

## Assembly Reading

A very pleasant morning to Respected Principal Mam, Lecturers and My dear Josephites. I am B. Nagambika from I-Bcom B. Before I share my views regarding 'Nervousness' I wanted to pose a question to you all. How many of you are having stage fear? Of course most of them will be having stage fear. Now in order to overcome "Nervousness" let me share a few words.

Most of them have nervousness to overcome this we have some techniques. Firstly we must have confidence on us.

Most of the people experience some level of speech anxiety when they have to speak in front of a group. In fact public speaking is many people's greatest fear. Speech anxiety can range from a slight feeling of 'nervous' to a nearly incapacitating fear. Some of the most common symptoms of speech anxiety are sweating, rapid heart beat, voice change, shivering legs.

Firstly identify the cause of your nervousness write down the reasons why you are nervous to give a speech or presentation. If you find you are really afraid then you will forget what you wanted to say. Spending extra time by practising your speech will reduce your anxiety.

The topic which you choose must be easier and helpful to everyone who are listening. After your preparation of speech practise by delivering speech at least until you become perfect before your actual representation. The best solution is practise your speech by standing in front of mirror. So that you know

Your facial expressions and your mistakes. On the day of speech use some simple relaxation techniques and allow them to focus on the task. Use the extra things to divert your nervousness like gestures and enthusiasm about your topic. "Remember even best speakers get nervous but they use it to their benefit". Act confident and donot profess your anxiety to the audience. Remember that your nervousness is usually invisible to your audience. So, finally try to overcome nervousness and get succeeded in your life.

"Thank You for giving this opportunity".

B. Nagambika

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