

**A
Report
On
Workshop on importance of self
Grooming**

on

Sep 27, 2024

Organized by

Training and Placement Department

Shri Guru Ram Rai University

by

VLCC (School of beauty)

Report of the event

Introduction

The **Training and Placement Department** of **Shri Guru Ram Rai University**, in collaboration with **VLCC (School of Beauty)**, organized an engaging workshop on “**The Importance of Self-Grooming**” on **September 27, 2024**. The primary aim of this initiative was to **empower students with essential grooming skills** that enhance self-confidence and promote effective personal and professional presentation.

Objective of the Workshop

The objective was to:

- Raise awareness among students about the significance of self-grooming in today's competitive environment
- Equip them with practical knowledge related to personal hygiene, attire, communication, and body language
- Help students understand how grooming influences **first impressions, interview success, and professional image**

Workshop Highlights

The session was **expertly conducted by trainers from VLCC**, who shared their professional insights through interactive demonstrations and discussions. The key focus areas included:

- **Personal Hygiene and Cleanliness**
- **Dressing and Styling Etiquette**
- **Non-verbal Communication and Body Language**
- **Professional Demeanour and Confidence Building**

Through real-life examples and interactive activities, students learned how **grooming complements technical skills** and enhances career readiness.

Student Participation and Response

Students from various departments enthusiastically participated in the workshop. The interactive format encouraged:

- Open dialogue with grooming experts
- Hands-on learning and practical tips
- Questions and answers related to self-presentation challenges

The participants expressed that the session **boosted their self-awareness** and prepared them to make a stronger impact in both **interview settings** and **professional interactions**.

Conclusion

The Self-Grooming Workshop proved to be a valuable learning experience, aligning with the university's mission to foster holistic student development. **Organized by the Training and Placement Cell of Shri Guru Ram Rai University under the guidance of Dr. Manisha Maiduly, Placement Coordinator**, the session addressed critical aspects of personality development and workplace etiquette. It effectively added a much-needed soft skills dimension to the academic environment, preparing students for professional success.

Recommendations

To build on the success of this event, the following are suggested:

- **Regular Workshops** on self-development, including grooming, communication, and confidence-building
- **Integration of grooming and etiquette modules** into soft skills training programs
- **Collaboration with industry partners** like VLCC to bring in real-world exposure for students

Creative

**SGRRU**
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WORKSHOP ON IMPORTANCE OF SELF GROOMING

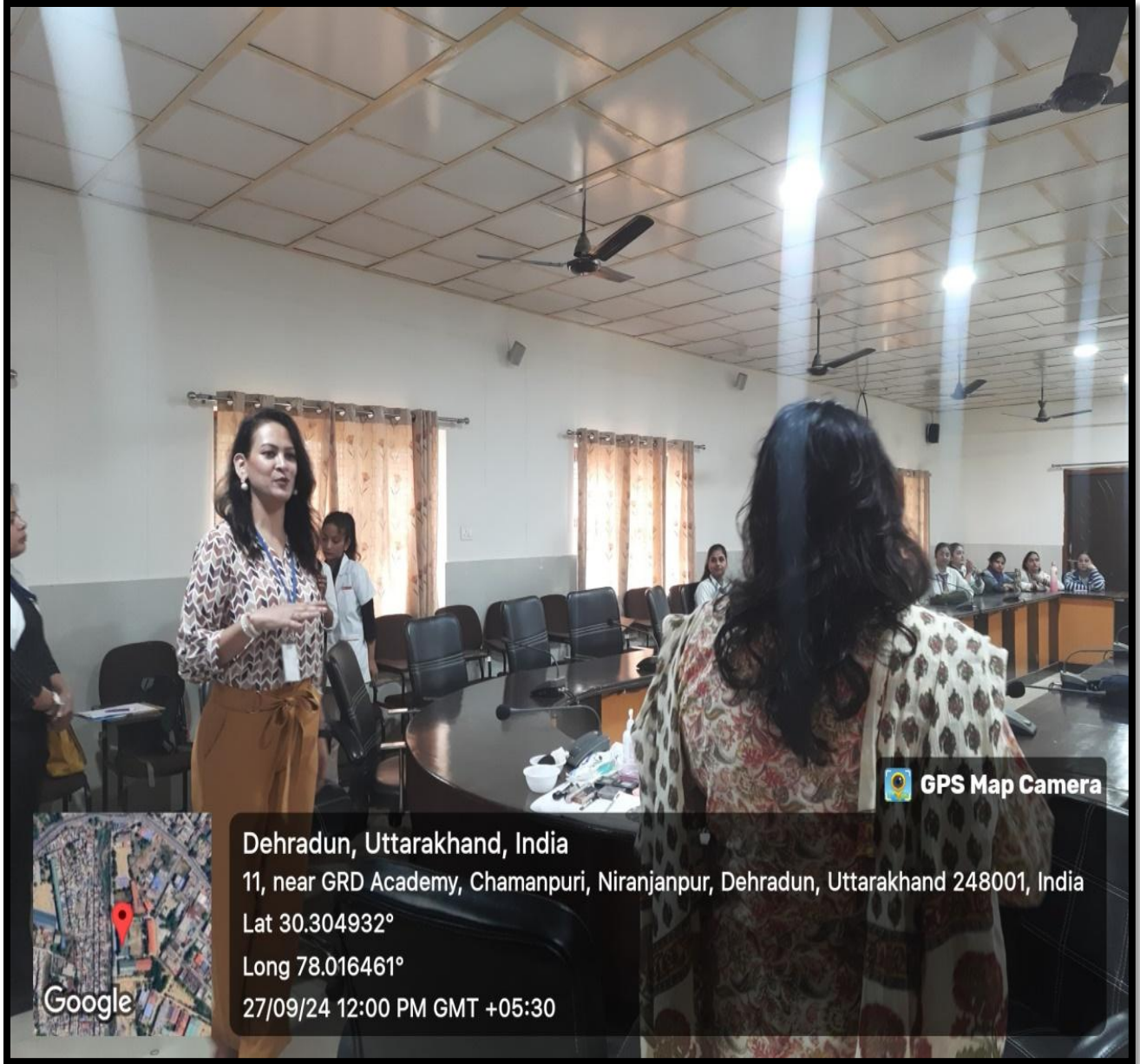
DATE: SEPTEMBER 27, 2024
TIME: 11:00 AM
VENUE: SMCS BUILDING SEMINAR HALL,
SGRR UNIVERSITY, PATEL NAGAR


Organized by Training & Placement Cell, SGRRU
in the collaboration with VLCC School of Beauty, Dehradun



Glimpse of Program





 GPS Map Camera



Dehradun, Uttarakhand, India

11, near GRD Academy, Chamanpuri, Niranjapur, Dehradun, Uttarakhand 248001, India

Lat 30.304932°

Long 78.016461°

27/09/24 12:00 PM GMT +05:30



Dehradun, Uttarakhand, India

11, near GRD Academy, Chamanpuri, Niranjanpur, Dehradun, Uttarakhand 248001, India

Lat 30.305222°

Long 78.016696°

27/09/24 12:16 PM GMT +05:30

 GPS Map Camera