




Report on Session on Powerful Impression an building self confidence

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| Title of Activity* | Powerful Impression an building self confidence |
| Values | Powerful Impression an building self confidence |
| Learning Outcomes | <ul style="list-style-type: none"> • Students understood the importance of confidence in speaking by using accurate pitch. • Students understood that the confident body language isn't just about projecting an image and it can also influence your internal state. Learning and practicing confident body language can boost your self-confidence. • Students understood that combining strong communication skills with self-confidence, you can deliver presentations, participate in meetings, and network with others in a way that is both impressive and authentic. |
| Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)* | Training & Placement Cell |
| Program Theme* | Powerfull Impression an building self confidence |
| External Expert / Internal Expert | Internal Expert |

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| Date* | 21-Mar-24 |
| Time* | 9:00-10:00PM |
| Venue | Room No. 2403, UG Building , TIAS |
| Poster/Flyer/Notice* |  |
| Social media link (<i>promoting in any one Facebook/Instagram/Twitter is mandatory</i>) | NA |
| No. of Students* (<i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i>) | 05 |
| No. of Faculty* (<i>only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement</i>) | 01 |
| No. of External Participants (students + faculty) [<i>write NA if not applicable</i>] | NA |
| (Geotag) Photograph* | |

Photograph of the Event with the Caption




Report: Description in (min 250 to max 800 words)*

A session on Powerful Impression an building self-confidence was organized by Training and Placement Cell, TIAS on 21.03.2024 for the students of BAJMC 2nd Year program under the ambit of Capability Enhanced Program. The speaker was Mr Karan Babbar, Assistant TPO, TIAS, as Resource Person and Dr. Nivedita, Head Training and Placement Cell, TIAS.

The resource person stated that developing a powerful impression and building self-confidence are two sides of the same coin, also by focusing on both, one can create a positive impact on others and feel more assured in yourself.

Additionally, students develop skills in nonverbal communication, such as maintaining eye contact, using confident body language, and dressing appropriately for the situation and it creates a positive first impression and projects professionalism.

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| | Lastly, the resource person highlighted that developing both confidence and the ability to make powerful impressions creates a positive cycle. Students should approach situations with self-assurance, leading to stronger communication and a more impactful presence. Thereby in turn, reinforces confidence and strengthens your ability to connect with others. |
| Recourse Person Profile | Mr Karan Babbar, Assistant TPO, TIAS |
| Attendance Sheet* | <i>Attached at the end of Report</i> |
| Feedback | <i>Sample feedback Attached at the end of Report</i> |
| Report Submitted by Convener (<i>write faculty coordinator name</i>) | |
| For Office Use | |
| Signature of Event Coordinator |  Karan Babbar <i>Assistant TPO</i> TIAS |
| <u>List of Beneficiary</u> | Attached Below |

Fields marked with '' are mandatory*

