



# GREAT EASTERN MEDICAL SCHOOL & HOSPITAL

(Promoted by Aditya Educational Society)

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## The Heartful PRESENTER: Influence Minds and Win Hearts



Workshop for interns of Great Eastern Medical School, Ragolu, students of GEMS College of Nursing, students of Bollineni Mediskills and students of GEMS college of Physiotherapy On 20-02-2018

# **Overview of the program:**

The article “The Heartful Presenter: Influence minds and win hearts” was first published in Heartfulness Magazine, [www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com) and was reprinted with permission.

This was organized in many places around the world as a boot-camp/workshop for Heartfulness volunteers for heartful and effective public speaking.

It involves the science and art of public speaking covering the topics: body language, voice modulation, presence, empathy and impact. The power of Pause is included as a special topic.

The boot-camp is designed to bring out the best in each person in effective public speaking. The workshop is organized in small groups each guided by a facilitator.

The principles of communication by Ram Chandra of Fatehgarh, seem to be the basis of the theme. The beautiful flow of such communication is well observed in meditators. This program has been conducted only for meditators until now.

This is the first time that the workshop has been opened to new seekers in Great Eastern Medical School, Ragolu, and this bootcamp included the first and second Heartfulness meditation sessions.

**Number of Delegates:**

Interns: 25

Nursing students: 32

BPT students: 2

Medskills students: 11

**Venue:** Lecture Gallery III, Great Eastern Medical School, Ragolu

**Event coordinator:** Dr. I.Sai Samyukta, Assistant Professor, Obstetrics and Gynaecology, GEMS Mob: 8121534533, Email: samyukta.srcm@gmail.com

**Facilitators:**

1. Dr. D. Vishnu Priya, Intern, Mob: 9652826766
2. Dr. Ch. Samuel Prannoy, Intern, Mob: 9885397368
3. Dr. D. Lakshman, Intern, Mob: 9866257651
4. Dr. G. Prem Reddy, Intern, Mob: 8801102730
5. Dr. G. Sonia Narayan, Intern, Mob: 9000447126

## **Form of the program:**

Before the program, the delegates were asked about their confidence at public speaking. The following were the responses:

Average/ok: 58

Good: 18

Very good: 4

Session started at 9:30 am and ended at 4:30 pm.

In small groups of 15 to 20 delegates, the following topics were taken as exercises. Each iteration of the delegate has been reviewed by the fellow delegates in the group, and finally by the facilitator of the group. Those who needed extra assistance were taken care of heartfully and patiently. The session took an interesting turn when all the 4 groups listened to one delegate who was delivering the exercise on EMPATHY, which was thoroughly enjoyed by one and all.

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### **Topics covered as exercises:**

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Body Language

Voice modulation

Power of Pause

Presence

Empathy

Impact

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## **Feedback at the end of the program:**

Surprisingly, all the delegates at the end of the workshop felt that their confidence in public speaking has boosted up many times. Most of them felt that they understood the importance of meditation, and would like to continue it. It was heartening to note that the students felt at home, time flew, and even after the end of the proceedings, many stayed long after to give feedback, which was encouraging and just wonderful!







