

10 YEARS

OF UNIVERSITY
RECOGNITION

20 YEARS OF
ACADEMIC
EXCELLENCE



REVA
UNIVERSITY

Bengaluru, India



ABHIVYAKTI

Abhivyakti-an overview

The outbreak of COVID has brought dramatic changes in the teaching-learning pedagogy both offline and online and the teacher of today has to consistently shift between in person and online mode of teaching. However, with acute technological invasion into the space of education, somewhere the human element and fun of teaching and learning is lost. While teachers are coping with these major paradigm shifts in the education scenario, the impact of these sudden onslaught of changes is more in school based teaching and learning.

The NEP 2020 talks about how the quality of teacher education is a must and motivation of teachers and empowerment of teachers to reach desired standards is a must. Hence importance has to be attached to working toward changing the teaching mode, adopting the hybrid mode of teaching, build new teaching ideas and seek innovative ways of teaching.

In this run for technology, we have failed to understand emotions of students and teachers have failed to use their emotions in teaching. Basic facial expression cannot be denied to be the basis of any learning. Therefore recognizing that these emotions is crucial and is a key factor in ensuring that students learn better using emotional information as well, REVA University under the School of Performing Arts and Indic Studies has created a week long certificate programme called Abhivyakti for teachers to enable them reinvest in the power of effective, communicative pedagogy for promoting communication and interaction among early school learning.

On September 5, 2022 which is the 60th year of celebration of Teachers Day in the country, the School of Performing Arts and Indic Studies of REVA University will officially launch this certificate programme. The programme will be made available for a week and on priority to all CBSE/ICSE/State Board government and private schools as part of the Outreach programme and Teacher Empowerment Strategy of REVA University. A quick overview of the programme includes arts, story telling and the power of expression, dance and expressions, Artificial Intelligence in understanding emotions of students today and importance of verbal communication in teaching-learning in the post pandemic era.

The Certificate programme is delivered by Expert Faculty team of REVA School of Performing Arts and Indic Studies along with an online session by an expert from an International University.



From the pen of the Chancellor

On the 60th year (1962-2022) of celebrating the power of the teacher in the nation as Teachers' Day, the School of Performing Arts and Indic Studies of REVA University launches Abhivyakti-the 3 days certificate programme for K-12 teachers on enhancing non-verbal communication in the post-pandemic era. I am very happy to be a part of this occasion; for as an Educator I strongly believe that unless the foundation years of Schooling which is in the K-12 programme is strengthened, there is very little that can be achieved by mere focus on Higher Education.

The NEP 2020 talks about how the quality of teacher education is a must and motivation of teachers and empowerment of teachers to reach desired standards is a given. Hence importance has to be attached to working toward changing the teaching mode, adopting the hybrid mode of teaching, build new teaching ideas and seek innovative ways of teaching. What better way than the School of Performing Arts and Indic Studies who have come forward to revive this lost connect with the children through focus on facial expressions and non-verbal communication to bring back the human element in teaching. Technology and hybrid learning has come to stay, but am sure all of us would agree, that mere technology and indulgence in technology will make our next generation devoid of human sensitivity and alter human interaction. Hence, ensuring that we sustain the human interaction and sensitivity programmes of such nature is very important in the world of today.

I congratulate every member of the School of Performing Arts and Indic Studies and the Director-Dr Vidya Kumari for reaching out to the K-12 sector, which is an integral component of our Teacher Empowerment Strategy at REVA University. All the best and may the power of teachers strengthen from generation to generation in the years to come!

Happy Teachers' Day!

Dr. P. Shyama Raju

Chancellor

REVA University



From the Desk of the Vice Chancellor

It gives me great pride to pen these words on the 60th year of the celebration of Teachers' Day of our nation. In the pandemic era, the virtual distance between a learner and a teacher has been the major worry with K12 Education. This distance has impacted the learning and the relationship between the teacher and the learner and impacted human behavior as well. In person education has begun aggressively in schools and colleges across the country to make up for the deficit of what was the relationship between the teacher and the learner pre-pandemic.

