



# RUKMINI DEVI

## Institute of Advanced Studies

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### "Session on Self-Introduction"

<b>Topic :</b>	Session on Self Introduction for students of MCA Semester-1
<b>Date of event :</b>	August 8, 2011
<b>Aim of the Event</b>	<p>"First impression is the last impression", this is a universally accepted quote. The first introduction of one's self leaves a lasting impression and that is where the importance of self introduction lies.</p> <p>It is important to have confidence and faith in oneself to be able to give an impressive self introduction. We need strong self-esteem to have the confidence to do many tasks. We also need to build our own self-esteem by realizing we need to be our self, not what others necessarily think we should be. Negativity from others and also within us, only lowers our self-esteem and makes us less confident. In order to have a positive self-image, one needs to have a positive attitude towards one's own self as well as the world around.</p> <p>The aim of this activity was to make students able to give a confident and impressive self introduction.</p>

<b>Description of the event</b>	<p>The session started with a discussion on importance of the subject and then the points that should be added in it. It included the precautions to be taken and suggestion for a good self introduction. The key to a success is complete faith in oneself and loads of knowledge.</p> <p>Students were then asked to present their introduction one by one. They were evaluated on parameters like Confidence, Order of Information, Keep It Short and Simple, Body Language etc.</p> <p>Individual feedback was given to the students. Students also came up with the queries regarding improvement in their contents and presentation which was solved to the best possible extent. They were encouraged to improve upon the subject.</p>
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