



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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Department of Journalism and Mass Communication

Workshop

on

From Panic to Power: Solving Public Speaking Anxiety

Title of Activity*	From Panic to Power: Solving Public Speaking Anxiety
Subject	Public Speaking (108)
Values	<ul style="list-style-type: none"> • Confidence Building • Resilience Under Pressure • Clarity of Expression • Strategic Thinking • Adaptability
Learning Outcomes	<ul style="list-style-type: none"> • To identify common barriers and challenges in effective public speaking. • To develop strategies to manage stage fear and performance anxiety. • To enhance the ability to think critically and speak spontaneously. • To improve clarity, tone, and body language during public presentations. • To foster teamwork and peer support in overcoming communication challenges.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Department of Journalism and Mass Communication
Program Theme*	Enhancing Public Speaking Skills through Strategic Problem-Solving and Confidence Building
External Expert / Internal Expert	NA
Date*	12 th April, 2025
Time*	09:00 AM onwards
Venue	Seminar Hall


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Poster/Flyer/Notice*

The poster is for a workshop titled "From Panic to Power: Solving Public Speaking Anxiety". It is organized by the Department of Journalism & Mass Communication at TECNIA Institute of Advanced Studies, a Grade 'A' Institute in Delhi, India. The workshop is scheduled for 12th April, 2025, at 09:00 AM in Seminar Hall. The poster features a central image of a microphone on a stand in a room.

TECNIA
INSTITUTE OF ADVANCED STUDIES
GRADE 'A' INSTITUTE
DELHI (INDIA)

Department of
Journalism & Mass
Communication

Workshop
on
**From Panic to Power: Solving
Public Speaking Anxiety**

Date: 12th April, 2025
Time: 09:00 AM
Venue: Seminar Hall

No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	34
No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA


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Photograph*

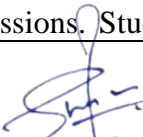



Report:

Description in (min 250 to max 800 words)

On 12th April 2025, the Department of Journalism and Mass Communication at Tecnia Institute of Advanced Studies organized a Workshop on “From Panic to Power: Overcoming Public Speaking Challenges” for BAJMC students. The aim was to help students recognize and address the common obstacles faced while speaking in public and to build confidence through interactive and experiential learning.

The session started with an introductory briefing by faculty members, who discussed the importance of effective communication, especially in media professions. Students were


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	<p>then divided into small groups and presented with real-life scenarios that involved public speaking challenges—such as stage fright, handling tough audiences, voice modulation issues, or technical difficulties during live sessions.</p> <p>Each group was tasked with identifying the core problem, discussing possible strategies, and demonstrating their solutions through short role-plays or mock presentations. This not only improved their critical thinking and adaptability but also provided a hands-on experience in overcoming performance anxiety and communication breakdowns.</p> <p>Throughout the activity, values such as resilience, clarity of expression, strategic thinking, and confidence building were strongly emphasized. Faculty facilitators guided the students with feedback and practical tips on voice control, body language, audience engagement, and managing nervousness.</p> <p>The Workshop concluded with a reflective discussion, where students shared their learning experiences and acknowledged the importance of preparation, presence of mind, and audience awareness in public speaking.</p> <p>Overall, the Workshop successfully blended learning with practice and significantly enhanced the students' ability to face public speaking challenges with confidence and clarity.</p>
Recourse Person Profile	NA
Attendance Sheet*	<i>Attached at the end of Report</i>
Report Submitted by Event Coordinator <i>(write faculty coordinator name)</i>	Dr. Gopal Thakur, Associated Professor BA (J&MC), TIAS
For Office Use	
Signature of Event Coordinator	
<u>List of Beneficiary</u>	


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List of Participants

S.NO	Enrollment No.	Name	Mobile Number
1	1517002424	Jonathan anthony	9354530523
2	00517002424	Shubh johri	9899546089
3	35521302424	NANIKA DHINGRA	7982008531
4	50517002424	MANVI KHAITAN	7678380314
5	36017002423	Dyanshi Sharma	9354917480
6	35721302423	Piyush kathuria	8920220032
7	00621302423	Digonto Banerjee	8744836060
8	00321302423	Anshika	9311528857
9	03917002423	Nishant kumar singh	7261026422
10	00417002424	Rupakshi	7827471530
11	35321302424	Garv	9868020511
12	35621302424	Ansh Panchal	7291068036
13	70417002423	Kritika Chani	9811022426
14	00917002424	Radhika motwani	9773727545
15	35417002424	Sarthak Sharma	8368916043
16	70717002423	Deepika Panchal	9311878063
17	00221302424	Sarah Rashid khan	8800508620
18	02617002423	POOJA	8595605547
19	35121302424	Muskan Asopa	7011823248
20	50217002424	Chetna Bhuranda	8882103178
21	01317002423	Anmol Abichandani	8851818312
22	135517002423	Naman Kumar	7289922249
23	8744000766	girisha	8744000766
24	35117002424	Mehak kapoor	8860322333
25	35617002424	Mayank sehwat	9310893399
26	00321302424	Navneet Kaur	9910686413
27	5031702424	Sakshi	9650685047
28	50417002424	Shreya Sinha	8383991586
29	0141700242	Vansh Khurana	9711960061
30	36021302423	Krish khatri	9667016059
31	01617002423	Vani	9911311380
32	02917002423	Khanak	7827189276
33	35221302424	Aman acharya	8448467395
34	13717002422	Parthik Rathi	8595609293
35	35617002422	Harshita negi	8448460116
36	05417002422	tanushri	8595690922
37	11417002422	Sameer makhija	8588854634
38	01017002424	Pragati Dudheria	8595747299
39	01317002424	Rafat Ayaan	9643622756
40	36217002422	Gaurangi Yadav	9818480218
41	11217002422	Aarsh Deo	9310906937
42	03821302422	Kunal Singh Rajput	7303492699
43	36021302422	Karina Chauhan	9625243114
44	00211302424	Shivam	9319248302
45	01217002424	Sidhart Garv	8076190550
46	00421302424	Dhruv Bhatia	9971959779
47	35421302424	Shalom Chatterjee	8595414411
48	00717002424	Rishabh Chauhan	9289363606
49	00817002423	Pragyansh Tiwari	7248947961
50	00217002424	Anchal Bora	823522760


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