

Workshop on 'How to be heard in a noisy world' for Class XI and XII



As part of the Alumni Mentorship Programme, Satyans of Class XI and XII attended an insightful and enriching workshop conducted by Satyan alumna Ms. Romita Handa, Class of 2021. The session focused on making oneself heard in a world that is both diverse and dynamic. Ms. Romita shared valuable tips and tricks that can help individuals stand out and make a lasting impression. A key takeaway from the workshop was the significance of non-verbal communication—how our gestures, body language and expressions shape the way we are perceived by others.

She emphasized the power of a strong ten-second introduction, highlighting how a well-crafted first impression can leave a lifelong impact. We were encouraged to express ourselves with clarity, confidence and conciseness, especially when trying to communicate ideas effectively in a fast-paced world. One of the most thought-provoking parts of the session was the discussion on social presence. Ms. Romita explained how our consistent online behaviour can make us predictable and stressed. It is important to add a unique twist to our content to capture attention.

Moreover, she addressed the rapidly decreasing attention spans in the digital age, pointing out how people often forget what they saw just five seconds ago. This served as a reminder to be intentional and creative in our communication. Her confident demeanor and deep understanding of the topic created a highly engaging atmosphere.

The session left students empowered, equipping them with tools to confidently navigate the noise of the modern world and express their authentic voices. It was not just a lesson in communication—it was a powerful reminder that being heard starts with believing in oneself.