At REVA University, we realized and are accountable to the fact that certain psychological and human behaviours are influenced in children by what they see and observe and interact with. Bearing this in mind, the School of Performing Arts and Indic Studies has come forward to offer Abhivyakti-the enhancer of non-verbal communication between the teacher and learner in the K12 domain of learning.

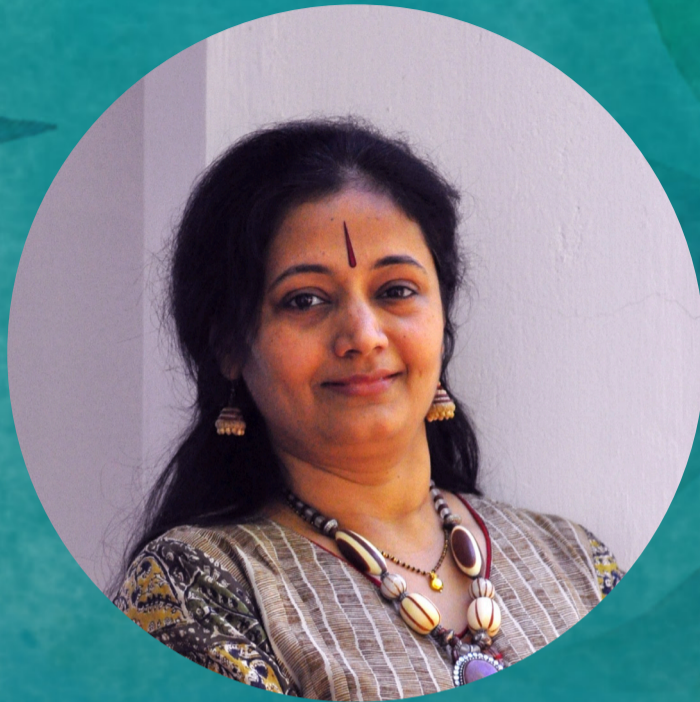
I am happy that we are launching Abhivyakti on the 60th year of celebration of Teachers' Day in the country and are also ensuring that the reach is to teachers of all disciplines of K12 across all regions and all subjects. I am sure this will benefit the teachers at large and also bridge and strengthen further the relationship and synergies between K12 and Higher Education so that together as a fraternity we work to empower the teacher to face the challenges of hybrid, online or inperson teaching.

Wishing Abhivyakti all the best and kudos to the Director-Dr Vidya Kumari and her team for putting this certificate programme together for a larger cause in Education.

Dr. M. Dhanamjaya

Vice Chancellor

REVA University



From the Director-SOPA

The simple translation of 'Abhivyakti' in English would mean 'Expression' and it is this 'Abhivyakti' of a teacher which is very essential to student learning. Post pandemic, we have realized how critical expression of the teacher is in enhancing student learning. Student interest in learning which ultimately impacts performance of the student is all related to emotions. Emotions are involved in every aspect of our life and these emotions when expressed to transfer relevant content of study impacts the behavioural process of a child. A new born child communicates with the mother using expression and can identify positive and negative emotion, happiness and anxiety and tense emotion only through expressions. Hence the teacher's emotions becomes crucial by facial expressions to sustain and enhance learning especially at the K12 sector.

The pandemic has brought in a digital proximity between the teacher and learner but has also brought along with it digital divide in the entire teaching-learning process. NEP 2020 talks about how a teacher has to be empowered to bring about a difference in the quality of education. Further it talks about how art institutions must take the lead to bring innovative changes in our curriculum, incorporating the suggestions of NEP 2020, and make a creative change in the education policy. This is where the School of Performing Arts and Indic Studies at REVA University opened its doors perhaps as pioneers in the country to conduct certificate course on non-verbal communication and engagement of the learner across all disciplines of study in the K12 domain of education.

