

Manuscript ID : 00000-45629

Source ID : 00000018

International Journal of Library and Information Science

Volume 4, Issue 2, May 2015, Pages 7-15, Page Count - 9



## **A NEW PLATFORM FOR IMPROVISATION AND DEVELOPMENT OF INTERPERSONAL COMMUNICATION SKILLS BY TRAINING AND SIMULATION OF HUMAN MIND**

Abhinav V. Deshpande <sup>(1)</sup>

<sup>(1)</sup> Assistant Professor, Department of Electronics and Telecommunication Engineering, Prof. Ram Meghe Institute of Technology and Research Badnera, Amravati, Maharashtra, India.

### **Abstract**

*This research paper focuses on the improvement and development of interpersonal communication skills by considering the factors which hamper the development of interpersonal communication like stress and out of control emotion, Lack of Focus, Inconsistent body language and Negative body language. It also take into account the factors which try to enable the communication skills by helping the individual to become an engaged listener and try to improve the reading and delivering of nonverbal communication and also give a thrust to manage stress that builds up when an individual experiences disagreement with his spouse, kids, friends, relatives, co-workers or anyone else. The paper tries to improve communication skills by reducing the amount of stress by following some stress relieving techniques like staying calm under pressure, delivering the words clearly and wrapping the conversation with a summary and making a point of the whole conversation and using stalling tactics and pausing to collect the thoughts and the methods to reduce the stress in a faster moments. The paper also points out the importance of asserting oneself and giving importance to one's thoughts and opinions, receiving the feedback positively and learning to say no and knowing one's needs and wants and express negative thoughts. There is a brief introduction to development of techniques which try to boost assertion of an individual.*

### **Author Keywords**

Communication skills, Interpersonal communication, Stress management, Assertion, Negative thinking, Verbal and Nonverbal Communication, Listener

### **Acknowledgement**

This research work was undertaken as a part of Faculty Development Program (FDP) in the Department of Electronics & Telecommunication Engineering, Prof. Ram Meghe Institute of Technology & Research, Badnera, Amravati in order to develop interpersonal communication skills and to improve the existing pattern of verbal and nonverbal communication. I am hopeful that this will contribute to the welfare of the organization as well as try to incorporate a sense of linguistic excellence amongst the staff members and students. This will open a new window to the world of linguism and will boost the sense of professionalism among the staff members and the students. I am thankful to all the Staff and Faculty members of the Institute and the Head of the Department, Department of Electronics & Telecommunication Engineering, PRMITR&R, Badnera, Amravati for their great contribution in the promotion and successful carrying out the programme.

**ISSN Print:** 2277-3533

**Source Type:** Journals

**Publication Language:** English

**Abbreviated Journal Title:** IJLIS

**Publisher Name:** IAEME Publication

**Major Subject:** Social Sciences and Humanities

**Subject area:** Language and Linguistics

**ISSN Online:** 2277-3584

**Document Type:** Journal Article

**DOI:**

**Access Type:** Open Access

**Resource Licence:** CC BY-NC

**Subject Area classification:** Arts and Humanities

**Source:** SCOPE DATABASE

## Reference

### References (19)

1. Porges, Stephen W  
The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation  
*(2011)*

---

2. Sollier, Pierre  
Listening for Wellness: An Introduction to the Tomatis Method  
*(2005)*

---

3. Harper, Douglas  
Communication  
*(2013) Online Etymology Dictionary,*

---

4. Xin Li  
Complexity Theory - the Holy Grail of 21st Century  
*West Virginia University,*

---

5. Heyman, Richard  
Why Didn't You Say That in the First Place? How to Be Understood at Work

---

6. Robbins, S., Judge, T., Millett, B., & Boyle, M  
Organisational Behaviour  
*(2011)Page No 315-317,*

---

7. J. Scott Armstrong  
Bafflegab Pays  
*(1980) Psychology Today, Volume 12,*

---

8. Nageshwar Rao, Rajendra P.Das  
Communication skills  
*Page No 48,*

---

9. Baluska, F.; Marcuso, Stefano; Volkmann, Dieter  
Communication in plants: neuronal aspects of plant life  
*(2006) the emergence of plant neurobiology as the most recent area of plant sciences, Volume 19,*

---

10. Ian T. Baldwin, Jack C. Schultz  
Rapid Changes in Tree Leaf Chemistry Induced by Damage: Evidence for Communication between Plants  
*(1983) Science, Volume 221, Issue 4607, Page No 277-279,*  
*DOI: <https://doi.org/10.1126/science.221.4607.277>*

- 
11. Witzany, G  
Biocommunication of Fungi  
  
(2012)

---

  12. Anand, Sandhya  
Quorum Sensing- Communication Plan For Microbes  
  
(2012)

---

  13. Shannon, C. E., & Weaver, W  
The mathematical theory of communication  
  
(1949)

---

  14. Daniel Chandler  
The Transmission Model of Communication

---

  15. Berlo, D. K  
The process of communication  
  
(1960)

---

  16. Schramm, W  
How communication works  
  
(1954) *process and effects of communication, Page No 3–26,*

---

  17. Barnlund, D. C  
A transactional model of communication  
  
(2008) *Communication theory,*

---

  18. Roy M. Berko, et al  
Communicating  
  
(2010) *Page No 9-12,*

---

  19. Mehrabian, A  
Nonverbal communication  
  
(1972)
- 

## About Scope Database

What is Scope Database

Content Coverage Guide

Scope Database Blog

Content Coverage API

Scope Database App

© Copyright 2021 Scope Database, All rights reserved.

## Customer Service

Help

Scope Database Key Persons

Contact us