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General English

Q.1. What was your biggest challenge and how did you overcome?

Ans:- Facing the NEET Examination was very stressful for me, just like it is for many students. The fear of doing poorly, worrying about stammering on social gathering and thinking too much about my little things were my biggest challenges. But over time, I found ways to deal with these problems and overcome them.

Exam Anxiety:- As my exam got closer my anxiety grew in. The huge amount of content to study, the pressure to get good marks, and the fear of disappointing my family made me very nervous. I often stay awake at night, wondering if I had missed important topics or if I would forget something during test. I kept thinking too much about everything.

Stammering under pressure:- Another challenge I faced was stammering, especially when I was stressed. I was scared during test and discussion or the test. I might stammer and embarrass myself. This fear made me even more nervous and I started doubting my ability to speak clearly or write properly during the exam. The more

more I thought about it, the worse my fees became.

Overthinking and Self Doubt:- Like many Students I Struggled with overthinking. I constantly worried about failing or not knowing the answers during the exam. Negative thoughts, like what if I can't finish the paper? or what if I fail after all this hard work? kept running through my mind. This made it harder for me to stay focused and confident.

How I overcome these problems.

1. To reduce my anxiety and overthinking I started doing mindfulness Exercise. Mindfulness helped me stay focused on the present moment instead of worrying about the future. Meditation calmed my nerves, especially during stressful times. Breathing Exercise helped me stop overthinking and stop focus on what was important.

2. One reason I was so anxious because I was afraid of the unknown. To overcome this, I practiced a lot. I did mock tests and solved past year papers, which helped me become more familiar with

Examination pattern. The more I practised the less nervous I felt about stammering or forgetting answers during the actual exam.

3. I realised that many other students face the same challenges and it's okay to feel nervous. I started telling myself positive things every day, like "I am doing my best" or "I will succeed". This helped me become more confident and reduced the pressure I put on myself.

4. I created a clear study schedule to manage my time better. Breaking my studies into smaller sections made it easier to handle and I didn't feel overwhelmed by the huge syllabus. This also helped me to stay organised and avoid last minute panic.

5. Talking to my friends, family and teachers helped me a lot. They encouraged me and reminded me that exams don't define who I am.

I also worked with seniors to help improve my exam anxiety and with time it got better. Knowing that I wasn't alone in this journey made me feel more supported and less stressed.

6. I left everything on destiny and fate as said by Lord Krishna "focus on your hard irrespective of result whether its in your favour or not"

Conclusion

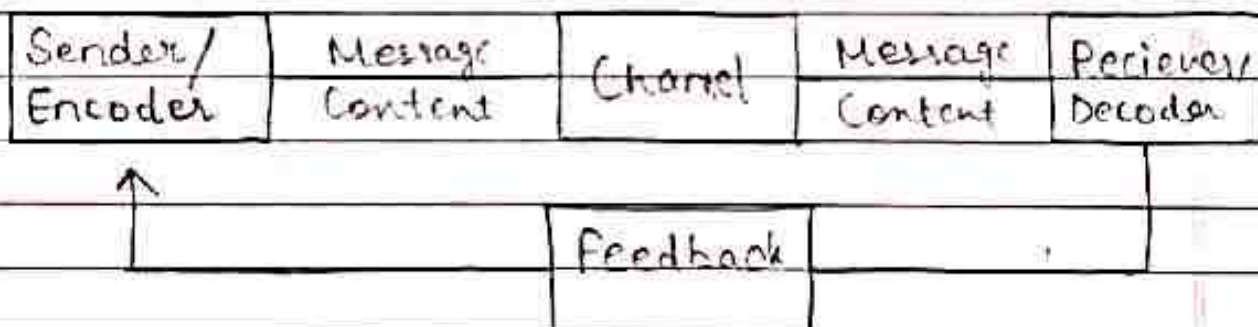
Dealing with exam anxiety, stammering and overthinking wasn't easy, but I learned how to manage them. Through mindfulness, practice, positive thinking and asking for help, I became more confident. I now approach the exam with a calm mind and most important thing a strong belief in God gave me confidence. Some supernatural entity who is there to monitor my hardwork.

What is communication?

- Types of communication & Process
- Non Verbal communication or verbal communication.

Ans The word communication is derived from Latin word communicate which means sharing. Communication is indeed sharing ideas, emotions, beliefs or feelings between 2 or more persons. In other words transmission and interaction of facts, ideas, opinions, feelings. We the human beings, being a social creature do need to convey our ideas to our friends, neighbour. The activity of sharing our mind with other may take place for several purpose. It may be order, advice and information, a question and so on.

Communication Process:- This is a ongoing process that mainly involves three components - sender, message and recipient.



1. **Sender**: The Sender generates the message and transmits it to the recipient. He is the source and the first contact.

2. **Message**: It is an idea, knowledge, opinion, truth, feeling etc. produced by the sender.

3. Encoding :- The message is encrypted in a symbolic way such as words, pictures, touches etc, before transfer.
4. The media :- This is how the coded message is conveyed. (Orally or written).
5. Recording :- It is process of modifying the signals sent by the sender. After recording the message is received by the recipient.
6. Recipient :- This is the last person in the chain. If the recipient receives the message and understand it correctly & acts on the message, only then the purpose of communication is achieved.
7. Feedback :- After receiving and understanding the message by recipient, he gives (response) feedback to the sender back.

Types of communication:

Verbal & Non verbal communication

1. Verbal Communication:

A type of communication where we use spoken & written words to get our message and information across to other person.

Oral method is quick, more understanding, time saving. Written method have permanent records & legal.

2. Non-Verbal Communication:-

It occurs with signs, symbols, colours, touches, body or facial features. Using body language and facial expression to convey information to others.

For ex:- you may have smile on your face when you hear an idea or a piece of interesting or exciting information.

ii) Proxemics

It involves the distance between ourselves & others when having a conversation, delivering a speech or sharing a moment.

Ex:- standing closer to someone when we are about to share something private.

iii) Kinesics (Movement):-

It is the interpretation of body communication such as facial expression and gestures, non verbal behaviours, related to movement of any part of body.

Ex:- Waving and giving thumbs up or down.

iii) Facial Expression:-

It allows for a person to communicate a message through the use of their eyebrows, eyes, mouth, and facial muscles.

Ex:- Eye contact

iv) Haptics (Touch) :-

In this non-verbal communication, the interaction is through the sense of touch. Touch can come in many different forms. Some can promote physical and Psychological well being.

Ex:- handshake

A warm, loving touch can lead to the outcomes while a violent touch lead to be -ve outcome.

v) Chronemics :-

It is a field of study examining the utilization of time in non-verbal communication.

It is an anthropological, philosophical and linguistic subdiscipline that describes how time is perceived, coded and communicated across a given culture.

vi) Paralinguistics :-

It defines as "NOT WHAT YOU SAY, but THE WAY you say it."

Ex:- like voice pauses such as 'um', 'hmm' or intonation which describes the pitch & volume of a person's speech.

There are 8 features of paralinguistics - pitch, tempo, loudness, resonance, timbre, intonation range, syllabic duration & rhythm.

THANK YOU