. Hema
42.	V.R. Nilavan	BA (P.S)	9791754042	V.R. Nilavan


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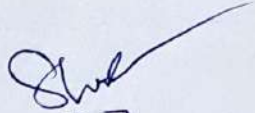
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CHANGING FEAR INTO CONFIDENCE ON 25.10.2025**

FEEDBACK FORM

I have learn a lot of good things from this program. And I feel very confident after hearing her speech. And this is very useful for our career and future. We remember this when we are in a critical situation and ~~use~~ use this in our life.

J. Jenliya Jansi
B.A ps I


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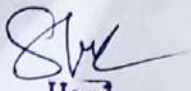
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FEEDBACK FORM

The session was truly wonderful, had an opportunity to test everyone's desire towards their goals. The input in the ppt was truly informative and interesting to be known. The output on the speech and presentation of Lily's ma'am was interesting to listen. To be frank, It made me and of course everyone to know what they are. How each and everythings can make a differences. I truly enjoyed the programme. I think and change something good in me. And make myself built in the way that I wanted to be.

K. Elanthendral
IBA English


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