Before people started speaking languages, gestures were the only medium of communication & of revealing one’s intentions.
Strictly speaking between 60 to 80% of our message is communicated through our body language.
What is physiognomy?
The interpretation of outward appearance, especially
The feature of the face to discover a person’s predominant Temper & Character.
Anger
Surprise
Disgust

God damn it, I hate you so much
Sadness
Telling a Lie
Attention
Fear or Frustration
Eyes gives us a definite impression about a person in front of us.
Eyes which can find out the behavior
Eye contact
Eye contact signals need for affiliation, an involvement with the other person.
Maintaining good eye contact shows respect and interest in what they have to say.
Palm facing down indicates

Telling some body to sit down
or
stopping some body
Facing up position

(gesture of submission)

FACING DOWN POSITION

(request with authority)
Hand shake (shook hand)
Submission
Dominance
Equality
Double Handed Shake

Trust and affection

Intimate friends or relatives
The person initiating such a gesture offers his right hand to the person in front for hand shake and then puts left his trustworthiness.
Finger tip hand shake

It show that there is a lack of trust in the self and in the other person
Stiff Arm Thrust

A person wishes to keep the other at a distance
Dead fish handshake

There is no warmth feeling.
It is life less
When a person rubs his palms together he is communicating something positive.

News of success
Cheerful
Raised Thumbs
Locked fingers (clenching)

Frustrated & is adopting negative attitude
If a person sits back, crosses his arms and legs, it is definite that his decision is negative.
Folding of one or both the arms across the chest is an indication of coming threat or occurrence of some undesirable event.
Stand arm cross gesture is common

When one is among strangers and presume insecure
Suppose arm are gripped tightly it indicates

The person is waiting for a call or anxious to know a thing that is unfamiliar.
Folding arms indicates the social status also

Boss intends to speak to his juniors
Locking of the leg one over the other indicates that the person is unsure of himself/herself and is feeling insecure.