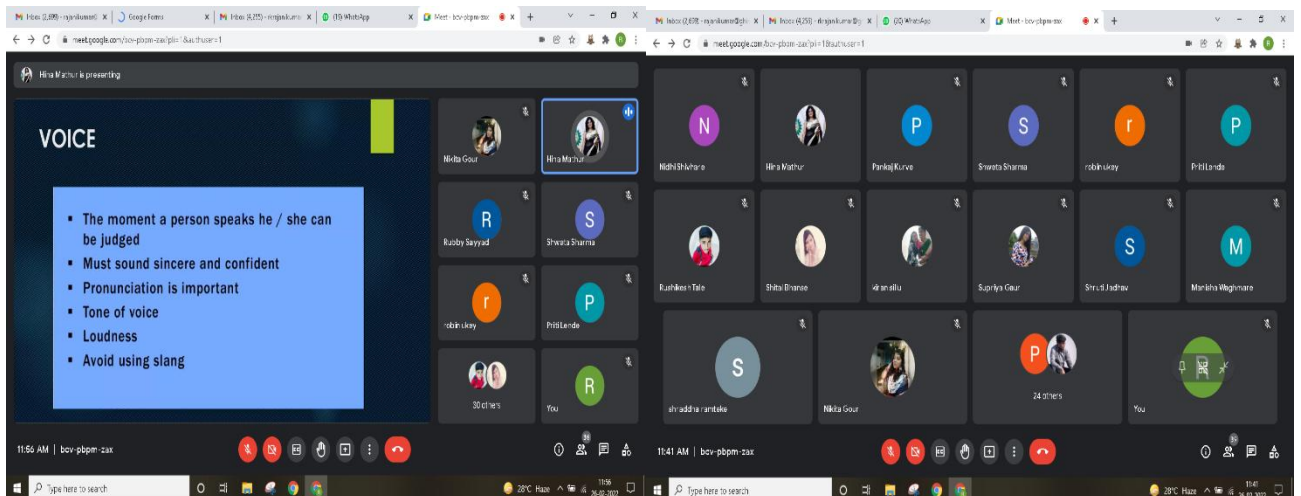
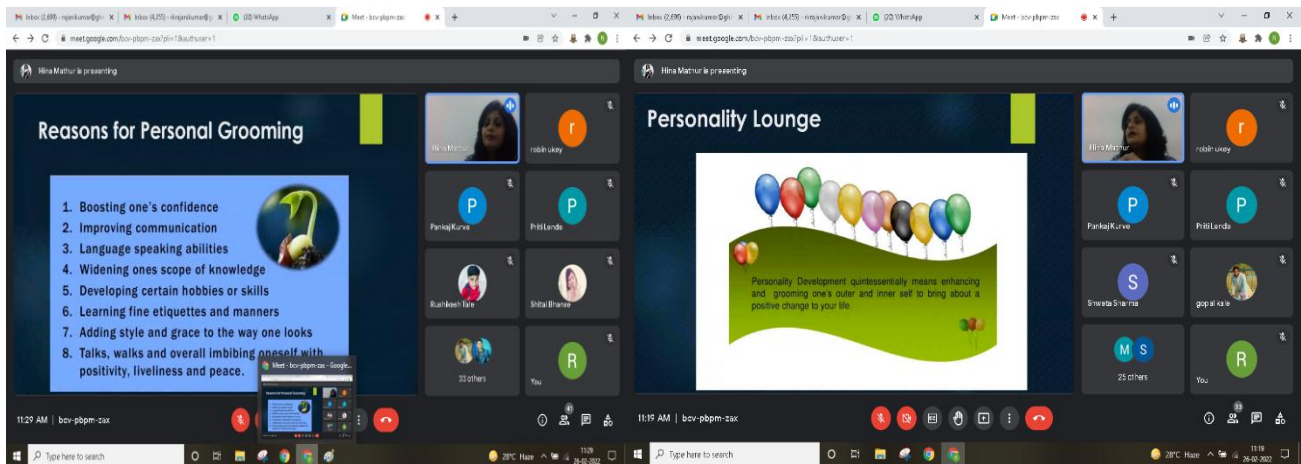


Green Heaven Institute of Management and Research, Nagpur

Personality Development & Self Grooming Workshop 26th February 2022

With an objective of building self-confidence, enhance self-esteem and for overall development of students, workshop on Personality Development and Self Grooming was conducted at Green Heaven Institute of Management and Research. The program aimed at grooming the students through sensitizing them about proper behaviour, socially and professionally in both formal and informal circumstances. The resource person, Ms. Hina Mathur, corporate trainer cited examples to explain that there are certain values like way of talking, behaving and dress code which shows one's personality that relates oneself to other. Speaking about the importance of Self grooming, Ms. Mathur put forth that once you start presenting a better version of yourself, you'll notice a significant improvement in your self-esteem. A boost in self-esteem will allow you to be more comfortable which in turn, enables your true personality to come out and shine. Self-grooming tips in terms of clean and neat hairstyle, appropriate attire based on the events and weather, appropriate socks and shoes, maintaining pleasant body odour, keep proper length and smooth nails etc were also told to students. Dr. Rajani Kumar coordinated the workshop under the guidance of Director, Dr. Anil Sharma. Mrs. Shweta Sharma gave the concluding remark and Mr. Robin Ukey proposed the vote of Thanks.



Green Heaven Institute of Management and Research

A WORKSHOP on 'Personality Development and Self-grooming' was conducted at Green Heaven Institute of Management and Research. The resource person, Hina Mathur, corporate trainer, cited examples to explain that there are certain values like way of talking, behaving and dress code which shows one's personality that relates oneself to other. He gave self-grooming tips to students on clean and neat hairstyle, appropriate attire based on events and weather, appropriate socks and shoes, maintaining pleasant body odour, proper length and smooth nails. Dr Rajani Kumar coordinated the workshop under the guidance of Director Dr Anil Sharma. Shweta Sharma made concluding remark while Robin Ukey proposed a vote of thanks.