



Session on “Significance of displaying a positive Body Language”

Topic :	Session on “Significance of displaying a positive Body Language” , for the students of MBA Semester I
Date of event :	September 02, 2011
Aim of the Event	<p>Good communication is the foundation of successful relationships, both personally and professionally. But we communicate with much more than words. In fact, research shows that the majority of our communication is nonverbal. Nonverbal communication, or <i>body language</i>, includes our facial expressions, gestures, eye contact, posture, and even the tone of our voice.</p> <p>The ability to understand and use nonverbal communication is a powerful tool that helps us connect with others, express what we really mean, navigate challenging situations, and build better relationships at home and work.</p> <p>It takes more than words to create fulfilling, strong relationships, be it home or work. This is a skill which needs understanding more than anything else. This session was organized keeping in mind this very aim and idea.</p>

Description of the event	<p>The session started with a warm up round in which students were asked about their day since this was a post lunch session. Once their slumber was broken and the students recovered from the heat and humidity, it was time for understanding the significance of displaying a positive body language.</p> <p>The students were shown a presentation for five minutes which spoke in a theoretical manner on the following points:</p> <ul style="list-style-type: none">• Nonverbal communication is a rapidly flowing back-and-forth process. Successful nonverbal communication depends on emotional self-awareness and an understanding of the cues you're sending, along with the ability to accurately pick up on the cues others are sending you. This requires full concentration and attention. If you are planning what you're going to say next, daydreaming, or thinking about something else, you are almost certain to miss nonverbal cues and other subtleties in the conversation. You need to stay focused on the moment-to-moment experience in order to fully understand what's going on.• There are many different types of nonverbal communication, such as Facial expressions, Body movements and posture, Gestures, Eye Contact, Touch, Space and Voice. Together, they communicate your interest and investment in others. <p>There was also an activity for the students in which the participant had to read the script with a particular emotion in mind, such as happiness, sadness, anger, shyness, irritation, indifference etc, and</p>
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the rest of the students had to guess the emotion. The point of this exercise was to develop nonverbal awareness and to create understanding as to how our mood effects our communication and its effectiveness.

As we continue to pay attention to the nonverbal cues and signals, our ability to communicate will improve. The session was also supplemented with videos and clippings showing the same.

*It's not what you say; it's **how** you say it!!*