giBS
Gitarattan International Business School
Grade 'A' Accredited by NAAC

RISE WITHIN 2026:
A SESSION ON CONFIDENCE, VOICE & LEADERSHIP
9TH OCTOBER2026 (FRIDAY)

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The Women Empowerment Club of Gitarattan International Business School (GIBS), Rohini, organized a session titled "Rise Within – A Session on Confidence, Voice & Leadership" on 9th October 2026 (Friday). The session aimed to empower female students by encouraging them to believe in themselves, recognize their strengths, and develop the confidence to express their thoughts and opinions. The event was focused on the importance of self-confidence, effective communication, emotional resilience, and leadership qualities in academic and professional life.

The sessionled by Dr. Kiranpreet Kaur, a renowned psychologist, who addressed the female students and encouraged them to overcome self-doubt and believe in their abilities.The session was interactive in nature, Dr. Kiranpreet Kaur engagedthe students by asking questions and encouraging them to share their thoughts and perspectives. This interaction helped them in creating an open and supportive environment where they could reflect on the importance of confidence and communication in their everyday lives. Through her motivational talk, she highlighted the importance of self-confidence, positive thinking, and the courage to speak up. Her words inspired the students to recognize their potential and take steps towards becoming confident and independent individuals

The discussion also emphasized on effective communication, self-belief, and the ability to express one's opinions, which are essential qualities for personal development and future leadership roles.The motivational talk highlighted the importance of empowering women through education, encouragement, and opportunities for personal growth. Students were encouraged to overcome their fears, trust their capabilities, and actively participate in academic and professional opportunities. The session also reinforced the value of mutual support among women and the importance of creating an environment where every student feels confident enough to express herself and pursue her aspirations.

The session concluded with an encouraging message about believing in oneself, developing one's voice, and embracing opportunities for growth and leadership. The initiative by the Women Empowerment Club served as a meaningful step towards building confidence, strengthening communication skills, and inspiring female students to realise their potential. The session left the

students with an important message: confidence begins with self-belief, and every woman has the ability to grow, lead, and make a positive impact.

FLYER OF THE EVENT



TYPE OF EVENT	Extra-Curricular
VENUE	GIBS Auditorium
TIME& DURATION	10 A.M. onwards
CONDUCTED BY	Women Empowernment Cell, GIBS
ORGANISED FOR	Female Student of GIBS
NAME OF THE COORDINATOR	Dr. Poonam Rani, Dr. Mamta Rani
ATTENDANCE	Students- 150, Faculties and Staff-20
RESOURCEPERSON DETAILS	Dr. Kiranpreet Kaur, Celestial Wellness, Delhi

OBJECTIVES OFTHE EVENT	• Build self-confidence, self-worth and a positive self-image among female students • Develop assertive communication and the courage to voice opinions • Strengthen emotional resilience and stress management • Prepare students for workplace relationships, leadership roles and career decisions • Encourage peer support, sisterhood and networking among students • Inspire participants through the example of a woman professional with over two decades of experience
LEARNING OUTCOME	• Female Students will gain practical tools for confidence building, assertive communication and stress management • Greater awareness of emotional wellbeing as part of leadership readiness • A stronger, more supportive community among women students • Higher participation in future Women Empowerment Club initiatives
SHORTFALL DURING EVENT	None
LINK OF ONLINE VIDEO	**https://youtu.be/yGSP5wHZx1g**

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