



FIRST IMPRESSIONS LAST GROOMING WORKSHOP

Organised by **Department of Tourism and Hospitality Management, Jamia Millia Islamia**

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Grooming and professional appearance are the important aspects to consider for creating a positive impression, especially at workplace. Making the right impression begins with grooming. Indeed, our education and qualifications play a vital role to grab a job, but personality too makes a huge difference. Poor personal appearance at an interview is a significant factor which leads to rejection of applicants.

As we are aware that it's essential to have nice first impressions within first 3-7 seconds, whether that be in work, school or partying because first impressions do last and sometimes, this can be the make or break for a friendly or any kind of relationship, for that matter.

A person in a well-fitted and wrinkle-free outfit, clean fingernails, neat hair, and a little color from makeup is generally taken more seriously by prospective employers. On the other hand a person who is unkempt in baggy sweatpants, a tattered shirt, dirty nails, and messy hair, or a woman in an extremely short and tight dress, with a very low neckline creates a negative impression.

Grooming and appearance is a part of non-verbal communication. Being neat and tidy expresses that one has his act together, while looking disheveled or vulgar automatically tags all sorts of negative (though, not necessarily true) traits to ones nature, good mood throughout the day.

The importance of grooming and appearance



in Hospitality is of great significance. **'Don't judge a book by its cover'** goes the famous proverb. The reality is that a book is almost always judged by its cover. 93% of all communication is non-verbal- 5% goes to body language like gestures, postures, facial expressions and so on, 38% goes to vocal elements like tone of voice, modulation, pauses and so on and only 7% of any communication is conveyed through words.

Our appearance is a statement of who we are. Our grooming should create a professional image at work and we have to be attentive to our appearance and posture. Grooming is the combination of style and discipline. It is to project an image of organization's culture and ethics to our esteemed costumers which is our guests. It also enhances the personality of employee, character of an organization and value of the company.



Keeping all the above in view yet another initiative of its kind was taken at Jamia DTHM

by organising the grooming and make up session for the girls of all the courses within the department.



Somya Prabhat Professional *Makeup Artist* and educator was invited to the department to teach the girls about the makeup, hair styling and saree draping. Somya by her rich experience and knowledge was able to guide the young girls on the basic of personal grooming. She gave the practical demonstration on makeup basics, professional hair styling used in hotels and saree draping lessons. The workshop was organised by Dr Shweta Chandra and Ms Priya Singh.