What better a day than the Diamond Jubilee year of Teachers Day in India to bring forth Abhivyakti into the world of educators as we salute Dr Radhakrishnan, the greatest of the Indian teachers on his birthday at REVA University. The programme is open to teachers from across all Schools and will create a wonderful experience for each of them as they revive, relive their emotions and bring forth expressions and gestures and non-verbal communication tools to the classroom of tomorrow along with AI and the technology invasion in our lives

My gratitude goes to the Chancellor, Dr P. Shyama Raju for encouraging us always, Dr Dhanamjaya, Vice Chancellor for all his motivation and the team of School of Performing Arts and Indic Studies who have always been with me in all our new ventures and endeavours!

Dr. Vidya Kumari

Director-SOPA

REVA University

Course overview

The pandemic posed a great challenge to all widely accepted modes of education with classrooms turning virtual and teachers/professors reducing to square windows on a digital screen often subject to the vagaries of the internet and multiple factors. On several occasions, teachers found themselves talking to blank screens which almost eliminated the give-and-take which is such a key aspect of typical classroom education. With the return to offline and/or physical classes, non-verbal communication is of tremendous relevance after a two year hiatus and that is what this programme strives to hone.

For teachers, this has been the challenging time. The Covid-19 pandemic has eliminated the qualities that define teachers as the educators they are. They did not sign up to spend hours in front of screens dealing with student noises and visuals. The adrenaline rush and performance anxiety are guaranteed when teachers stand in front of a class and talk in front of 100 staring eyes and 100 more attentive ears. The difficulty of performing a role of teacher, the anxiety of being on a platform, and the need to impart knowledge effectively are some of the challenges that teachers are facing post pandemic.

Hence the School of Performing Arts and Indic Studies has curated this unique certification course to empower teachers to overcome these challenges. The main objective of this course is to enhance the non-verbal communication of the teachers through Natya techniques of Indian Knowledge System.

Nonverbal communication cues—the way you listen, look, move, and react—tell the person you're communicating with whether or not you care, if you're being truthful, and how well you're listening. When your nonverbal signals match up with the words you're saying, they increase trust, clarity, and rapport.

In the context of classroom instruction, the relatively small percentage of communication that occurs verbally will primarily stimulate cognitive meanings (cognitive domain) for the student, while the more pervasive nonverbal communication (93% of all communication) stimulates the students' feelings and attitudes about the material. Thus, given the potential impact on student learning that nonverbal communication has, it would seem important that all instructors be mindful of their personal outward nonverbal projection, as well as observation of student nonverbal cues.

Indian Knowledge System is extremely rich in providing various skill sets that one can learn and put into practice these skill to overcome the challenges and become good communicators. The School of performing Arts and Indic Studies is facilitating the process of adapting the skill sets that are clearly propounded in ancient Indian knowledge systems related to performing arts.

BHĀVA

During teaching-learning process or while participating in a meeting, our nonverbal communication is almost as important as one's verbal responses. The attitude of a facilitator is just as important as the qualifications on paper or mere verbal communication. For instance, an audience member may infer a lot about the character of a person from the posture, seated attitude, and demeanor and whether the person is getting fazed by the rigorous questioning. If someone gets easily rattled then they may not make good professors as they would be easily overwhelmed by any challenging situation.

Facial expressions display individual emotions and intent in a social situation. This is extremely important for interaction. It helps us convey emotions in different contexts. It helps us convey meaning. Facial expressions are basically evolutionary and have existed from ancestral times. Ancestors used it for unexpected environmental events.

Facial expression signifies the underlying emotion. E.g. raising an eyebrow means one is surprised.

