

# L\_5 \_General\_Education

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## 1. PRESENTATION, GROOMING AND FINISHING SKILLS

<b>Details</b> <b>What is Communication?</b>	<b>Method/ language</b>	<b>Thrust</b>	<b>Activities</b>
Health and fitness Cleanliness and hygiene Habits and discipline  Being confident  Self esteem  Being positive  Anger and agitation management – Stress Morals values Ethics conflicts Time Management  Emotional training  Group Discussions, Conversations  Use of basic technology  Modes of self development –  Read  Listen	Medium of language – combination of regional language, Hindi and English	Understand three components of personality Physical body Emotional set up Social interaction  Personal hygiene, habits, social hygiene and habits  For effective external appearance one should work hard on internal core.	Meeting people ✓ Audio – Video CDs  ✓ Interviews  ✓ Observation activity (shadowing) supported with extensive discussions  ✓ Project Presentation  ✓ Use of basic technology  ✓ Discussion  ✓ Debate  ✓ Subject presentation

Talk			
Ask			
Write			
Observe			