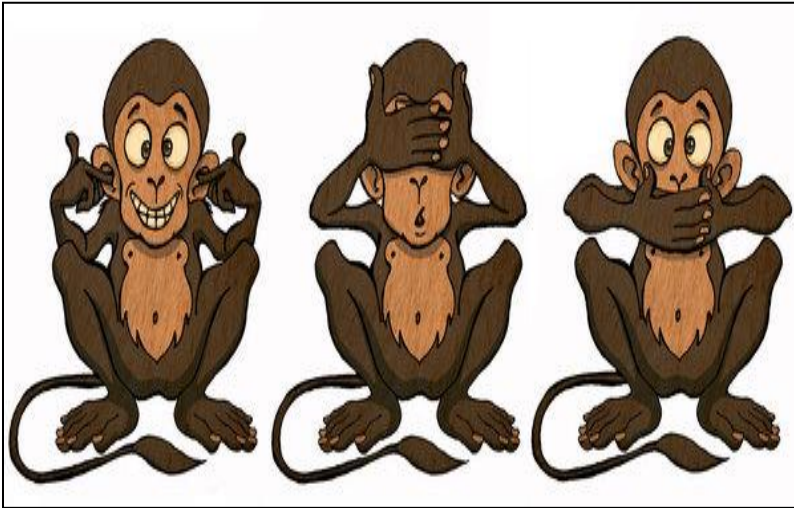


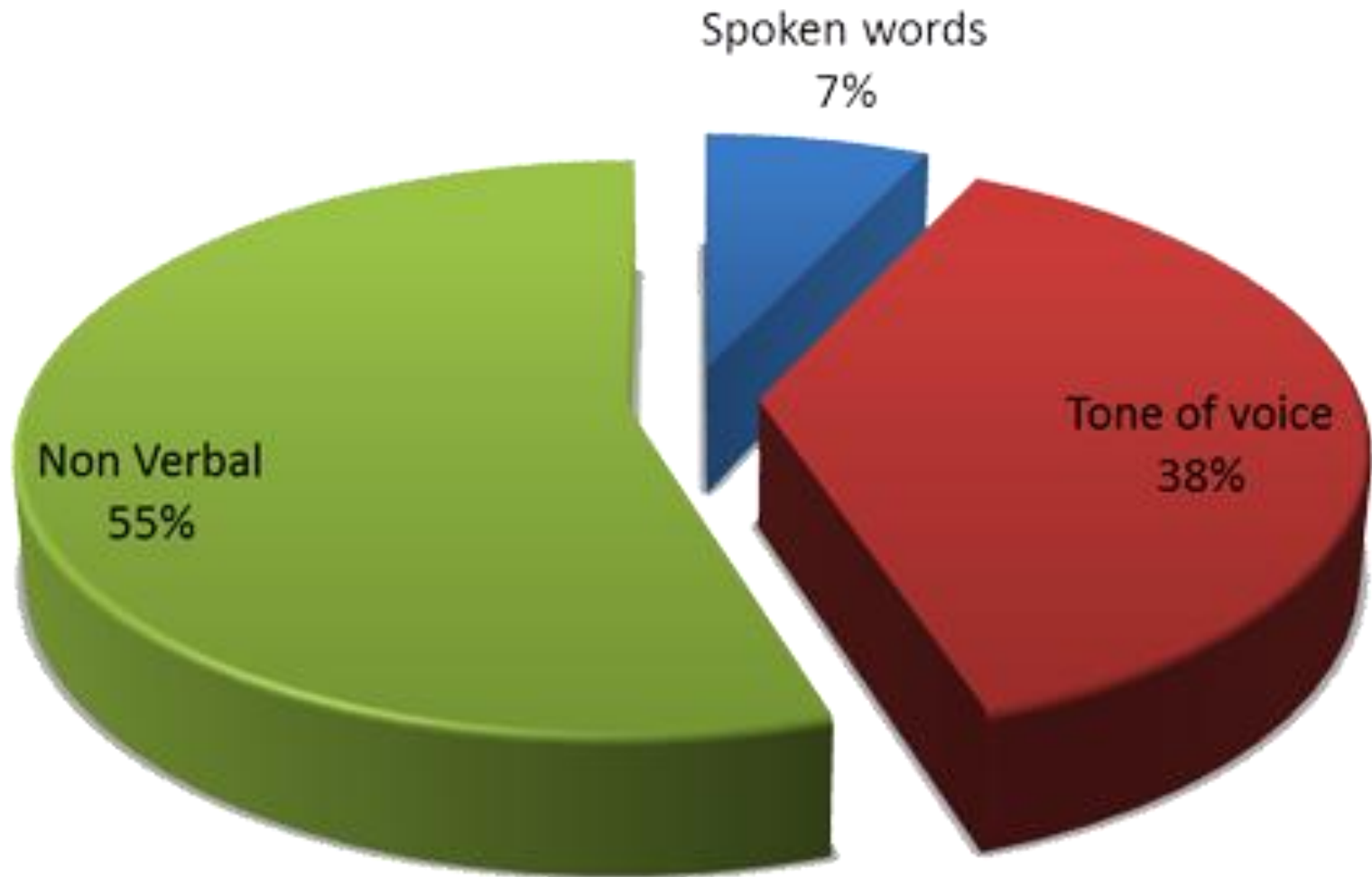
Life Skills

(Non-Verbal Communication)



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NON VERBAL COMMUNICATION



When you say a Lie.....!!!

Different ways of Non-Verbal communication

1. **POSTURE:** *(indicates personality and mood)*
Generally, an upright position while standing up, sitting, or walking is a sign of attentiveness and confidence, while a downward position is a sign of fatigue, boredom, or low confidence

Different ways of Non Verbal communication (*contd*)

2. GESTURE: (*movement by our hands, face, or some other body part*)

- *Waving “hi” with our hand when we first see someone.*
- *Giving a thumbs up when someone does something good.*
- *Making an “okay sign” when we give someone permission to do something.*
- *Nodding “yes” or shaking our head “no.”*
- *Making a clenched fist when threatening someone.*

Different ways of Non Verbal communication (*contd*)

3. *Facial expressions* :



Navarasas by Guru Kalanilayam Gopi Ashaan



Srunkaram –
Amour /
Romance



Haasyam -
that provokes
laughter/Ridicule



Karunam –
Sorrow/Pathos



Veeram -
Valour



Raudram –
Anger/wrath



Bhayanakam
- Fear



Bheebalsam
– Horror/Disgust



Albutham –
Surprise/Wonder



Shantham –
Peace/Tranquillity

Different ways of Non Verbal communication (*contd*)

3. *Facial expressions* :

