

Speaking Effectively
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Lecture 29
Analysis of a Presentation

Student 1: Hello everyone. In today's lecture we have a lady and a gentleman making their presentation. It is for you to analyze the presentation in accordance with the parameter discussing the presentation skills. We will be happy if you could share your views regarding the presentation in the forum. Thank you.

Student 2: Good morning everyone. so, today I am going to present before you all, a topic which I feel very strongly about. Something that holds a lot of relevance in today's society. Where we have been smothered by patriotism for so many years. So, without much I do let me start with what feminism means in general what relevance it holds and how it came into existence and what shape it has taken today. let us talk about the dawn, the beginning of feminism. How it came into existence? Why it came into existence?

So, you can call it a revolution. A political, a cultural, an economical, a social revolution. Anything you know it started of when these two women Elizabeth Cady Stanton and Lucretia Mott, these people were denied seats at a convention centre, which imagine how demeaning it is for women to not be allowed a place at a you know seat at a (pub) public place. We are not animals, right?

We are people, we are equals this is what sparked the fury. This is what sparked the actual you know in sighted the anger amongst the women that we need to hold equal status equal relevance in the society. people have campaigned after that. Even before that at a very small scale, but after that people started campaigning for legal rights. people started campaigning for their integrity, their you know the freedom to express themselves. Women the freedom to express themselves in front of people openly, freedom to express their sexuality.

And it came in waves. You know just like everything starts from somewhere, transforms into something, it came in waves. The first wave of feminism can be dated back to 19th century and the earlier 20th century, which was generally about women's suffrage and legal inequality. That is suffrage was woman was not allowed to vote. Women were not given the basic right to actually

take part in legal activities. They were not allowed to you know like the example of not sitting in a conventional centre.

Then came the second wave which was further more it actually targeted (cul) cultural inequality. How they were you know the culture how it demean them how it shoot them in a you know in a lighter note. Women were not considered as important and as relevant as men. then came the third wave which is ongoing. In fact the ongoing wave is a much higher version of the third wave. It can be termed as a 4th wave but the third wave has ended like a couple of years like a decade ago maybe. And this wave actually target sexual liberation.

Women now have the freedom to openly express their (sexua) sexuality. how important they are globally? How much they can assert themselves? How they can take decisions they are C.E.O's of big companies. they are managers they are taking charge in the corporate world. This all has been tackled in the third wave. So let us come to the fear of feminist. Why are we being feared today? Why are women who stand up for women and their rights being feared?

See feminism is not about women overshadowing men or women taking charge and you know dominating (wo) men. Feminism is about bringing women from here to here, that we are equal to men. But why is that fear there in the society? Why are we being you know people are being scared of us? There are some myths and there are some facts. The myth is feminism is considered that women want to gain power. They want to gain a status where they can actually you know just dominate the men around them.

Make them do things according to their own wish. But the fact is women were always at a lower pedestal in the society. They were always dominated and they need power to come to an equal status, not to surpass the status. also it is not about dividing the society into men, women and making the man feel inferior. It is actually about equality and respect. also it is not that men are not feminist. Men are feminist, men who stand up, who have spine to respect their women, respect their wives, their mothers, their daughters, their sisters, they are (fem) feminist, they are not spineless man.

What is the perception today? all of us use social media. We see the term feminazi. What is that? It is actually how feminist are been perceived today as Nazis. People who have slaughtered and killed Jews during the holocaust, but we are not that. We are not torturing anyone we are just

standing up for our right we are standing up for what we believe we should get and what we deserve. It is not about it is all about getting the right education getting the right freedom getting the right power getting the right opportunities.

It is not about taking the opportunities and actually dominating others. see people feel that women who do not believe in marriage women who are just you know who feel the divorce is the solution during marriages the woman who are (commi) commitment phobic they are feminist. But that is not so you know, that is wrong perception. Womens who are standing up for themselves because they are being wronged they are the feminist. But again one cannot fight the perception that is there in the society. So, the feminist today are the fourth way (femini) feminist as I explained recent times.

