

## **COMMUNICATION SKILLS SESSION BY BRIGADIER (DR) VIJAY SAGAR DHEMAN**

Army Public School Jammu Cantt organized an interactive session on the basics of Communication Skills” on 8th October in the school auditorium. The objective of the session was to bring out the best in the students and to upgrade their communication skills and personality development.

Brigadier (Dr) Vijay Sagar Dhemman a prominent personality was the keynote speaker of the session. The speaker emphasized on the need for students to maintain positivity at all times in life and said that communication skills(Listening, Speaking and reaction to response) aid in all aspects of life and help people to excel in their personal and professional life. He stressed on the need of creating awareness among students about the importance of communication skills and dynamic personality. During the session, Brigadier(Dr) Vijay Sagar Dhemman also stressed on soft skills and how soft skills are important for everybody to learn, for both their personal and school life. He further said that communication skills characterize how a person interacts in his or her relationships with others. He highlighted that ‘soft skills’ incorporate a wide variety of personality traits, communication skills, social attitudes and emotional intelligence. These qualities are increasingly important for the young learners to help them realize their full potential and upward mobility in their careers.

More than 200 students from classes X to XII participated in the event. During the session, students were trained the ways in which learning could be an even more delightful experience. The session ended with a question and answer round. The resource person reached out to the students and answered their queries.

Mss Puneet Kaur, Principal expressed gratitude for the time spent and conducting the session for the school students. It was a very informative session which made students to know the importance of soft skills for career success as well as prepared students mentally to face the challenges that come their way at workplace and life.