As per the tenets of Psychology, universal facial expressions are divided into 7 different emotions which are anger, contempt, disgust, fear, joy, sadness and surprise. As per the Natya Shastra, the oldest extant treatise in the world on the Performing Arts, there are 8 predominant emotions and psychological states – Srīngara (Love), Hasya (Laughter), Anger (Raudra), Karunya (sadness), Bhibhatsa (disgust), Bhayanaka (fear), Vira (valour) and Adbhuta (wonder). All of these can be conveyed through various contortions of the face. A clear understanding will be achieved about the differences and similarities related to facial expressions which can be explained in terms of 3 dimensions – semantic, iconic and compositional.

Upāṅgā: All small parts of the body like the Eyes, Eyebrows, Eye lids, and Eye balls, Cheeks, Nose, Gums, Lower Lip, Teeth, Tongue, Chin and Face are the 12 upāṅgās. Heels, Fingers, Feet, Palm are included into upāṅgās.

Eye contact:

Eye contact helps an individual communicate to his audience about the social and emotional information that he has. Direct and attentive eye contact between the speaker and the receiver is of paramount importance in one-on-one situations. It helps establish credibility and keeps your audience's attention while you're speaking. It also depicts that the person is actively listening and paying attention, avoiding eye contact shows a person has something to hide

Learning to read micro expressions and decode faces is one of the best people skills you can have. Micro expression training is a way for you to quickly learn each of the 7 micro expressions so that you can spot and respond to them in real life.

Micro expressions:

Micro expressions are transient expressions that appear involuntarily on the face of a person and cannot be disguised. It would be a quick expression that flashes across a person's face when they are attempting to conceal their actual emotions. This particularly occurs when one is lying to someone or is trying to conceal guilt. This would be a good practical tool to employ when a student is perhaps being evasive about a submission or about missing important lessons or examinations.

Identifying facial expressions by facial features:

Eyebrows: show emotional signals. They can be raised or arched depicting surprise, lowered and knit together meaning anger, sadness or fear, drawn up into the inner corners, conveying sadness.

Eyes: often described as the windows to the soul. It helps us determine what another individual may be feeling. Eyes can be blinking quickly or too less meaning distress or discomfort or control, dilated depicted arousal or interest, staring intensely showing aggression of anger or looking away showing discomfort or distraction.

Mouth: The mouth can convey more than a smile. Individuals use their mouths to mask other emotions. E.g. a dropped jaw signals surprise, open mouth shows fear, one side of the mouth raised indicates hate, raised corners means happiness. One can also look out for lip-biting as a sign of anxiety, covering the mouth meaning that the individual is hiding something.

KATHĀ and VARNANA

Storytelling and Narrative elements:

Storytelling is a human art form that teaches about the human experience. As such, subjects even like math and science, are not outside the world of human experience or the art of storytelling. They are woven into the fabric of our lives in ways of which we may not be aware.

Because people can relate to tales, telling them is a captivating presentation technique. Stories captivate listeners, arouse empathy, build trust, and spur action. Developing your narrative abilities will make it easier for you to persuade the listeners of the importance of your thoughts.

"When the storytelling goes bad in society, the result is decadence," said Aristotle. And by decadence, he literally meant the moral decline of culture.

Storytelling enhances the human imagination, it helps in developing mental imagery, over time, and imagination and creativity are also beneficial for memory and cognition. According to a 2015 Neurology study that CNN published, "those who participated in artistic activities...were 73% less likely to suffer memory and thinking issues, such as moderate cognitive impairment that lead to dementia." You should broaden your imagination for a variety of reasons, including improved presence, improved cognition, and creative expression.

DHVANI

VOICE CULTURE

Both the teacher and the student gain from efficient communication. Communication facilitates learning, aids in goal-setting for students, expands learning opportunities, fortifies the bond between students and teachers, and fosters a positive learning environment overall. People desire to be heard in general. A pupil will feel that their thoughts or ideas are valued if their teacher expresses interest in them. This boosts confidence and self-esteem. A self-assured student is more inclined to speak out in class, and a confident student is less prone to second-guess his answers on tests. Participation in class increases learning for the whole group. Every profession requires some level of communication, and effective communication abilities are crucial even at the earliest stages of career development. The voice of a teacher in the classroom is related to a few factors. It consists of the pitch, which is a distinctive sound produced by the vocal chords and used to emphasize a particular word or phrase, the vocal tone, which describes how you speak and the quality of the sound your vocal chords produce, the tempo, which describes how quickly or slowly you speak, and the volume.

