**Ice breaking**

**Activity**: Ice breaking

**Purpose**: Ice breaking is an important communication activity that helps people to introduce themselves to others. The purpose of ice breakers is to get everyone working together, talking and sharing their ideas, opinions, feelings with their classmates . It is also important to know about the other person’s hobbies, goals, and philosophy to develop good interpersonal interactions. Through this activity, we can overcome shyness, nervousness, fear of interacting with others. We can also improve our communication skills and confidence.

**My participation:** I got an opportunity to interact with Sumedh. Sumedh comes from Hyderabad. His hobbies include singing and listening to music. His philosophy in life is ‘A life helpful to others is the greatest life”. He said that he joined Engineering because he wanted to develop solutions to problems in Electrical Engineering field. He wants become an IAS /he wants to do MS abroad/he wants to join DRDO.

**Teacher’s feedback**: The teachers appreciated the way I presented myself. They asked me to maintain more eye contact while speaking.

**My feedback:** His activity gave me a lot of courage to speak. I was really afraid of going on the dais to speak. However, slowly as I started speaking, I gained confidence.

**My strengths:** Ability to gather information.

**Areas I wish to improve:** Speaking in a more audible manner.