



Vidya Prasarak Mandal, Mulund (E)

R Z Shah College of Arts, Science and Commerce

Established in 2003 - Affiliated to University of Mumbai

Mithagar Road, Mulund East, Mumbai - 81 | www.vpmrzshahcollege.edu.in
Accredited by NAAC Grade "A"

Report on Personality Development and Personal Hygiene Report

Date : 21st October, 2022

Venue : Seminar Room

The session started with the welcome by our student representative Shreya Jadhav, FYCS.

In her address our Principal I/C Dr. Kavita Sharma she emphasized the importance of personal hygiene and personality development, grooming and it's impact in job interview.

The Guest speaker for the session was Ms.Sanyukta Keluskar .

The speaker highlighted the need of positive body image and also highlighted on personality grooming. Personal grooming , awareness on body language were some of the topics covered .

Speaker also explained Personal hygiene is how you take care of your body. Maintaining hygiene practices reduces the spread of illness and risk of medical conditions caused by not taking care of yourself. It also increases self-confidence and positively impacts personal relationships.

Speaker also emphasized importance of Dressing well on a daily basis will help create an impactful impression that allows one to stand out.

Self-grooming enhances our personality. Once we start presenting a better version of ourself, we'll notice a significant improvement on our self-esteem. A boost in self-esteem will allow us to be more comfortable which in turn, enables our true personality to come out and shine!



Photographs



Anita Lopez

Mrs. Anita Lopez
Convener, WDC Committee



Kavita Sharma

Dr. Kavita Sharma
I/c, Principal