



INSTITUTE OF ENGINEERING AND TECHNOLOGY

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Hyderabad | PIN: 500068



SREYAS INSTITUTE OF ENGINEERING AND TECHNOLOGY

NAGOLE, HYDERABAD, TELANGANA.

DEPARTMENT OF CIVIL ENGINEERING



GUEST LECTURE ON
SPEAK TO REACH PEAKS

by

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ACADEMIC COORDINATOR
ANURAG UNIVERSITY

DATE : 01-12-2021, TIME : 10:00 AM

VENUE : SEMINAR HALL

DEPARTMENT OF CIVIL ENGINEERING

GUEST LECTURE ON

SPEAK TO REACH PEAKS

DATE: 01-12-2021

Resource Person: Dr. Maheepathi Srinivas Rao

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REPORT ON GUEST LECTURE ON SPEAK TO REACH PEAKS

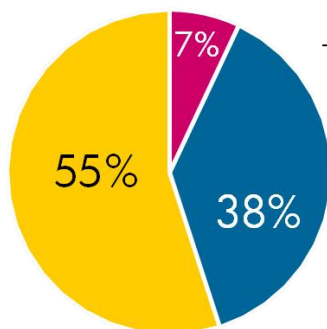
OBJECTIVES:

- Overall view of communications skills
- Got to know about importance of body languages and appearance
- Learned the effect of patience and perseverance on growth of life

OVERVIEW:

The action of conveying information or expressing one's feelings or transferring the information to produce greater understanding is known as communication. Being able to communicate effectively is one of the most important life skills to learn. Having strong communication skills aids in all aspects from professional life to personal life and everything that falls in between. In contrast, poor communication skills lead to frequent misunderstanding and frustration.

Public speaking is one of the most important forms of communication. Public speaking is important to win over the crowd, to motivate people and to inform different aspects. There are 3 elements in communication according to Dr. Albert Mehrabian's rule. They are 7% for spoken words; 38% voice, tone and 55% for body language.



Dr. Albert Mehrabian's 7-38-55% Rule

Elements of Personal Communication

- 7% spoken words
- 38% voice, tone
- 55% body language

In case of communication, body language is an important factor to be notified. Body language is the use of physical behavior, expressions, and mannerisms to communicate nonverbally. The importance of body language is that it assists us in understanding and decoding what the person is saying. Body language also helps interpret other peoples' moods and emotions. Apart from this, it enhances our conscious understanding of people's reactions to what we say and how we say it. There are different types of non-verbal communication or

body language. It includes Facial expressions, Body movement and posture, Gestures, Eye contact and Voice.



IMPORTANCE OF BODY LANGUAGE

Well, below are a few examples of what correct body language can do for you

- 1 Increase in self-confidence
- 2 Raising self-esteem
- 3 Being the charm
- 4 Attract the audience
- 5 Be successful in different aspect of life
- 6 Workplace and relationship success
- 7 Public speaking

The story of bamboo tree is very motivational in which we have learned that Growth takes Patience and Perseverance. The bamboo has grown to 90 feet in fifth year of its plantation. The little tree was growing underground, developing an enormous network of roots and a strong base to support its potential for sudden outward growth in the fifth year and beyond. Every step we take makes an impact; we might not observe the change right away but growth is happening.

Sample Images





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