They are the ones who are at the hand leading everything you know look at all the banks across India, all the top chairperson as women at this day and time. So we are the fourth way (femini) feminist who are standing up for jobs, who are standing up in politics, who are doctors, engineers, what not? Building roads, driving car, so we are the fourth way feminist. The feminist who are no more fighting for equality but who are actually there equal to men and maintaining what we have.

Maintaining and preserving what we (bee) have been able to achieve. pursue to feminist of feminazi as I told you, the myth started attached to feminism. these are people who claim that they are feminist but they are not actually taking it in the right you know right manner positively they are not taking the word positively they are not believing that you know what feminism means. they do not I can give you an instance where feminist people perceive that they are feminist.

People believe that they are feminist but that is not true. I have friends I have people around me women around me who feel that you know we are working we are working in class women and we are doing jobs. Yet they feel that by putting down their husband belittling men around them, they are the feminist. So women going topless like you know why we can not go topless if men can on the beach? They are not feminist, feminism is not about what men do and you know doing everything that men do.

It is about doing what we deserve to do and what we should do. so the thought has to change the concept has to change the fear has to go away and whatever we have been able to achieve we should not throw it away just because of the forced motion of feminism that we hold today. Men and women must coexist as equal and it is okay for a woman to pay money in a restaurant, to open the door of the car if a man wants to come out and it is okay for women to respect their men as much as their men respect them. This is what I believe feminism is all about. Thank you.

Student 3: Hello everybody. Today I shall talk about a topic that is intimate to my heart to your heart and to everyone's heart. It is about love and intimacy. So, we always, we come across love right? In daily lives in movies, in literature, but how do you perceive it? Is it an object, a thing, a feeling, an emotion, a state of mind, what it is? It is a chemical reaction, a biochemical reaction, what exactly it is? So let us try to get into it and understand love from maybe a psychological perspective or maybe a psychosocial perspective let us see.

So what is the gender today on the presentation? I will talk about love and I will talk about being in love and how can you distinguish between when you love someone and you are in love and how can you be aware or conscious about that you are in love or you love somebody? And then maybe there is a situational position okay? There is a love matrix that people may not be aware of. And how do you position yourself in it? So let us carry on.

This was a theory by Sternberg, it is a psychological theory that talks about different precepts of love and how in various degrees of combination you experience love. So you can see there are 3 precepts passion, intimacy and commitment. Now, if you have all of them in equal proportion you will experience consummate love that is the love you are supposed to expect out of a marriage, okay?

Other than that all three I like from college, school, work, the day you are born to the day you die. You keep on feeling all the other stuff. You get infatuated, you feel empty love at times, you have affectionous love, you have a liking for some people and then you have companiate love and romantic love. You can see the presets and as you can see in the triangle, the various degrees where it reaches to, and it is basically a combination of various precepts. I have talked about this as I have shown in the diagram passion, what is passion?

Now passion is the sexual desire. Obviously when we talk about love the first thing that comes to our mind are the movies and how they show it and that shows about attraction. The first attraction is the girl and boy or nowadays even boys and boys and girl and girls and even the 3rd genders if there are. So it is passion. So passion talks about your sexual desire and your physical attraction and that is a part of romantic love. When you see romantic love it is only intimacy and passion. Then intimacy, that is a closeness.

Closeness or connection that you feel with the people and you can also term it as emotional investment. And the third is commitment that is commitment to maintain your relationship for long. Now there are some stuff that Sternberg talked about and it was love changes as we mature. It is not that, what the kind of love that we felt when we first saw the partner, is the same we feel when maybe if you get married to her she is 60-65 years old and we will feel the same love about her. It is not like that. It changes as we mature.

And even when you are in relationship, maybe a successful relationship and not a toxic one and you have carried it on for decades, you keep on feeling various degrees of love and various kinds of love. That is what Sternberg said in his theory and another theory was given by Lee. Now Lee talked about colors of love. He said that love styles are neither dependent no independent. Now they are these colors of love and it is a very complex matrix you know. When we are talking about situational matrix that I will talk about in the end.

So basically he tried to identify 6 colors of love and Bollywood have done that very magnificently. They have various colors of love. If we hear recent songs, 'Rang De Tu Mohe Gerua', saffron and it talks about pink, 'Gulabi'. So we all have different colors and Bollywood have prioritized color in various ways and the emotion that every kind of love has with the color. So what did Lee talked about? Lee gave his color wheel model of love. You can see pink, Eros. That is loving an ideal person.