- *Microexpressions* : a type of facial expression that happen unconsciously and only last between 1/25 to 1/15 of a second.
- They happen extremely fast, but if you learn to catch them they can reveal a lot about what a person is actually thinking or feeling – even when they are trying to hide something.

Different ways of Non Verbal communication (*contd*)

4. *Eye Contact:*

- *Eye contact is the main way we determine if a person is paying attention to us and actually engaged in the social interaction we are having with them*
- *Studies show that good communication requires eye contact about 60-70% of the time*



Different ways of Non Verbal communication (*contd*)

5. Breathing:

- *Fast and heavy breathing is a sign nervousness, or fear, or excitement, or joy.*
- *Slow and steady breathing is a sign of relaxation, or comfort, or boredom, or sadness.*

Different ways of Non Verbal communication (*contd*)

6. Clothing and Hygiene

- *Clothing and hygiene are another part of nonverbal communication that can reveal a lot about our moods and personalities.*

Different ways of Non Verbal communication (*contd*)

7.Touch

- *Touch provides a direct physical connection to other people. It often shows that we care about others and support them in some way*

Different ways of Non Verbal communication (*contd*)

6. Clothing and Hygiene

- *Clothing and hygiene are another part of nonverbal communication that can reveal a lot about our moods and personalities.*

