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Subject = Communication
Skills For media

(1) Discuss. Proper breathing helps Page
(A) To become a better communicator. (1)

Proper breathing helps to become a better communicator because good deep breathing helps to get oxygen to the brain and supports clear thinking. So when you feel like you are freezing or panicking because you can't remember what comes next in your speech or presentation. Take a moment to pause and breathe.

Proper breathing is amazing in its ability to strengthen your presence. Breathing for speech requires you to belly breathe. A voice that well supported by breath has the sound of authority.

Simple Principles of proper
breathing :-

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- (1) Breath Relaxed.
- (2) Breath silently
- (3) Breath through the nose
- (4) Breath Rhythmically.
- (5) Breath with Diaphragm.

(B) Breath control can be improved. (1) (3)

- (*) STAND with your Feet Flat on the Floor and keep your Shoulders back And Relaxed.
- (*) Place your hands on your Stomach.
- (*) Breathe in For A count of Four and then exhale through your teeth with a " sssssss" sound For A count of Four.
- (*) Breathe in For A count of Four, and Repeat the exhale For A count of eight.

(P.T.O)

(2) Define posture and elaborate it in detail in communication expressed.

POSTURE:-

The position in which someone holds their body when standing or sitting.

"OR"

The way in which someone usually holds their shoulders, neck, and back or a particular position in which someone stands, sits etc.

It is important to have proper body movements and posture while speaking on stage in front of an audience.

Body Language is very important in all forms of

Communication. It helps to break the barrier of unfamiliarity. And helps to form a better connect with the recipient of information.

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Communication expressed:-

In humans, one of the means of communication is the posture of the body. In addition to facial expressions, personal distances, gestures and body movements. Posture conveys information about interpersonal relations. Personality traits such as confidence, submissiveness and openness.

(P.T.O)

(3) Is making eye contact very (6),
important in Pakistan
to improve human relations?
Discuss it with reference
to culture and society.

(Ans) As far as I have experienced eye
contact is important to improve
human relations not only in
Pakistan rather worldwide. When
an eye contact is established
during a conversation presentation
etc it enhances the convincing
ability. In addition to that
it gives the impression of
courage, confidence and co-
operation.

Culturally it also carries vital
importance because eye
contact gives impression of

(7)
Command over discussion, self
Reliance and strong personality.
Suppose there is certain sort of
Janga / social gathering
And certain issue is been
discussed If the Concerned person
answers it by maintaining the eye
Contact with the people around
him it clearly gives the
Impression that person is
telling the truth plus he is
having the courage to Face the
people as he is psychologically
strong and can prove himself
On Right path.

In contrast to that if the
Question is Asked from anyone
and that person is replying by
looking here and there without
the maintenance of descent eye
Contact it clearly points out

that either the person is lying
uncertain or he is emotionally and
psychologically weak.

⑧

IF we talk about it from
Religious perspective so muslims
Are asked to lower their gaze in
Front of other genders. It basically
Reflects the elements of respect
and Integrity along with the
Idea of self control. But if we
look at the religious teachings
about discussion so it always focusses
upon truth, verifications, and honesty.

Eye contact is not only emphasized
in Pakistan rather its important
is highlighted globally. people
having good eye contact is not only
emphasized in Pakistan rather its
importance is highlighted globally.
people having good eye contact
are considered as having convincing
power and good communication
skills.

(P.T.O)

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On the other hand if the person lacks the eye contact during a conversation as a consequence that person is considered as dull, rude and with low confidence. In addition to that eye contact is a gesture of body language which carries its importance culturally as well as socially.

Broadly speaking, survival in global market of communication/ Business/ Education without eye contact is nearly considered as impossible.