Key factors that are important to work with:

- It is best to speak with a natural pitch when giving a lecture. You can relax your throat and start humming to get your natural pitch. If the humming is too loud or too gentle, it will interfere with how you teach. Therefore, you should work on developing a natural pitch that your pupils can hear and like.
- When delivering lectures, a teacher should make the most of their vocal tone. To keep the pupils' attention spans intact, they must be mindful of their tone of voice. When attempting to convey empathy, a gentle voice and a smile might be effective. On the other hand, a formal tone should be used when giving directions or making stern comments.
- You should be aware of how quickly you speak. Delivering your teaching is hampered by a tempo that is either too slow or too rapid. Before you start to clarify a crucial subject, pause. Your students will be more attentive to the crucial issue that will be covered next thanks to this easy trick. While lecturing, try to slow down your speech by taking a few deep breathes. Asking questions is another way to guide your lectures effectively. This is to see if the kids are understanding what you are teaching them.
- Another crucial factor that determines the effectiveness of your lecturing skills is volume. Practice speaking quietly if you want to convey an honest and serious demeanor to your students.

Teachers need to understand how effective pausing may be. You must place a high value on time when pausing. The ability to determine when and how long to halt, however, requires constant practice.

If your students are having trouble listening to you, pay attention. You didn't communicate yourself clearly, which led to this circumstance. You must do certain activities that improve your diction in order to achieve this. Diction exercises assist you in speaking clearly so that your students can hear you. You will be supported by these exercises to deliver lessons with ease. Ramble tongue-twisters that emphasize various alphabets are a fun way to improve your diction.

When you teach, it's crucial for you as faculty to pay attention to and notice your breathing. It will affect how well your pupils respond to your lecture. Your breath affects the sound and condition of your voice. Teachers can practice a variety of breathing techniques to improve their voice quality. You'll become a capable and assured instructor as a result.

ĀṄGIKAM

Body Language and Hand gestures:

Two-thirds of human communication, according to studies, is nonverbal. Teachers and students communicate nonverbally with one another on a regular basis using a variety of nonverbal indicators, including head nods, smiles, frowns, closed postures, head tilts, raised hands, and frantic pacing. In a teaching situation, good body language may inspire, engage, and motivate students. It might not only offer you the assurance you require to instruct, but it can also reassure your students that you are indeed an expert in the subject matter. Your kids may even feel secure and comfortable enough to engage in the lessons more regularly as a result.

However, while educating, nonverbal clues should convey a different kind of leader. These signs communicate kindness and empathy, letting your kids know that you are approachable and eager to support their development.

While effective communication is essential for achieving success in both personal and professional relationships, nonverbal cues—also known as "body language"—speak louder than words every time. Body language, which is frequently done automatically rather than intentionally, is the use of physical behavior, expressions, and mannerisms to communicate nonverbally.

You constantly send and receive nonverbal cues when interacting with people. Your posture, tone of voice, amount of eye contact, gestures, and other nonverbal behaviors all convey important messages. They can make people feel at ease, foster trust, and entice people to you, or they can irritate, confound, and undercut what you're trying to say. These signals continue even after you stop speaking. Even when you are not speaking, you are still expressing yourself nonverbally.

Your nonverbal communication cues, such as how you listen, look, move, and react, let the other person know whether or not you care about them, whether or not you're being sincere, and the quality of your listening. It improves trust, clarity, and rapport when your nonverbal cues and what you're speaking line up. When they don't, it might lead to conflict, distrust, and uncertainty.

It's critical to have more awareness of your own body language and nonverbal clues if you wish to improve your communication skills.

