

M.V.P Samaj's Rajarshi Shahu

Maharaj Polytechnic, Nashik

ENGLISH

MICRO-PROJECT

Name - Omkar Vitthal Savant

Roll no - 43

STD - F-1CM

MICROPROJECT - Prepare a booklet on aspects of
body language in Pictorial form

Body language :

Body language is a type of Non-verbal Communication in which physical condition or behaviour as opposed towards are used to express or convey information. Such behaviour includes Facial expression; body posture, eye contact, gestures, touch and use of Space, body language exists in both animal and humans, but their article focuses on interpretation of human body language. It is known as Kinesics.

Body language must not be confused with sign language. Sign language are full language like spoken language and have their complex grammar system as well as being able to exhibit the fundamental properties that exists all languages.

Body language a subset of non-verbal communication complement facts some of research conclude that the non-verbal communication accounts for the majority of information transmitted during interpersonal interactions

The major aspects of body language are as follows :-

- 1] Postures
- 2] Gestures
- 3] Facial expressions
- 4] Eye contact
- 5] Dress and appearance.
- 6] Handshakes
- 7] Breathing
- 8] Tone of voice
- 9] Body language

■ Gestures :- It is an impressive movement of a part of your body.

■ Posture :- It means " an attitude or position of body.

■ Facial expression :- All facial organ or human face indicates impressive message.

■ Eye Contact :- Eye contact has very much in Face to Face communication.

- Dress and appearance:- The kind of dress which we use and a way which we groom ourself.
- Handshake:- Handshakes are regular greeting in mutual and commonly done on meeting.
- Breathing:- Body language related to breathing and patterns of breathing can indicate persons mood.
- Tone of Voice:- Tone of voice is a combination of spoken language and body language.
- Body language:- It is a type of non-verbal communication and include all the above of aspects that are commonly used in our day to day life.

■ Gestures :-

Gestures are movements with body parts (example hands, arms, figure, head, leg) and they made be voluntary in several ways. In a discussion, when one stand and sit are even with folded arm, it is not normally a welcoming gesture.

It could mean that they have a closed mind mostly, liked unwilling to listen to the speakers viewpoint. Another type of arm gesture also includes other demonstrating insecurity and a lack of confidence hand gesture often signify state of being of the person making them.

Example :-

- 1) Waving a hand to indicate good bye or draw the attention of person.
- 2) Shaking hand displaying friendship.
- 3) Struggling of Shoulders indicates indifferences and unconcerness.

■ Body Posture :-

Emotions should also be detected through body posture. Research has shown that the body posture are with a different or natural emotion. Sitting or Standing position also indicate one type of posture for enhancing a person feeling angry or dominance over the other and their posture would display tendencies. Comparing this to a person feeling, fearful, they would feel full weak. Submissive and their posture would display avoid tendencies, the opposite of an angry person. A person sitting till their back of their chair leans forwarded with their head nodding long the discussion.

Example :-

- 1] In the classroom teachers observe student's interest by the sitting and attendance.
- 2] Lazy people always sit idle and active people are always energetic.

Dress and appearance :-

Your physical appearance include clothing, neatness, body space and anything else that provide visual message and user to other people for intense, your dressing conveniently and formally for a general, but usually and informally for a back weird appearance along doesn't matter the speaker but it does not determine the image the audience form of you influence the effectiveness of one presentation. Dress the way should like the audience too. Be neat, iron clothes, Shine your shoes, ~~steer~~ clothes.

Example:

- 1) Wearing a formal dress while going to the meeting.
- 2) White dress stands for purity which indicates pure sincerely attitude.
- 3) Black dress indicates illness.

■ Eye Contact:-

It is one of the first level of connection that you share with another person. It happens before you even say a word the eye really is "The Window to the Soul" people think about your reaction to someone who doesn't look in the eye about voice speaking. What do you assume? Eye contact is an ominous gauge.

■ Voice:-

Your voice is used to verbalized language but is an integral part of non-verbal communication for an intense part of non-verbal communication which is intense for your tone. Volume, emotion, place are like influence message you send or your point of body language.

Example:-

1] Widely spread eyes.

2] Close eyes.

■ Facial expression :-

Facial expression is integral when expressing emotions through the body. Combination of eye, eyebrows, nose and cheek movement help form different mood of an individual. A few studies show that facial expression and bodily expression are congruent when interpreting emotions. Behavioural experiments have also shown that recognition of facial expression This means that the brain processes the other facial or bodily expressions simultaneously. Subjects in these studies showed accuracy in judging emotions based on the facial expressions.

Examples:-

- 1) A smile expresses friendliness and affection.
- 2) Raised eyebrows conveys surprise.
- 3) Frown shows dislike or suspicious.