

Students learn the art of public speaking at IIM-R

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Raipur: Mindset coach and TEDx speaker Harsimran Singh gave tips to students of the Indian Institute of Management, Raipur (IIM-R) on overcoming fear of public speaking here.

Singh was hosting a session on 'Express to Impress' at a lecture series organised by public speaking club of IIM-R 'PROvakta'.

Singh shared with the students how he himself overcame the fear of public speaking. "First step is the hardest. Take it now," said Singh, who left a high-paid job at a multinational. After quitting his jobs, Singh established 'The Thought Foundation' to rea-



Mindset coach and TEDx speaker Harsimran Singh addressing the students

lize his passion of helping others overcome speech anxiety and develop

self-belief.

Singh also spoke on the importance of an effective body language and how to build confidence through power postures. The speaker emphasized on the significance of non-verbal cues and voice modulation in making a powerful speech.

He informed the students on the hazards of using fillers such as 'er', 'like', 'ah' or 'um', and how to reduce them; how to gain emotional mastery and rebuild one's belief system.

Speaking and thinking should go hand in hand, and fluency in both helps a lot, said Singh.

He demonstrated how taking pauses at appropriate time during a spe-

ech can drastically reduce fillers. Students were asked to introduce themselves as Singh gestured them to pause wherever required.

All this was followed by Table Topics, an extempore competition on abstract topics like 'What's in a name?', 'Tinder is the new matrimony', 'A doctor a day keeps the apple away'. The participants were given two minutes to speak. Students gained helpful insights on how to handle interviews, group discussions, informal interactions and attend formal meetings with confidence.

The lecture was also attended by Prof Dhananjay Bapat, chairman of student affairs, IIM-R.