

## ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

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## Report on 'Development of Interpersonal Skills': 2019-20

Name of the Activity: 'Development of Interpersonal Skills'

Date: 4th January, 2020. Venue: Auditorium

Conducted by: Prof. Kumaraswamy

Attended by: II, IV and VI Semester B.Com Students Organized: Department of Commerce, SFS College

Interpersonal communication is the process of exchange of information, ideas and feelings between two or more people through verbal or non-verbal methods. It often includes face-to-face exchange of information, in a form of voice, facial expressions, body language and gestures. Good interpersonal skills 'oil the wheels' of these interactions, making them smoother and pleasanter for all those involved.

Interpersonal skill allows us to build better and long-lasting relationships. People with strong interpersonal skills tend to build good relationships and can work well with others. They understand family, friends and coworkers well. Thus, it is very important to ensure that there is a good relationship between students from diverse cultures and traditions.

The department of Commerce of St. Francis de Sales College organized activity for the students of B.Com on 4th January, 2020. It was an interactive session by Prof. Kumaraswamy were he addressed the importance of developing interpersonal skills and working together as a group. The students were divided into groups of 15 and tasks were given. The task was to come up with a solution to any problem in the society. Students came up with creative solutions; this was done in order to make the students aware of the advantage of team work. All the teams presented well and feedback was given for better team management. It was a very interesting session with many activities which helped the students to understand the importance of Interpersonal skills and overall development. All the students participated with great Zeal.

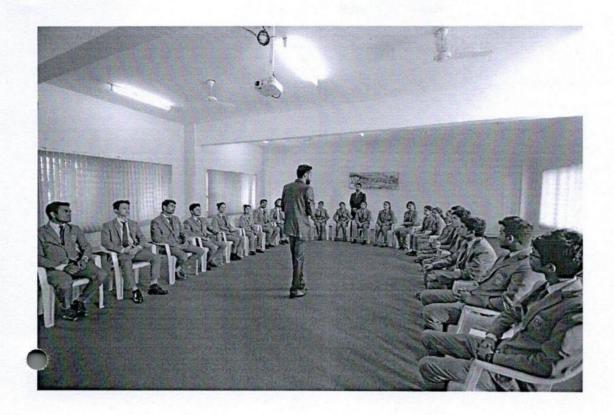
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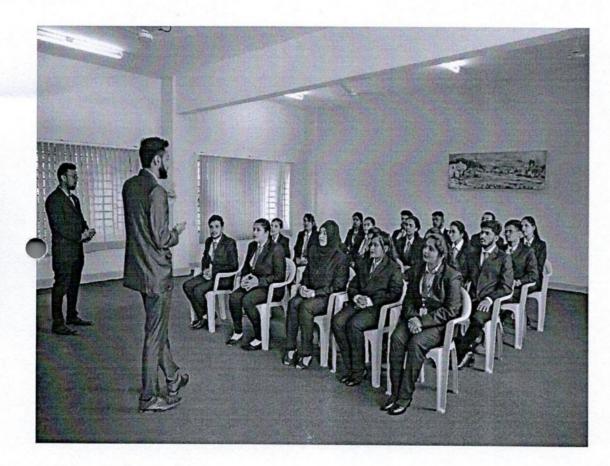
## The Objectives of 'Developing Interpersonal Skills' sessionwas:

- Improve Verbal Communication
- Teamwork
- Creative Thinking

## Some of the key takeaways from the session were as follows:

- Teach yourself to be positive by reminding yourself every day of the good things about your life and your job
- Acknowledge others' expertise. It will help solidify your relationships with them.
- Practice active listening. The speaker will feel respected and you're likely to be able to recall the conversation more easily afterwards.
- Be assertive. Be confident in your ability and opinions, and don't be afraid to express your needs, as well as your limits.
- Practice empathy. Gain a well-rounded view of things by putting yourself in other people's shoes. This
  will help you develop empathy for others, which in turn goes a long way in finding solutions that work
  for all involved.
- Maintain your relationships. Connect with college friends and former colleagues on social media or through email; try to set up face-to-face meetings now and then. This shows your connections that you still value the relationship—and that can go a long way in helping you advance your career.





Internal-Chair Assessment Cell
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19C262	KIRAN KUMAR MEREGE
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18T009	JERIN MATHEW
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