



## **EFFECTIVE COMMUNICATION AND LEADERSHIP SKILLS WORKSHOP ORGANIZED BY DSW,JAMMU**

A dynamic and insightful Workshop on the topic "Effective Communication and Leadership" was organized today by Department of Students Welfare, University of Jammu in collaboration with ELFA International. The workshop aimed to equip students with the essential skills to navigate the complex landscape of communication in both personal and professional spheres.

Dr. Mehran Khan, CEO and founder of ELFA International was the key resource person of the workshop. He highlighted the paramount importance of effective communication in today's interconnected world. Participants were engaged in ice-breaking activities that not only fostered a sense of camaraderie but also set the stage for an interactive and participative learning environment. During the session, Dr. Khan shared valuable techniques for effective communication, emphasizing the significance of pausing before responding, building trust through honesty, and avoiding rushed communication. One of the key takeaways was the exploration of the "Power of Positive No," a concept that empowers individuals to communicate assertively and constructively.

The workshop was not merely theoretical, students actively participated in various exercises designed to reinforce the principles of effective communication. These hands-on activities provided practical insights, allowing attendees to apply the newly acquired skills in real-world scenarios. More than 90 students and scholars from the different teaching departments of the university participated in the workshop.

The Workshop commenced with a ceremonial lamp lighting, symbolizing the illumination of knowledge and wisdom. Prof. Sarika Manhas, Co-Chairperson Campus Cultural Committee, delivered a warm welcome address, setting the tone for an engaging and collaborative atmosphere. Prof. Monika Chadha, Chairperson Campus Cultural Committee, in her address, shared insightful perspectives on communication and enlightened the students about the objectives of the workshop. The workshop also featured a motivating address by Prof. Parkash Antahal, Dean Students Welfare, encouraging students to actively participate and make the most out of the learning experience. Prominent among others who graced the occasion were Dr Hema Gandotra, Dr Shallu Sehgal, Dr Sarabjeet Kour, Dr Monika Gupta, Dr Tsering Yangzom, Dr Bandana Thakur, Dr Abdul Rashid Manhas (Dy Proctor, DSW), Dr Pritam Singh (Associate Dean, DSW) and other members of the Campus Cultural Committee. Ms Mansi Mantoo (Media Officer), Ifra Kak (Cultural Officer), Sumeet

Sharma(Drama Instructor) and Sachin Sharma(Computer Assistant,DSW) helped in coordinating the workshop.Sound and other logistics were looked after by Mr Kulbhushan Thakur ,Mr Arif Paul and Mr Rajinder Pal Singh.