



S.N.M COLLEGE MALIANKARA
(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program : Communication Skill Development**
- 2. Name of the Coordinator/s : Sreejamol P.R.**
- 3. Organizing Department/Cell : SCHOLAR SUPPORT PROGRAMME_(Kerala Govt.)**
- 4. Date : 23/02/2019**
- 5. Number of participants: 7**
- 6. Venue: Seminar Hall, SNM College, Maliankara**
- 7. Resource Person/s : Surekha Vinodkumar**
- 8. Objective of the Program :**

The objective of the external mentoring session led by Surekha Vinodkumar on February 23, 2019, from 9:30 AM to 1:30 PM, was to empower participants with essential life skills related to personal values, speaking skills, and listening skills. The program aimed to guide attendees in understanding and aligning with their personal values, enhancing their communication capabilities through effective speaking, and fostering active and empathetic listening techniques. By the end of the session, participants were expected to have a clearer understanding of their values, improved speaking skills, and enhanced abilities to engage in meaningful and empathetic conversations.

9. Detailed description of the event:

The external mentoring session facilitated by Surekha Vinodkumar on February 23, 2019, from 9:30 AM to 1:30 PM, proved to be a transformative and enriching experience for all participants. The session centered around three key topics: personal values, speaking skills, and listening skills, each of which played a crucial role in shaping the dynamics of the event.

The session began with an exploration of personal values. Surekha Vinodkumar guided participants through a reflective journey, encouraging them to identify their core values and beliefs. Through thought-provoking discussions and interactive exercises, participants were able to articulate and understand what mattered most to them in various aspects of their lives. This introspection not only fostered self-awareness but also served as a foundation for aligning their actions with their values, promoting a sense of authenticity and purpose.

Moving forward, the focus shifted to enhancing speaking skills. Participants were introduced to effective communication techniques, encompassing both verbal and nonverbal aspects. Surekha Vinodkumar shared strategies to articulate thoughts clearly, project confidence, and engage audiences effectively. Practical exercises, role-playing scenarios, and constructive feedback sessions allowed participants to practice and refine their speaking skills in a supportive environment.

The session's exploration of listening skills was equally insightful. Participants delved into the art of active and empathetic listening, learning to comprehend and respond thoughtfully

to others. Through interactive exercises, they honed their ability to listen attentively, understand diverse viewpoints, and foster meaningful connections through effective communication.

10. **Outcome of the event/Evaluation by Program Coordinator:**

The outcomes of the session extended beyond the event itself. Participants were equipped with tools to enhance their communication in all facets of life, nurturing more meaningful connections and effective collaboration. The exploration of personal values offered participants a solid foundation for making choices that resonate with their authentic selves.

In conclusion, the external mentoring session led by Surekha Vinodkumar on February 23, 2019, was a resounding success. Through the exploration of personal values, speaking skills, and listening skills, participants gained practical skills, personal insights, and a heightened ability to communicate effectively and empathetically. This event left a lasting impact on participants' lives, enabling them to navigate challenges and opportunities with newfound confidence, authenticity, and understanding.

