

# G.H. Raison College of Engineering and Management, Wagholi

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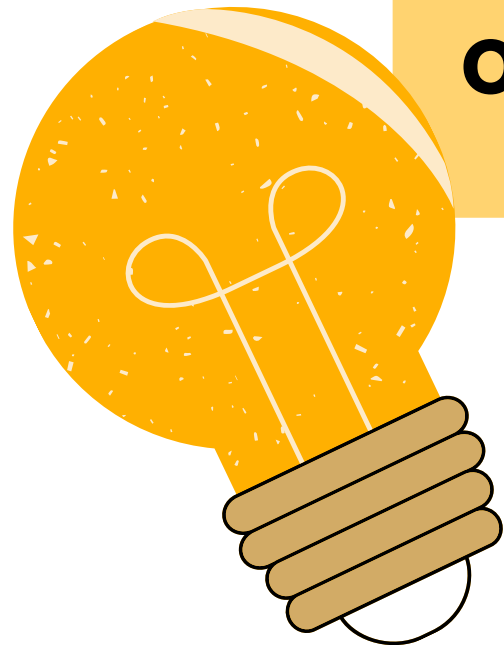
(An Autonomous Institute Affiliated to Savitribai Phule Pune University)



## TAE 2

Presentation on

### "Significance of Body Language and importance of Eye Contact"



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# Significance of Body Language and importance of Eye Contact during an oration or while engaged in a conversation.

## Body language

Body language is an unspoken signal language that is an important part of communication skills. Body language is a type of non-verbal communication in which physical behaviors express or convey information instead of just words. Our facial expressions, gestures, eye contact, posture, and even the tone of our voice are all forms of nonverbal communication or body language. Humans send and interpret such signals almost entirely subconsciously.



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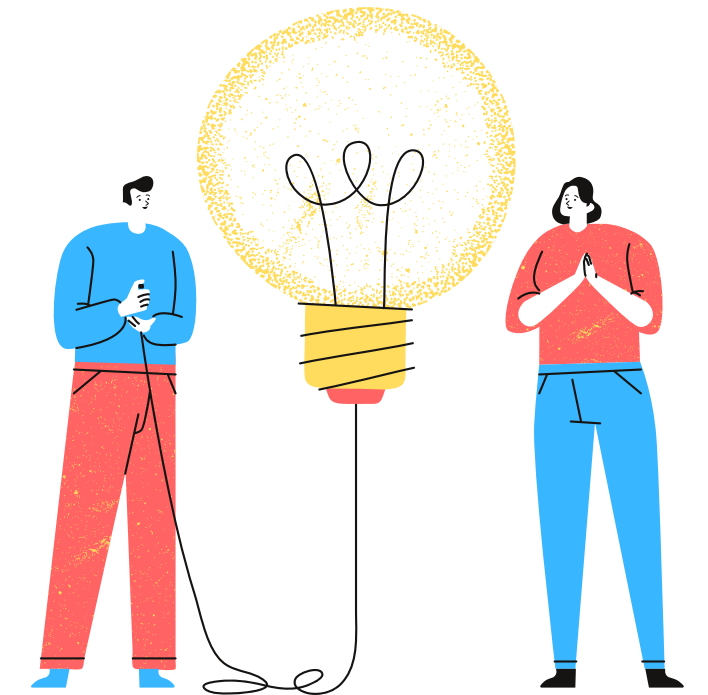
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## Body Language in Communication

- Good communication is the foundation of successful personal and professional relationships. However, we communicate in ways other than words. According to studies, the majority of our communication is non-verbal.
- Body language can reveal information about a person's attitude or mental condition. Aggression, attention, dissatisfaction, relaxed state, pleasure, laughter, and intoxication are a few of the clues it can indicate.
- The ability to understand and use non-verbal communication is a powerful tool that will help you connect with others, express what you really want to say, navigate! difficult situations and building better relationships at home and work.



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## How to Improve Body Language

When it comes to expressing your feelings and emotions, facial expressions and eye movements are crucial. A person's smile shows satisfaction and confidence. During a conversation, maintaining eye contact is essential to creating a positive image for the other person. The tone of your speech should match the topic at hand. Good posture also reflects your verbal language. Your weight should also be balanced on your feet. When speaking to a person, keep your back straight. Your body posture will change depending on whether you are happy or sad. Smiling and maintaining eye contact is also important while shaking hands. This shows that you have courage and confidence.



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## Importance of Eye Contact

When someone looks straight into your eyes while talking, it shows that they are interested and paying attention to you. However, Prolonged eye contact, on the other hand, can feel threatened.

On the other hand, frequent interruption of eye contact and looking away may indicate that the person is distracted, uncomfortable, or trying to hide their true feelings. and We should avoid touching the face it can be seen as a sign of dishonesty.



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## Conclusion

Body language is an important tool for communicating with the people around you.

Body language is important not only in everyday conversation but also for interpreters.

Positive body language suggests that one is approachable, attentive and open to new ideas and suggestions.

The importance of body language is not only limited to formal communication.



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