



# ATMA RAM SANATAN DHARMA COLLEGE

(UNIVERSITY OF DELHI)

## DECODING SELF-ASSURANCE TO COMMUNICATE BETTER

**Date:** 17<sup>th</sup> October, 2020

**No. of Participants:** 100

**Organized by:** Nimbus: The English Debating Society, ARSD College

**Collaborating Agency:** IQAC and Department of English, ARSD College

**Speaker:** Mr. Darpan Mago, 360-Degree Communications Professional, Editor, Author and Public Speaker

Nimbus, The English Debating Society in collaboration with IQAC and the Department of English, Atma Ram Sanatan Dharma College organized a webinar on 'Decoding Self-Assurance to Communicate Better' with Mr. Darpan Mago on October 17, 2020. Mr. Darpan Mago is an alumnus of ARSD College and a former vice-president of Nimbus. He is a 360-Degree Communications Professional, editor, author and an impeccable public speaker. The webinar started with a dialogue on why one would remember themselves to be "bad" at public speaking and how that baggage could be removed. This 'baggage', as the speaker elaborated, is an end result of overthinking, frame photo issues, an assumption that one's mind is not "advanced or conclusive" enough. Leading the dialogue forward, Mr Mago instructed the individuals how diversely intellectual and bodily sports can be used to cope with the stated issues.

He also mentioned strategies and techniques of constructing self-esteem via sporting activities and their importance in achieving mindfulness and advantageous thinking. Opening the floor to the target audience, he welcomed audience members to share their personal stories and elucidate their points through those examples. The event concluded with a vote of thanks by Ms. Mousami Ray, ex-convener, Nimbus. She expressed the attendees' collective gratitude to Mr Mago, even as recalling some incidents of him showing promise and grit earlier as a scholar, and was joined by Ms. Manjula Sholapurkar, Associate professor, Department of English, ARSD College, who additionally conveyed gratitude to the visiting speaker. The event was immensely successful in terms of teaching participants how to confront their fears and was an electrifying experience for everyone.



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