

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
Swami Ram Nagar, Jolly Grant, Dehradun, 248016, Uttarakhand, India

**Date:** 13<sup>th</sup> December 2023

## **NOTICE**

The Centre for Professional & Communication Enrichment (C-PACE) is organizing a **Soft Skills & Effective Communication Skills Workshop** for the students of HSYS to enhance their communication abilities and interpersonal effectiveness.

### **Workshop Details**

- **Topic:** Effective Communication Skills & Soft Skills
- **Date:** 19<sup>th</sup> December 2023
- **Time:** 11:00 AM – 1:00 PM
- **Venue:** HSYS Seminar Hall
- **Resource Person:** Ms. Garima Kapoor

All concerned students are encouraged to attend this interactive session and benefit from practical strategies for academic, professional, and personal growth.

### **Co-ordinated & Organised by:**

Centre for Professional & Communication Enrichment (C-PACE)



**Ms. Garima Kapoor**  
*Career Counsellor,*  
*C-PACE, SRHU*

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**REPORT ON PERSONALITY DEVELOPMENT WORKSHOP**  
**THEME: EFFECTIVE COMMUNICATION & SOFT SKILLS WORKSHOP**

The Centre for Professional & Communication Enrichment (C-PACE) organized a Soft Skills Workshop on 19<sup>th</sup> December 2023 for the students of the Himalayan School of Yoga Sciences (HSYS). The session, held at the HSYS Seminar Hall from 11:00 AM to 1:00 PM, witnessed the enthusiastic participation of 35 students.

The workshop, facilitated by Ms. Garima Kapoor, focused on the theme "*Effective Communication Skills*", emphasizing the significance of clear and impactful communication in academics, workplaces, and leadership roles. Ms. Kapoor guided students through key aspects of verbal and non-verbal communication, message clarity, and strategies to overcome communication barriers.

The session was highly interactive, featuring listening and response practice pairs, role-play exercises to address communication breakdowns, and group discussions with message relay activities, all of which encouraged active engagement and peer learning.

Key takeaways from the workshop included students becoming more mindful of tone, body language, and active listening practices. The real-time feedback and self-correction during exercises made the learning practical and immediately applicable. The workshop concluded with an engaging Q&A session on public speaking challenges, providing valuable tips and confidence-building strategies.

Overall, the session was an enriching experience that empowered students to strengthen their communication skills, fostering both personal growth and professional readiness.



**Blended learning in Action**



**Interactive quiz participation**

*Garima*  
**Ms. Garima Kapoor**  
Career Counsellor,  
C-PACE, SRHU