

Session Summary 2: Group Discussion Tricks:

In our PESE lab, we had a session focused on **Group Discussion (GD) skills**. Sir began by explaining **how to properly start a GD**. He emphasized the importance of **breaking the ice** — starting the conversation in a way that engages others. He also pointed out that starting doesn't just mean being the first to speak; it could also mean introducing a unique or impactful perspective that sets the tone for the discussion.

To help us perform better, here are **7 tricks** we learned and applied during the activity:

1. **Break the Ice Confidently** – If you feel ready, start the GD with a strong opening like a quote or a fact.
2. **Stay Relevant and Structured** – Keep your points clear, logical, and focused on the topic.
3. **Listen Actively** – Respect others' opinions, listen carefully, and avoid interruptions.
4. **Contribute New Points** – Don't repeat what others say; bring in fresh ideas or examples.
5. **Manage Your Voice and Body Language** – Speak clearly and confidently; maintain eye contact and good posture.
6. **Involve Others** – Show leadership by encouraging quieter members to participate.
7. **Summarize Smartly** – If you conclude the discussion, give a fair and concise summary of all views shared.

After this, sir randomly gave us topics to discuss on the spot. This spontaneous activity helped us practice these tricks and boosted our confidence.