When you see a person for the first time, you think he is perfect or she is perfect, perfect hair, perfect skin, perfect eyes, perfect nose, everything perfect. No one can perfect than that person and then you have Mania, that portion of love when you get when you get obsessed by that person. Then there are some people who see love as Ludo. That is a game. For them it is a game.

They like the feeling of falling in love and the moment they fall in love they are out of it because they can not get that essence of it.

Then you have Pragma, which everyone should actually aspire for. That is realistic and practical love and then we have Stalge. That is love as friendship. To get more into the feel of this, let us play a game. These are the colors, I will pronounce a name and I will expect an answer in the name of the movie that you have watched and you have experience that form of love in that movie. so let us start with Mania.

Student 4: Tere Naam.

Student 3: Tere Naam, any other? Tere Naam was good and there was another movie in Hollywood that is 'Fatal Attraction'.

Student 5: Darr.

Student 3: Darr yeah and in Hollywood 'Fatal Attraction' and in Bollywood 'Pyaar Tune Kya Kiya', 'Dar', 'Tere Naam', 'Pyaar Tune Kya Kiya'. All shows that. Ludo, love as a game.

Student 5: Ladies versus Ricky Bahal.

Student 3: Yes and one more? One more, one more. Lesser known movie but perfectly banging on the spot. Lesser known actors, low budget movie, love games. Okay, what about Stalge?

Student 6: Kuch Kuch Hota Hai.

Student 3: Yes. Kuch Kuch Hota Hai, Jab We Met.

Student 7: Pyar To Hona Hi Tha.

Student 3: Pyar To Hona Hi Tha and it goes on and on and on, that is Bollywood cashing on it. About Agape? Selfless love. Very hit movie, superstars.

Student 8: Aamir Khan and Manisha Koirala. Mann.

Student 3: Mann, another one very super hit big banner, Yash Chopra productions.

Student 8: Veer Zaara.

Student 3: That is a perfect example of Agape.

Student 8: Jab Tak Hai Jaan.

Student 3: Jab Tak Hai Jaan is another one. Okay, so that is thing and I think we are done with the colors of love and I think it has transpired perfectly to the audience right now. So we will move next. Now I think it would be redundant to go across this again because it has been transpired, right? Now, now you know when you talk about these colors, it is not just colors, it actually highlights your psychological health. People feels these kinds of love at various points of their life. But if you continuously feel maniac (())(16:54) you know, we have a poor psychological health.

Okay? If you feel Stalge and Eros continuously you have a high psychological health. So next time when you think you are falling in love just remind yourself of this PPT and maybe you can improve your psychological health. Now, how do you develop your intimacy skills? Okay. Now, when you want to develop your intimacy skills, I would just say one thing.

Just try to be intelligent and intelligent emotionally and when you are emotionally intelligent you can actually look, go through this process and find that you can actually adjust yourself better in a relationship and if a point comes that you have to exit a relationship, you will not be at the latter half. So first of all be at ease with yourself, love yourself. If you love yourself, obviously the other person will love you and this self-disclosure acceptability. Show others that you are approachable.

If there is a person in your life whom you want to get into a relationship with, be open to that person. No matter even if you fail because maybe that person is not meant for you. Listen, now listening is a very important thing in all relationship. Any relationship, listen. Because we listen carefully you know what to do, how to do, where to do exactly and in which degree to do. And then these are the other repetitive things like trust, respect, affection, warmth, which we all know. Now, what is not love? First of all I would like to say, what is not love?

You know when you fall in love we have this excitement which is like shown on screen like falling of leaves, playing of violin and their music and the hair is flying, hair is fluttering and your heart is beating and there is nice soft music at the background. But nothing like that

happens in the real life. Only one thing happens that is your heart beats and that is also just a physiological manifestation of your body, nothing else. So when you feel that you are getting attracted to a person, you are basically sexually motivated.

Keep that in mind once before you do, because you cannot fall in love unless you know the person by heart. If you go back to the normal creation that is just infatuation, okay? And yes the honeymoon always ends. So keep that in mind when you go for a relationship. Dependencies is not love. Sometimes when we are in a relationship and when we have to get out of it and then you think what will happen to the other person? That is just dependency. That is not love.

