

**THE SIGNIFICANCE OF NON- VERBAL COMMUNICATION IN  
OUR DAY TO DAY LIFE**

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**Abstract**

Communication is an exchange between two individuals or two groups- the conveyer and the receiver. The two main types of communication are verbal communication and non-verbal communication. Verbal communication is oral communication. It is the communication of including words, sentences, and speech, written or signed. The books we read, the letters we write the chitchatting we have with our friends, the text messages we send to others, involving in public speaking, debates, conferences etc. is a mode of verbal communication Non verbal communication is the main supporter of verbal communication because it is a strong tool to express our ideas through verbal communication. So in this paper I discussed the importance of non- verbal communication in our daily life and its equality with verbal communication

**Keywords:** Communication skills- Verbal Communication-Non-Verbal Communication-body language-facial expressions-personality - psychological factors- understanding-sender-receiver- equal importance.

Learning a language means learning to communicate. Communication is an exchange between two individuals or two groups- the conveyer and the receiver. Communication skills play a very important role in all areas of our daily life. Effective communication takes place how the way we use language i.e. words, sentences, and its syntax effectively. Effective use of proper approaches and methods to convey the proper information (message) at the right time can recover the disturbance and encourage every one of us to work to get success.

By having good situational understanding communication refers to the process by which people exchange information, feelings, ideas and meanings through verbal and non-verbal language. It is the simple process of imparting from one to another, but sometimes the message gets complicated when we misunderstand its process and its meaning.

The two main types of communication are verbal communication and non-verbal communication. It is common to see that many people get confused between the two types of communication. We think that verbal communication is used deeply in our regular life and its significance is important for us. So in this paper I discussed the importance of non-verbal communication in our daily life and its equality with verbal communication.

### VERBAL COMMUNICATION

Verbal communication is oral communication. It is the communication of including words, sentences speech, written or signed. The books we read, the letters we write the chitchatting we have with our friends, the text messages we send to others, involving in public speaking, debates, conferences etc. is a mode of verbal communication.

We use verbal communication to get information, knowledge, thought provoking, interpretations, imagination, creativity and critical thinking. Verbal communication creates new relationships. It gives the confidence to us to explore our ideas. It provides the solutions to solve misunderstanding between the sender and the receiver.

*A species survival depends critically upon its ability to communicate effectively and the quality of its social life determined in large measure by how and what it can communicate- (ROBER, 2002).*

### NON-VERBAL COMMUNICATION

Non verbal communication includes body language, facial expressions, gestures, postures, eye contact etc. Every in our life we respond to number of non verbal cues and behaviors including posture, eye gaze, symbols and more. Non verbal communication describes the process of shared cues between people which goes together with public speaking

### IMAGES OF NON VERBAL COMMUNICATION



### The IMPORTANCE OF NON-VERBAL COMMUNICATION

Non verbal communication plays a distinguished role to express our emotions. Emotions such as happiness, satisfaction, confidence, eagerness, tiredness, stress, surprise, sorrow, agony etc. These all are expressed by using different body gestures and facial expressions. It is very important in communicating interpersonal skills. We can establish trust in relationship with non verbal communication. We can understand the attitudes and beliefs and customs of the people by

their body language, dresses, and ornaments. If we meet a person we give shake to him here shake hand refers to start a friendly relation with him. We have to have a smile whenever we meet or we are in a **conversation** because here **the smile** indicates our interest and attitude towards the conversation.

Non verbal communication is the main supporter of verbal communication because it is a strong tool to express our ideas through verbal communication. For example a teacher cannot teach wonderfully without using his body language and eye contact effectively .A classical dancer cannot give her permanence on the stage without using her eye contact which is involved with rhythm.

A driver can't drive without noticing the traffic symolls.non verbal communication designates the personality of individuals. We can say whether he/she is happy or sad, dull or active. Confident or unconfident by observing his/her facial expressions and eye contact.



Here her body language tells us she is in disappointment or in problem. By knowing the facts and reasons about the vital role of non verbal communication, we should take consideration both verbal and non verbal communication equal while communicating in our daily life. So Verbal communication is absolutely an important part in our life as we use language to communicate. But a small bay cannot use words to speak but uses the signs to show the anger, happiness and sorrow.

***Actions are louder than words***

So, this is the significance of non verbal communication in our day to day life.

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