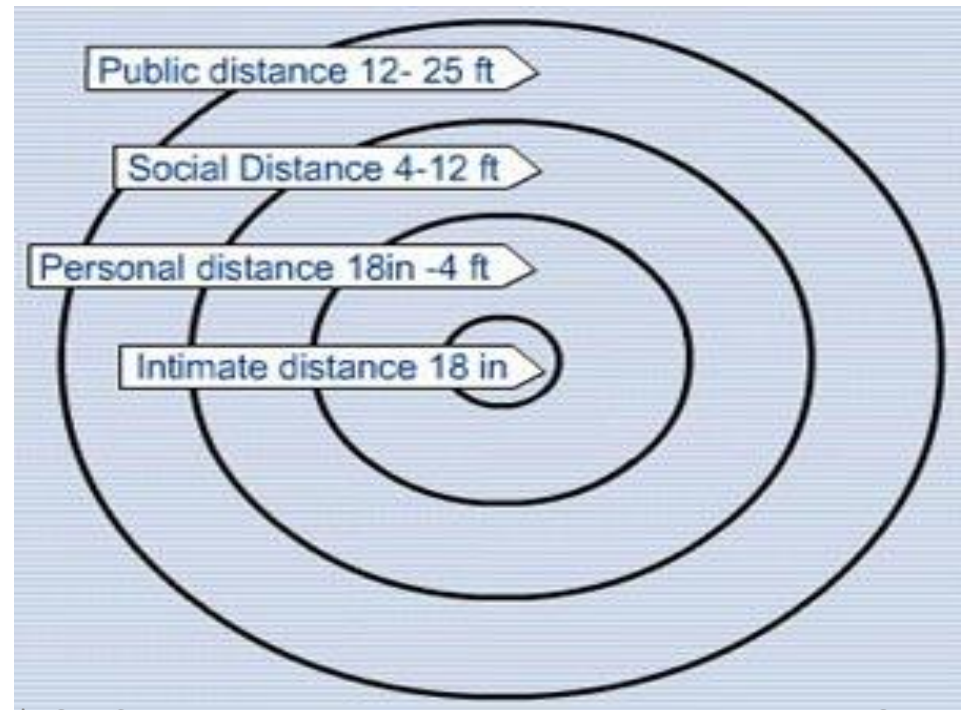
Nonverbal Communication: Types (Categories)

- **Kinesics:**

- *involving body movement in communication*
- *for example, hand gestures or nodding or shaking the head*

Proxemics

- *involving the physical distance between people when they communicate*
- *posture, how you stand or sit, whether your arms are crossed, and so on*



- Intimate space
- Personal space
- Social space
- Public space



Nonverbal Communication: Types (Categories)

(*contd*)

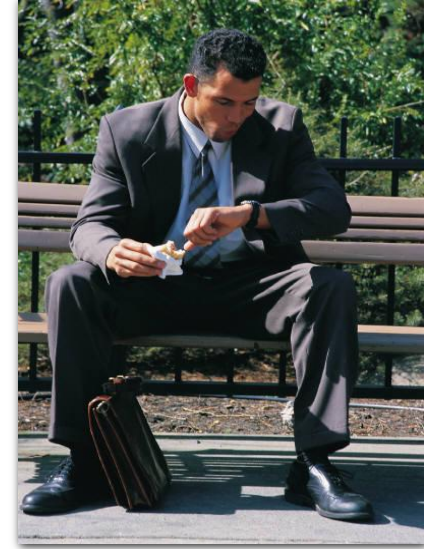
- ***Touch or Haptic communication:***
 - *Touching as nonverbal communication, and haptic communication refers to how people and other animals communicate via touching.*
 - *Haptic communication describes how we communicate with each other through the use of touch*

What is CHRONEMICS?

- the study of the use of time in nonverbal communication.
- The way we perceive time, structure our time and react to time is a powerful communication tool, and helps set the stage for the communication process.

Time (Chronemics)

