



DON BOSCO INSTITUTE OF
TECHNOLOGY

DEPARTMENT OF MECHANICAL
ENGINEERING

PRESENTS

A WEBINAR ON

HARNESSING THE POWER OF BODY LANGUAGE

CONDUCTED BY

DR. POONAM OJHA

EXPERIENCED SOFT SKILLS TRAINER FOR ENGINEERING AND
MANAGEMENT STUDENTS, FACULTY AND CORPORATES

A. About the Speaker:

Dr. Poonam Ojha is the Proprietor and Trainer at Metamorphosys, a soft skills training institute. She is also a visiting faculty at Narsee Monjee Institute of Management Studies, where she teaches Communication Skills. In the past, she has taught at various engineering and management colleges, received multiple awards and judged debate competitions. She has also co authored a book on Communication Skills.

Dr. Ojha holds a PhD in English Literature, and has published various papers over the years. She was awarded the Mumbai University Minor Research Grant for the academic year 2015-16.

B. Learning Objectives:

- To improve participants' understanding and awareness of nonverbal expressions used in communication.
- To learn how to better read and respond to your own and others body language.

C. Learning Outcome

By the end of the session, participants will be able to:

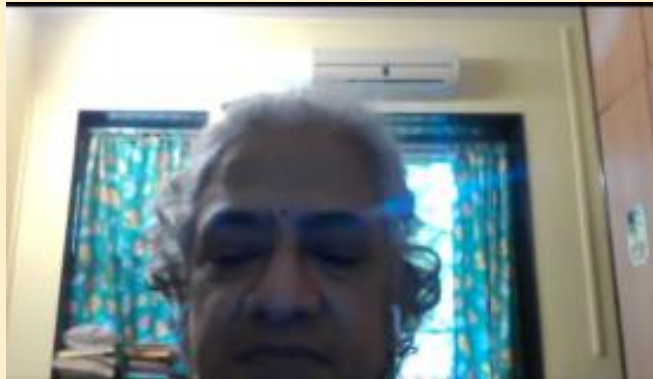
- Develop an awareness of body language
- Use positive body language for self- empowerment
- Become aware of pitfalls in reading others body language

D. Webinar Proceedings

1. OPENING SPEECH BY MS. SHEENA FERNANDES



2. PRINCIPAL DR. PRASANNA NAMBIAR'S ADDRESS:



Dr. Nambiar asserted the importance of body languages using examples of famous sports personalities and individuals in positions of authority, like teachers or principals.

3. INTRODUCTION OF DR. OJHA BY PROFESSOR SWAPNIL GUJARATHI



4. ADDRESS BY DR. OJHA:



Throughout the address, Dr. Ojha attempted to answer four questions, namely:

- The What: What is body language a part of? What is body language made up of?
- The Why: Why is harnessing body language important?

- The How: How does one harness their body language?
- The Where: Where does body language come into play?

OVERVIEW

THE WHAT
THE WHY
THE HOW
THE WHERE

WHAT IS BODY LANGUAGE A PART OF?

COMMUNICATION

NOW LETS LOOK AT THE WHY

OPINION POLL

Impact created by: (in %)

- WORDS.... 7%
- BODY LANGUAGE.... 93%

THE HOW...

- Be observant
- Have knowledge
- Be aware of pitfalls...

THE WHERE

STUDENTS: classroom, viva, interview, presentations.
PROFESSIONALS: meetings, interviews, negotiations, presentations.

AND FINALLY...

- Body speaks.
- Like all other forms of communication it is complex
- Awareness makes us sensitive to our own and others non-verbal cues and helps respond appropriately
- Makes us project the image we want to project and become more aware of the signals we are interpreting
- Using body language powerfully and appropriately has a direct impact on our well-being, and personal and professional growth.