Aṅgā: All major parts of the body are the Angas, Head, Hands, Chest, Legs, Waist and Bottom are the Six Aṅgās. Neck is also included at times.

Pratyāṅgā: Shoulders, Arms, Stomach, thighs, Knee are the Six Pratyāṅgās. Some people include Wrist, elbow and Ankle also.

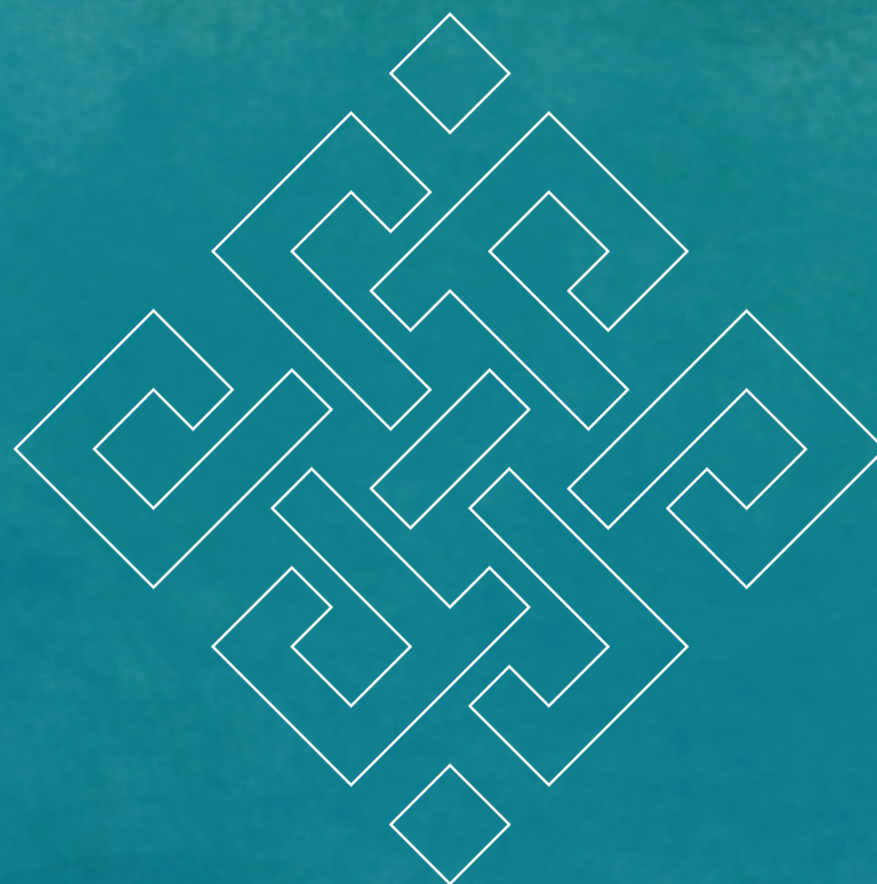
A few ways to use these cues to empower and engage your students:

- One of the best ways to connect with our students and keep their focus. Hold your eye contact with one student for about 15-30 seconds before changing to another student. Your students are likely to pay more attention when they know you're speaking directly to them. It also helps them feel seen.
- Encourage participation from the class by the pupils. Grasp their minds. When you include memorable nonverbal clues that the brain can associate with the verbal information, retention rates improve.
- An invitation is conveyed by an open body position (Keeping your arms open). It welcomes fresh thinking and creativity. Additionally, it focuses your students' attention to you, increasing the likelihood that they will pay attention to what you have to say.
- Smiling is the most important. Students connect best with teachers who want to be present with them, who love learning and want to share that passion.

Course Structure

The modules that are included in this certification program are:

1. BHĀVA: Effective Commutation through Facial Expressions
2. ĀNGIKA: Effective Commutation through body language.
3. KATHĀ: Story Telling techniques
4. VARNANĀ: Narrative Elements
5. DHVANI: Voice culture



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