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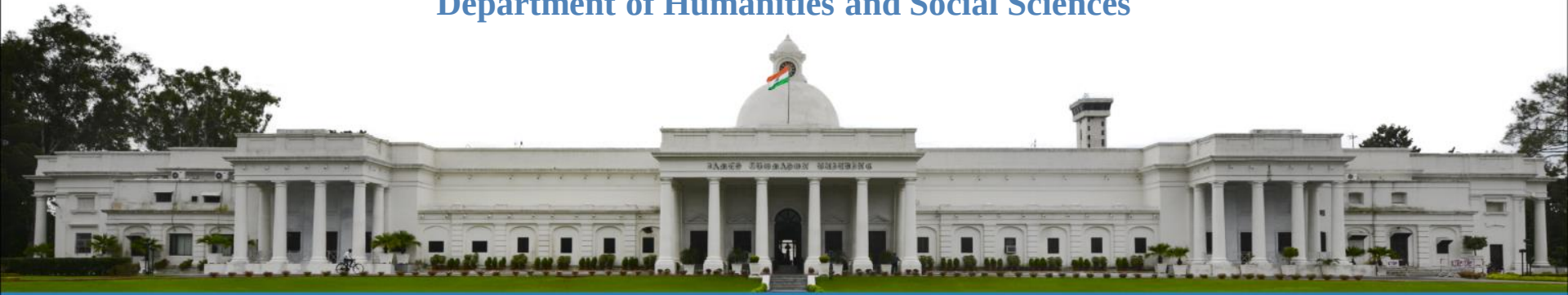
NPTEL ONLINE CERTIFICATION COURSE

LECTURE-9

Body language- I

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Body Language

- Body Language is an indispensible aspect of modern communications.
- Use of physical gestures, facial expressions, and eye contact etc, can enhance support or weaken your impact as a leader.
- **Body language goes both ways:** Your own body language reveals your feelings and meanings to others.
- Other people's body language reveals their feelings and meanings to you**.**

Kinesics and proxemics

- **Kinesics-** The study of body language is also known as kinesics (pronounced kineesicks), which is derived from the Greek word kinesis, meaning motion.
- **Proxemics-** is about body language, how we position our bodies, our closeness to and the space between us and other people.

Body Language not include

- The pace, pitch, intonation, volume, variation, pauses, etc., of our voice.
- Voice type and other audible signals are typically not included in body language.
- Breathing and heartbeat are typically excluded from general descriptions of body language.

Background and History of Body language

- Ancient Greeks were first who consider aspect of body language, namely Hippocrates and Aristotle.
- Romans, namely Cicero, related gestures to feelings and communications.
- Francis Bacon in ***Advancement of Learning***, 1605, explored gestures as reflection or extension of spoken communications.
- John Bulwer's ***Natural History of the Hand*** published in 1644, considered about hand gestures.
- Gilbert Austin's ***Chironomia*** in 1806 looked at using gestures to improve speech-making.

Body Language terms

- **Physiognomy** refers to facial features, expressions and the person's character, nature, or ethnic origin.
- **Kinesics** is the study of body language, encompasses facial expressions and personal space.
- **Proxemics** is term for the personal space aspect of body language, meaning closeness or nearness.
- **Kinaesthetics** use, in terms of conveying meaning and information via physical movement and experience.