

No. CPJIMT/2024/029

19-September-2024

**NOTICE**

**Workshop on “Personal Grooming & Hygiene” in collaboration with P&G**

This is to inform all the students of **BBA, BCA, B.Tech (CSE), B.A.LL.B, LL.B & LL.M**, that the College is organizing one day workshop on “**Personal Grooming & Hygiene**” in collaboration with **P&G (Whisper & Gillette India)**, as per the following schedule:

**Date** : 30- September-2024  
**Time** : 10:00 A.M to 01:00 P.M  
**Venue** : Auditorium  
**Topic** : Personal Grooming & Hygiene  
**Speaker** : Mr. Nihal Dubey (Clinical Psychology Expert) & Ms. Saniya Azim (Counselling Psychologist)

**Programme Outline:**

- **Be Your Best- Grooming Workshop for Male Students**
  - **Grooming:** Personal and professional grooming, self-care, debunking shaving myths.
  - **Impression Management:** Importance of a positive first impression, formal dressing, body language.
  - **Professional Development:** Planning, short-term goal setting, exploring opportunities, communication skills.
  
- **Be Your Own Boss – Empowerment Workshop for Female Students**
  - Understand the importance of grooming & personal hygiene.
  - Learn techniques to build and boost their confidence.
  - Develop effective communication and body language skills.

**For More Details, Please Contact:-**

**Dr. Nitesh Kashyap, Asst. Professor- 9873660659**

Sd/-  
Director Corporate Affairs

Sd/-  
Director Academics