

CAE 2 Communication Skills (UHUL101)

Significance of Body Language and Importance of Eye Contact during an Oration or while engaged in a conversation.

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Significance of Body Language



- Significance of **Body Language**: According to me Body Languages means the signs given by our Body during an Interaction, Body signs such as Body Movement, Facial Expressions, Tone of Voice and Gestures as well as our eye contact is known as Body Language.
- The importance of body language is that it helps us in understanding what the person is saying. Body language also helps interpret other peoples' moods and emotions.
- No matter how beautifully you present something but people will not be eager to listen you if you do not have a Good and Positive Body Language.
- If you're having a conversation with your colleague and your body language is Inferior, then it might appear as though you're disinterested in what they have to say even if you are listening them.

Here are some of the most common types of body language to look out for:

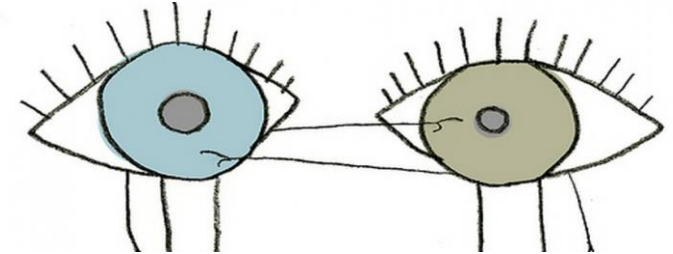
- **Facial expressions**

Facial expressions can convey a gamut of feelings such as joy, sadness, sorrow, anger, fear, or surprise.



- **Eye contact**

Avoiding eye contact usually indicates lying or lack of attention or interest. So it is imperative to maintain eye contact for any communication to be effective.



- **Gestures**

Gestures are another type of body language that can convey our excitement, anger, or hopelessness. Using gestures aids in effective communication as it physically portrays that we are interested in a conversation.



Body Language for a Good First Impression

- Have an open posture. Be relaxed, but don't slouch! Sit or stand upright and place your hands by your sides. Avoid standing with your hands on your hips, as this can communicate aggression or a desire to dominate.
- Use a firm handshake. But don't get carried away! You don't want it to become awkward, aggressive, or painful for the other person.
- Maintain good eye contact. Try to hold the other person's gaze for a few seconds at a time. This will show them that you're sincere and engaged. But avoid turning it into a staring contest!
- Avoid touching your face. If you do while answering questions, it can be seen as a sign of dishonesty. While this isn't always the case, you should still avoid fiddling with your hair or scratching your nose, so that you convey trustworthiness.

Importance of Eye Contact during oration

- Eye is an important aspect because they show emotion so eye contact is important.
- Positive eye contact helps you build bond with your audience and keeps them engaged with your presentation.
- Eye contact while having a conversation help you to gain more confidence while talking.
- When you don't look people in the eye, they are less likely to look at you
- And when they stop looking at you, they start thinking about something other than what you're saying, and when that happens, they stop listening.
- If you look someone in the eye for short time, you will naturally slow down your speaking rate, and you will not be confident enough to deliver rest presentation
- Focused eye contact makes you feel more confident and act more assertively. It may feel weird at first, but when you practice, it becomes a habit that gives you power.

Thank You