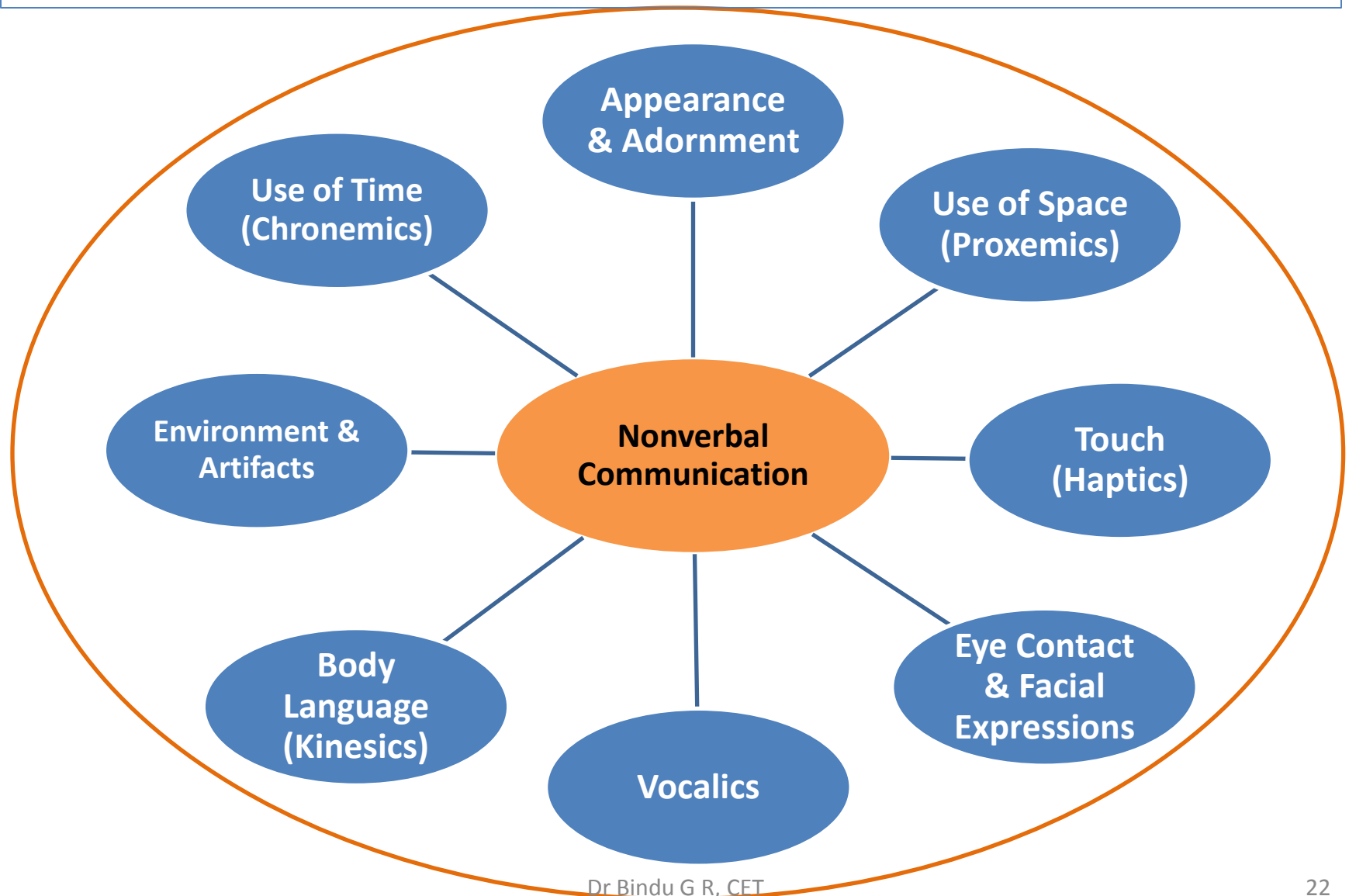
- *Attitudes toward time vary from culture to culture.*
- *Countries that follow monochronic time perform only one major activity at a time (U.S., England, Switzerland, Germany).*
- *Countries that follow polychronic time work on several activities simultaneously (Latin America, the Mediterranean, the Arabs).*



Cultural Differences in Attitudes Toward Time

- **U.S. persons** are very time conscious and value punctuality. Being late for meetings is viewed as rude and insensitive behavior; tardiness also conveys that the person is not well organized.
- **Germans and Swiss people** are even more time conscious; people of **Singapore and Hong Kong** also value punctuality.
- In **Algeria**, on the other hand, punctuality is not widely regarded. **Latin American** countries have a manana attitude; people in **Arab cultures** have a casual attitude toward time.
- **Indians?????**

Non-verbal communication



Expert in Non-Verbal communication

Mr. Bean

