

## PERSONALITY AND PROFESSIONAL SKILLS DEVELOPMENT

### PUBLIC SPEAKING

A program on Public speaking was conducted for final year BDS students by Students' welfare Committee. Speaker was Ms Suganya. The program was held on 26/02/2021 between 3:00 pm to 4.00 pm in Platinum jubilee auditorium at Adhiparasakthi Dental College and Hospital

Speaker was Ms. Suganya. She is an eminent soft skill trainer with lot of experience in this field. She is engaged in taking soft skill classes and training programs in various colleges at national level. She has conducted training on various topics to students across the state.

Public speaking is a soft skill that requires excellent communication skills, enthusiasm, and the ability to engage with an audience.

Whether you feel like a public-speaking expert or you're new to it, there are always ways you can improve. You can brush up on your public speaking skills with these tips:

- Take a public speaking class or workshop.
- Practice in front of the mirror.
- Practice in front of friends, family, or colleagues; then, ask for feedback.
- Record yourself giving a presentation, watch the video, and take notes.
- Watch videos of accomplished public speakers you admire.



## **PERSONALITY AND PROFESSIONAL DEVELOPMENT – BODY LANGUAGE**

Personality and professional development program on “BODY LANGUAGE” was organised and conducted for 3<sup>rd</sup> year BDS students by Students’ Welfare committee in lecture hall 3, APDCH on 06/03/2020 between 2.30pm to 3.30pm .

Speaker was Ms. Sumathi. She is an eminent speaker and trainer with lot of experience in this field. She is engaged in taking classes and training programs in various colleges at national level. She has conducted trainings on various topics to students across the state.

The highlights of her session are as follows:

Body language is the unspoken part of communication that we use to reveal our true feelings and to give our message more impact. Communication is made up of so much more than words. Nonverbal cues such as tone of voice, gestures and posture all play their part.

One of the important body language is facial expression that breaks out into a genuine smile. It can also be taking care to avoid a defensive, arms-crossed posture, or restlessly tapping of feet. This might be in a presentation, a team meeting, or even a one-on-one chat.

Body language is something that is usually natural and is often done instinctively rather than consciously.



## **PERSONALITY AND PROFESSIONAL DEVELOPMENT -PROFESSIONAL AND PUBLIC BEHAVIOUR**

A program on “PROFESSIONAL AND PUBLIC BEHAVIOUR” for CRR I was conducted by students welfare committee on 8/05/2019 between 3.00pm to 4.00pm in Adhiparasakthi dental college and hospital at Lecture hall 4. The orator was Mrs. Sandhya Murugavel. She is an excellent speaker with lot of experience in this field. She has organised trainings on various topics to students across the state.

The highlights of her session are as follows:

The speaker narrates professional behavior of one self towards others with confidence and self respect, how to balance between professional and personal life, how to overcome the mistake in professional life, flexible with others and to cope with aggression. Professional behavior towards the public by keeping the norms and values and quality of management. She emphasizes on certain things and briefly note on arrive on time, follow your company’s dress code, communicate respectfully, be honest, have a positive attitude, take responsibility, avoid social media and help others.

The program was very useful to all the students . Feedback was also collected and analysed



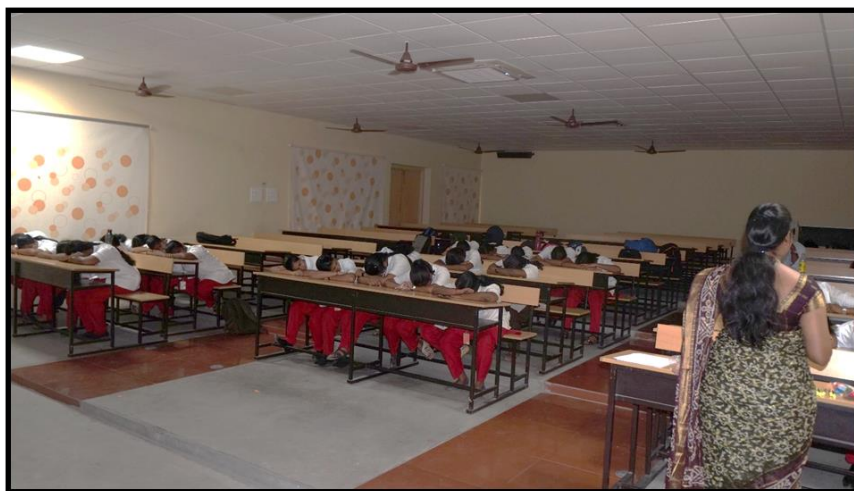
## **PERSONALITY AND PROFESSIONAL DEVELOPMENT -BEHAVIORAL**

### **CHANGES UNDER PRESSURE**

Date of the Event	: 09.08.2017
Organizing Department	: Student welfare committee
Location of Event	: Lecture hall, APDCH
Time	: 3.30 pm to 5.30 pm
Guest Speaker	: Mrs. Mary Stella

#### **SUMMARY**

Soft tissue skill training was conducted by student welfare committee on the topic of behavioral changes under pressure. It was conducted in Lecture hall, APDCH. The guest speaker for the day was Mrs. Mary stella, soft skill trainer. The program was mainly organized for III BDS students of APDCH. Welcome address was given by Dr. Dhivya, MDS member secretary of student welfare committee. The session had a discussion which basically guides the student in getting out of stress in various situations. The session was focusing mainly on managing the workplace culture so that they can enable concentration, increase performance and energy into motivation. Students were enthusiastically participated in the training program. The program also focused on stress management in the workplace and laughter therapy. The guest speaker was honored with a certificate and shield. A vote of thanks was given by Dr. Sumanth, MDS member of the student welfare committee. Feedback was received and analyzed





## **2016-2017 PERSONALITY AND PROFESSIONAL DEVELOPMENT**

### **POST EVENT REPORT**

A program was conducted on "Personal grooming" on 16<sup>th</sup> Feb, 2017 in mini conference hall between 2 to 4 pm for CRI students.

Speaker was Mr. Neelratn. He is a well experienced prominent soft skill trainer. He is engaged in taking soft skill classes and training programs in various colleges at national level. He has conducted trainings on various soft skill development topics to students across the nation.

The highlights of her session are as follows:

He covered key topics common to all personality grooming. Participants developed insightful understanding of these and can make them into a potential avenue leading to fulfilling personalities. They can also make brilliant, rewarding careers while serving the nation. This preparation develops their command of the English language, reasoning ability, critical thinking and quantitative ability needed to succeed in numerous other careers. The program was very useful and informative to all the students . Feedback was received and analysed.

