



BODY LANGUAGE: KEY TO PROFESSIONAL SUCCESS

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INTENDED AUDIENCE: Any Interested Learners

COURSE OUTLINE :

Body language plays a vital role in all formal contexts. The expanding trend of articulating views through vibrant participation in group discussions, power point presentations, team based tasks, brain storming and interviews, has made a good command over Body Language a mandatory skill. Whereas technical literacy is essential, it is a confident command over body language which gives an edge in today competitive arena. In all professional interactions, your body language is the only window to your attitudes and feelings; and therefore it is always as important as your answers. The aim of this course is to impart sensitivity and precision to students understanding of body language so that in professional settings they can regulate their body language can successfully learn to control their hesitation, anxiety and nervousness to come across as a more confident individual in all formal assessment situations.

ABOUT INSTRUCTOR :

Prof. Rashmi Gaur teaches courses of Communication, Culture, Gender Studies and Media (Film and Literature) at IIT Roorkee. In her career, spanning three decades, she has guided about 12 Ph.D. theses, published four books, more than ninety research papers in national and international journals, besides participating in many conferences in India and abroad. Widely travelled, she also runs consultancy projects in related areas. She has worked across disciplines and cultures in different research and cultural milieus and formed strong inter-cultural networks through international collaborations. She is also a member of several academic bodies. At present she is working in the area of Media and Digital Humanities.

COURSE PLAN :

Week 1: Defining Body Language, Scope and Relevance, Changing Contours, Classification, Defining Proxemics, Four Zones, Behavioral Connotations, Space and Designs, Haptics and its Role, Behavioral Significance

Week 2: Shaking Hands and other tactile behavior. Cultural Variations, Oculistics, Right and Left Brain Associations, Different Types of Eye Contact, Individual and Group situations, Facial Expressions, Smiles and Nods, Head Tilts and Inclines

Week 3: Facial Expressions, Cultural Interface, Kinesics: Types and Contexts, Negative and Positive Gestures, Hand Movements and Steepling, Understanding Finger Movements, Fidgeting and Ticks

Week 4: Paralanguage and Voice Modulations, Chronemics, Chromatics, Cultural and Gender Based aspects, Stereotypes, Body Language: Online Presence and Video Interviews