

Q → write a short note on Body language?

Ans → Body language means the study of the role of Body movement such as winking, smugging, etc. in communication.

Body language is the non-verbal behaviour related to movement, either of any part of the body, or the body as a whole.

Elements of Body language

- (a) Personal appearance.
- (b) Head
- (c) Facial expression
- (d) Posture or body position
- (e) Eye contact
- (f) Gestures

Regarding the importance of body movements / language movement consultant "when people don't know whether to believe what they are seeing, they go with body language. - it tells the truth, you can

Play fast and loose with words, but it's much more difficult to do that with gestures.

Five types of Body language gesture

(a) Emblems:-

They often replace verbal messages and take the shape of emblems. The list is long and comprehensive including about 20 emblems, to name a few are:

(b) Illustrators:-

They are directly tied to verbal language. These gesture illustrate the words which a speaker is saying, when a speaker is saying.

(c) Regulators:-

Regulators control oral communication by alerting the sender to the need to hurry up, slow down, or repeat something.

(d) Displays:-

These indicate emotional states such as anger or embarrassment, occurring

usually in our facial expression

Adaptors:-

They are the gestures over which people have little control over. often people are not conscious of performing such gestures. They are automatic, not planned.