



## ACHIEVING SOPHISTICATION IN SPEECH

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### ABSTRACT

You had great and original ideas but nobody noticed them. You said something at a meeting, it was ignored, then someone else said the same thing and everyone embraced it as a marvellous idea. You tried hard to come up as a leader but you were not able to motivate others. You wanted to go there on the stage, you wanted to steal the limelight but you were frightened. This research paper will tell you the powerful ways to get noticed, to get heard and to impress listeners. After reading this research paper every common man can speak effectively and strongly, anywhere and everywhere without any hesitation.

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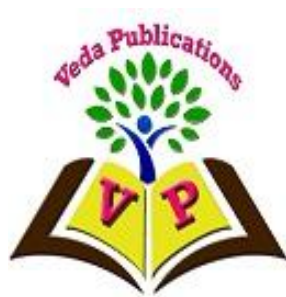
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### INTRODUCTION

Most of the people, howsoever well educated, well dressed and good looking, are totally unaware of the flaws in their voice. Therefore they don't care about faults in their speech and distracting elements in their spoken language. One thing you must keep in mind is that it is very unlikely that anyone is going to tell you about your faulty speech. For those who are not close to you, for example your colleagues, visitors, acquaintances will seldom take trouble, fearing your displeasure and annoyance. And those who are close to you are so accustomed to

your style of speaking that they hardly notice it. Even if they notice and tell it to you, you may not feel quite bothered to give any heed to their advice. "Oh, it is OK. How is it going to matter anyway?" That may be your casual reply, reflecting your carelessness about your faulty speech.

The speech mechanism of our body: The phonation (voice production) is done by the exhaled lung air as it passes through the larynx, your voice box, where vocal cords are situated. The cord's vibrations are modified with the help of lips, tongue nose and soft palate. Your total mouth cavity along with its walls (cheeks) plays a very important role in





determining the quality of your voice. "To improve your voice the first lesson is to develop the correct breathing habits." [1] It is often observed that poor breathing habits coupled with imperfect postures lead to the production of faulty voice. Do you know why the singers sing in a standing position? Or, why a person addressing people from a podium stand up while delivering his speech? The main reason is the lungs expand and retract more efficiently in the erect posture, thus enhancing the quality of voice.

You might have also noticed that when you are tense and nervous, your breathing becomes shallow which leads to production of poor quality, low-toned voice. Correct breathing means, as we have during sound sleep. "Make sure that you are breathing from the diaphragm. Shallow breathing can cause the voice to sound strident." So, if you have a problem with your breathing, make it a habit to do morning yogasanas, specifically Pranayam regularly, you will notice the changes in your voice.

Practising deep breathing is easy no doubt, but, be cautious not to make sound when you take breaths, or stop for taking breath. Otherwise it would show up in your voice, and quality of your voice instead of improving would further deteriorate. Here, take the example of a singer. Surely, you won't like him to take a deep breath in the middle of the song. So, always try to maintain a firm tone of your voice. Lata Mangeshkar, whose velvet voice has charmed the people not only across the length and breadth of the Indian subcontinent, but also audiences across continents. Truly, she is truly the nightingale of India of whom every Indian is proud of. No, the magic of her singing does not lie in the God-gifted voice. The training and perseverance to use it in various modulated forms as per requirement have played a great role in transforming Lata into the Melody Queen. She has said umpteen times in her interview that it is Sadhana (perseverance) and riyaz (the training) which has taken her to the pinnacle of achievement.

The (melodious attribute) is another important component of the tone. The pleasant resonance of a silky voice like that of Asha Bhonsle haunts every one irrespective of her status, rich or poor, illiterate or highly educated. You can improve the mellowness and resonance of your voice by

training vocal cords in a particular manner. For that, first listen to the notes of 'Harmonium,' the basic musical instrument of Indian origin which is similar to piano-accordion. Practise holding on words like moon, noon, ring and the like. Then try holding on vowels a, e, i, o, which then should be coupled with m and n sounds. For example, H-ah, nay, ni, no, noo, M-ah, M-ay, M-ee, M-ii, M-oo. This exercise may seem to be little bit difficult but don't worry. Just approach any teacher of light classical Indian vocal music who can very well teach you **the voice modulation**. Voice modulation can also be learnt by watching and listening to commentators, announcers and news readers on radio and television. Some of them are really marvellous.

Remember, no matter how good you are in grammar, or how vast is your vocabulary, what counts most is **correct pronunciation**. And, to learn that, dictionary is just not sufficient. The best practical way is to watch television regularly and observe good news readers minutely and those conducting debates or giving commentaries.

The shrillness of voice or for that matter its harshness depends a lot on the pitch. It is seen that when we keep **the pitch** lower in our routine talking our voice quality improves considerably. Your low pitched voice is, generally, of good quality when you are talking to a smaller group of people, or when you are talking in low tones. But, the moment you get agitated or when you are required to address a large audience, chances are that your voice will crack. So, one should be careful on such occasions. Remember when you speak slowly your pitch is at a low level, and the moment the pace of your voice increases, the pitch is raised to a higher level, automatically. Another important voice attribute is **flexibility**. It is moulded considerably by your own choice which is often governed by the mood, situation and the subject. First important thing is that monotonous voice is not OK for each and every situation. It should be strictly avoided if not required. It becomes quite distracting if the speaker delivers his/her monologue without effecting voice flexibility on an occasion where monotonous speech is not liked by the audience. Pitch, volume, pace tone- all should change as per need.



You can dramatize your voice by giving **pauses** at right places. They act as “punctuation marks” in your speech. Expressions like “What are you saying?” and exclamatory words such as ‘Oh’, ‘Ah’, ‘Yes,’ ‘No’ etc. also make your talk lively. All this helps in projecting an appropriate image of the speaker. Who can forget the dramatic dialogue delivery of legendary actors like Raj Kumar, Dilip Kumar and Amitabh Bachchan. But how did they succeed in imbuing their voices with a sort of magnetism which attracted millions of their fans? Ofcourse, by imaginative and innovative ideas. But in our day-to-day practical life ‘drama’ effect is not required all the time except for some special occasions which demand such effect. Most of the time what you need is plain and simple approach—how to put your voice to effective use in a most attractive way. Remember the projection of your voice should not look artificial, but natural and charming.

Have you ever noticed that your sentences often end up trailing in your mumble; your ‘ings’ often fall in pit; you often use some offending words and phrases which are not abusive in the literary sense, but then they are not civilised either. To avoid this, try to give a concerned ear to whatever you speak. In other words, listen attentively next time to your own voice. Well if you cannot do that, the next best thing is to record your conversation as often as possible, or read out loudly from a newspaper for ten- twenty minutes and record it, then play it and analyse your speech delivery. Second option is to take a close colleague or friend of yours into confidence and ask him/her to analyse your voice speech. This will certainly help you to overcome your speech flaws provided your friend is sincere in his advice.

### CONCLUSION

Changing our speech habits is indeed difficult task because we do not hear ourselves often. Therefore we are not aware of our shortcomings. First pre-requisite for bringing a positive change in your speech is the awareness of shortcomings in your day-to-day speaking. Then, you must have some role models among the people around you or TV personalities who really speak well. Thereafter,

impelled by the unflinching desire to improve your speech, you can clinch the goal.

### REFERENCES

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