



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)

Name of the event/activity	A talk on From Words to Actions: Developing Assertive Communication		
Organised by	Computer Science and Engineering		
Date of event/activity (DD-MM-YYYY)	11/10/2019	Time	10:00am-12:00pm
Name of the Resource Person	Mrs Kavitha V V, Placement Coordinator, St Aloysius College, Mangalore		
Number of the student participated	28		

About the Event:

On October 11, 2019, a talk titled "From Words to Actions: Developing Assertive Communication" was conducted for 28 students by Mrs Kavitha V V from St Aloysius College. The talk "From Words to Actions: Developing Assertive Communication" was delivered by Mrs Kavitha V V, a renowned expert in communication skills and personal development. The session aimed to equip participants with the knowledge and skills needed to communicate assertively, bridging the gap between passive and aggressive communication styles.

Mrs Kavitha V V began the session by defining assertive communication. She explained that assertiveness involves expressing one's thoughts, feelings, and beliefs in an open, honest, and respectful manner. Unlike passive communication, which often leads to neglecting one's own needs, or aggressive communication, which can harm relationships, assertive communication seeks a balance where mutual respect is maintained.

Mrs Kavitha V V highlighted the numerous benefits of assertive communication, including improved self-esteem, better stress management, and healthier relationships. He emphasized that assertiveness allows individuals to stand up for themselves while also considering the perspectives of others, leading to more effective and harmonious interactions. The session also addressed common barriers to assertive communication, such as fear of rejection, lack of confidence, and cultural influences. Mrs Kavitha V V provided strategies to overcome these barriers, including positive self-talk, role-playing exercises, and gradual exposure to challenging situations.

The talk by Mrs Kavitha V V was highly informative and engaging, leaving participants with valuable tools to enhance their communication skills. By the end of the session, attendees had a clearer understanding of what assertive communication entails and how to apply it effectively in their personal and professional lives. Mrs Kavitha V V's expertise and approachable teaching style made the complex topic accessible and relatable, ensuring that participants left feeling empowered to communicate more assertively.



Principal

A.J. Institute of Engineering & Technology
Mangaluru - 575 006

E-mail: ajenggcollege@gmail.com, Web: <https://www.ajiet.edu.in>



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Objectives:

1. Define Assertive Communication:

To provide a clear understanding of what assertive communication is and how it differs from passive and aggressive communication styles.

2. Highlight the Importance of Assertiveness:

To emphasize the benefits of assertive communication, including improved self-esteem, better stress management, and healthier relationships.

3. Identify Key Components of Assertive Communication:

To educate participants on the essential elements of assertive communication, such as self-awareness, clarity, respect, and non-verbal cues.

Photos:



A talk on From Words to Actions: Developing Assertive Communication On 11/10/2019 by Mrs Kavitha V V

Co-Ordinator

HOD

Principal

Principal

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