You may mistake it for love, you may think that you love that person and you being there in his life or in her life is good for that person's life, that is not the way. Because that is dependency. And what psychologist describe that as parasitism. That is not love. And love is ways of choice, not necessity. Now love is not a feeling. Repetitively movies have shown us and fed it into our minds that love is a feeling. Okay. But love is not a feeling. Love is an action. If you take love the way Asians do.

For Asians we have names for various kinds of loves. We have, if you go into any of the vernacular language, your mother father love has been termed as 'Vatsalya'. If we have another love for your lover, that is Prem. Okay. So we have other words like if you go to Urdu, 'Mohabbat' and various words, right? So there are various forms of love and that love is not a feeling, it is an action. The action that your parents do to you, that transpire as love for your parents. The action that your wife or your husband does for you, that is love on that basis. So that exactly is love.

And myths of romantic love. Now there is a romantic love that has been popularized, heavily popularized. That there are 2 people that destined to meet together and carry on forever. But that, nothing like that. It is that it is just a (())(20:47). We feel that is a true love because we feel good at that point of time. But it is nothing like that. If you get to know people correctly and you know what exactly you want from your life and what the other person wants from his life and you both are in sting together, that is the point you realize that you are in life and in love means, you have to act in love.

That is an action. And realistically speaking, there are many suitable partners. So that does not give you an incentive to cheat her. But that is a fact. Now, love and being in love. Now love is I told you, it is a physio-psychological state. It is a state which you perceive. The fluttering of the heart, going breathlessness, going weak on your knees, that is love. But being in love, it is a psycho-neurological condition of mind. When you stay with the person, you continuously stay with the person, you be aware of his likes and dislike.

That is the point of time you are in love. Because you know exactly what to say, when to say and to which degree to say. So that it does not offend the other person. Now, loving someone is a choice but being in love is not a choice. Because you cannot choose being in love. Because that is a state, you have conditioned your mind as such and once your neural circuits have become like that, you cannot like. It takes a lot of work to change a neuro circle. So that is thing. And loving someone means wanting them to do well, putting them first.

Well now that is also a (neuro) neurological conditioning of the mind and loving someone means needing them around and being loved means needing them to be where they are happy. Now when you have neurologically conditioned your mind, you are in sync with the other person and you exactly know what the other person wants from his life. Now if you are aware of that, you will act as per that and that will be for the betterment of the other person. So as the saying is to go, 'love is not selfish, it is selfless'. It has neurological bases to it.

Now, as talked earlier loving someone is like a rush, being in love is like a steady stream of emotions because you have conditioned your mind and it is about partnership, same theory, conditioning your mind and it is effortless. Because once you have conditioned your mind you will not have that effort. Initially when you see someone and you think you love that person, there is this thing going around, being proper with them, giving them gifts, talking to them nicely so that they do not get offended at anything that you say.

Now see that takes a lot of efforts right but when you are in love you do not mind whether you see that person in his knickers or a well typo suit. So that is it. Now I was talking about the matrix of love. Now when I talked about love and being in love. But that is not so simple. Because, we are human being, social animal, rationalizing once and with evolution comes

variety. And even in the world of love there is a variety of things that occur. There is monogamy, that is practice by the society to create uniformity. But then we have celibacy.

People who do not indulge into sexual acts but then they still love people. Then you have poly-fidelity, then you have MT love, common love, viscosity, soft drink. If you look into the matrix right? You can position yourself. Like what exactly, which love fulfills you? Which love completes you? It is not that you need someone else to love. Like a dialogue in one of the recent movies that we do not need permission from someone else to love that person. So, just like that. And now this is more evolved version of the matrix of love.

Now that has taken into aspects, the sexuality expect as well. The previous slide did not highlight the sexuality part. But this slide highlight the sexuality part as well because sexuality as such, now does play an (nim) important role in love. Right? The love as we (())(24:40), as human race (())(24:41) it. Because of its value, because of its evolutionary value. So this is the matrix and well as a liberal I would like to say that I do not find anything offensive. Well you can position yourself in any of the aspects over there. Thank you.