5. VOTE OF THANKS BY PROFESSOR JENIFER ABIN

VOTE OF THANKS

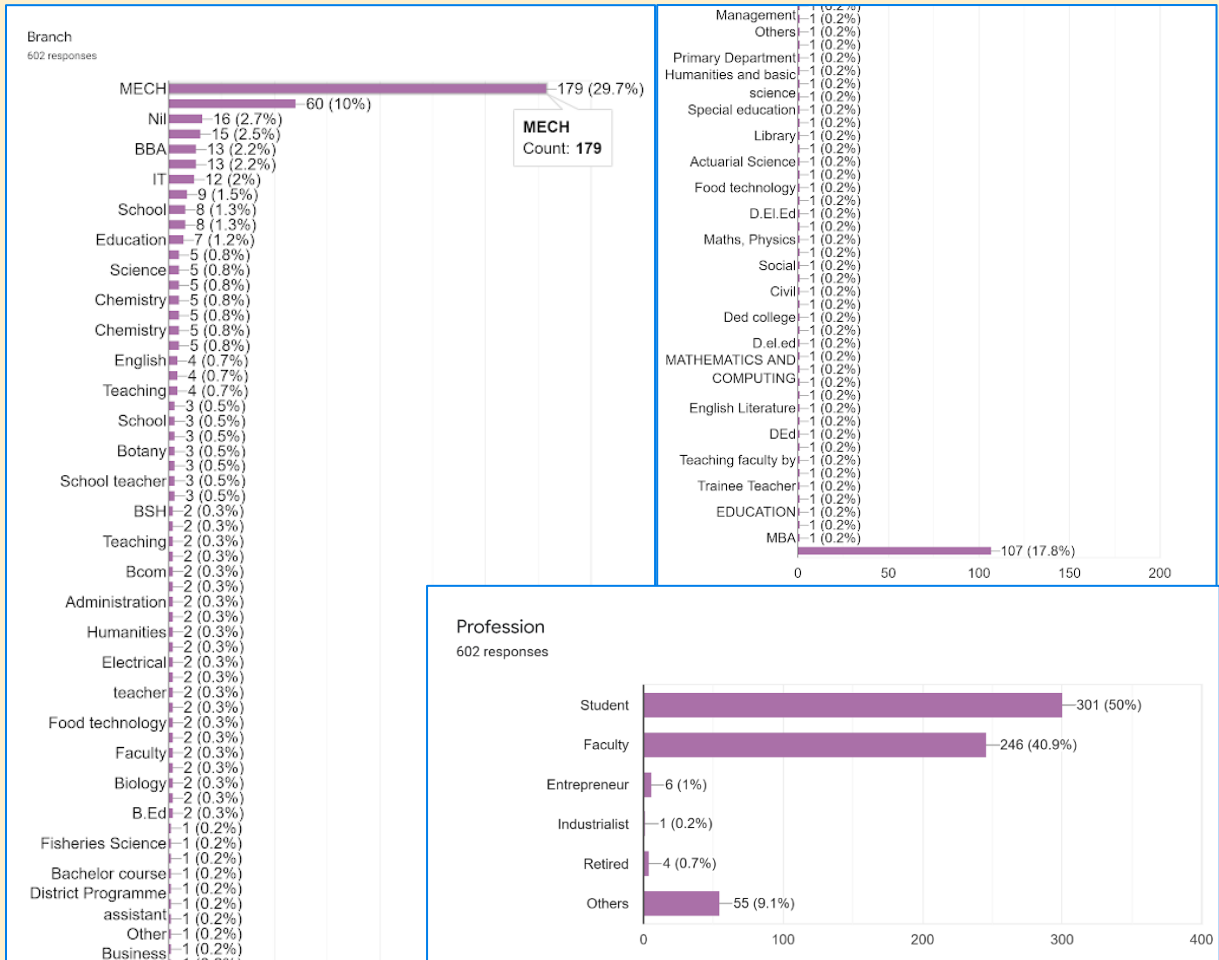
Ms. Jenifer Abin

Webinar Co-ordinator
Department of
Mechanical
Engineering, DBIT

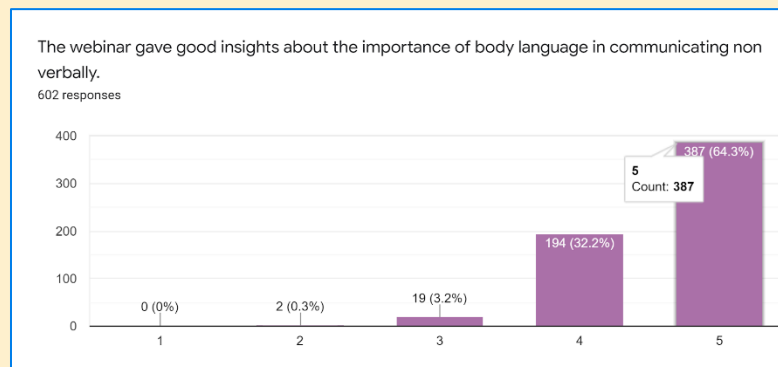
zoom

E. Analysis of Attendees:

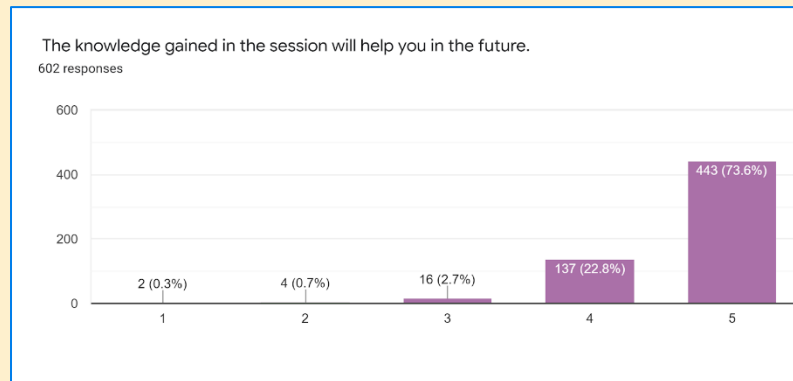
1. The demographics of attendees is as follows:



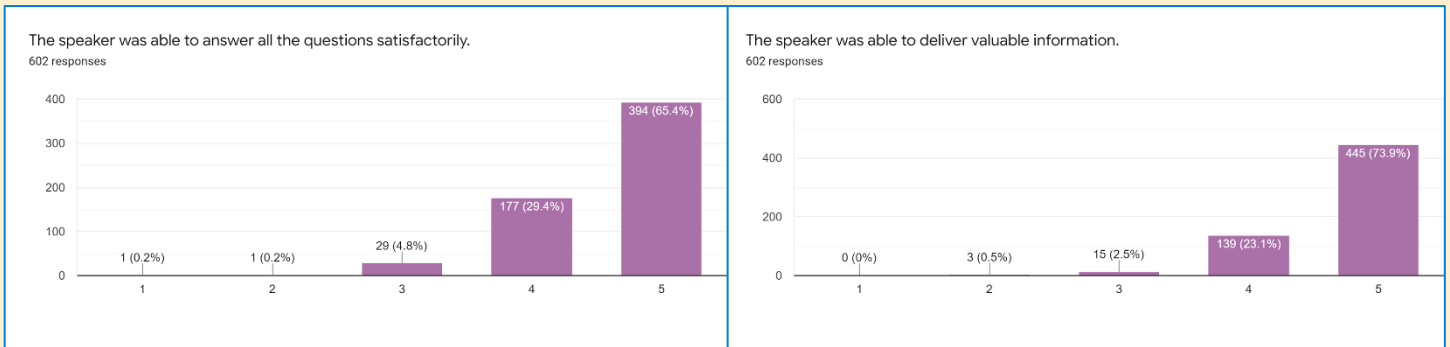
2. A majority of participants agreed that the session helped them understand nonverbal expressions used in communication



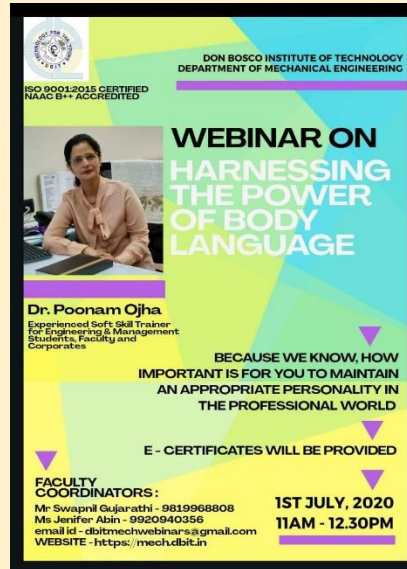
3. Most participants learned how to better respond to their own and to others' body language.



4. Most participants indicated that they were satisfied with the quality of the content and the speaker.



F. Event Poster:



G. Webinar Coordinators:

1. Faculty:
 - Swapnil Gujarathi
 - Jenifer Abin
 - Mahesh Rajwade
 - Deepika Gupta
 - Bajirao Nangarepatil
2. Students
 - Elsa Mathew
 - Sheena Fernandes
 - Priya Kundu
 - Shivam Singh
 - Swati Kamath
 - Daniel Joy
 - Noel Fernandes
 - Mitul Shetty
 - Jordan Joy
 - Rahul Kadam
 - Siddharth Shetty

<u>Maintaining Database</u>	
Contents	Responsibility
Sorting the data from the details of the Participants who will register as well as who all will give feedback (from google form)	Bajirao Nangarepatil Mahesh Rajwade
Creating Whatsapp groups	Elsa Mathew Priya Kundu
Sending information / links time to time on whatsapp groups to the registered participants	
Final report writing	Bajirao Nangarepatil Swati Kamath

<u>Communication</u>	
Contents	Responsibility
Collecting Details, PPT (Initial Communication), Invitation letter	Swapnil Gujarathi Deepika Gupta
Thank giving Mail	Jenifer Abin Daniel, Mitul Shetty , Sheena Fernandes, Noel
Rehearsal and technical communication (Sequencing)	Sheena Fernandes Siddharth Shetty
Hosting the event	Noel Sequiera Yash Majithia
Handling queries posted by participants on whatsapp groups as well as you tube and on sorting informing to the host	