

Groom to Grow: WORKSHOP



Ms. Sandhya Rao, resource person and Dr Archana Agarwal, convener with Teachers of Department of Commerce, and team of The Entrepreneurship Cell

The Entrepreneurship Cell under the Department of Commerce, Sri Aurobindo College (Evening), organised a workshop on the topic "Groom to Grow" on 8th October from 2:30 PM to 3:30 PM. The resource person of the programme was Ms. Sandhya Rao, Assistant Professor. The workshop provided students with valuable insights on importance of professional and academics language. 82 students participated in the event, exhibiting a strong interest for personal development.



Ms. Sandhya Rao, giving her presentation

The event commenced with a warm welcome and an introductory speech by Dr. Archana Agarwal, the Teacher-in Charge (TIC) of the Commerce Department. She encouraged and motivated the participants to imbibe the importance of professional appearance in career building.

The workshop provided insightful guidance on the importance of personal grooming for academic and professional success. It emphasised that a polished appearance conveys confidence and professionalism, making a lasting positive impression. Basic hygiene practices such as regular shaving, using deodorants, and maintaining neat attire were stressed as essential components of a well-groomed appearance. The session covered appropriate dressing for various settings, highlighting the importance of formal business attire for interviews and client meetings, and business casuals for more relaxed environments.



Ms. Sandhya Rao having interaction

An interactive element made the workshop even more engaging, as students actively participated by asking questions about grooming routines and how to tailor their appearance for different professional environments. The speaker provided personalized advice, making the session highly relevant to the audience. The focus on body language and confidence, paired with grooming tips, further helped students understand how these elements impact their professional image.

The workshop also included tips for virtual meetings, such as choosing appropriate lighting and backgrounds, and maintaining a professional appearance. Students left the session with practical takeaways and a clear understanding of how grooming, confidence, and body language play a crucial role in personal and professional development.

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