

# **ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN**

## **Report On Polish & Shine- A Grooming Session**

**Name of the Program:** Polish & Shine- A Grooming Session

**Date:** 8<sup>th</sup> February 2025

**VENUE:** Multipurpose Hall

**Time:** 10:00 am to 11:30 am

**No. Of Participants:** 27

**Coordinator:**

**Asst. Prof. Shaista Shaikh**

**Objectives :**

- To learn positive body language and professional etiquettes
- To prepare for interviews, group discussions, and interactions
- To emphasize the importance of maintaining a professional appearance
- To build self-confidence and self-presentation

**REFLECTION :**

On 8<sup>th</sup> February,2025, Placement Cell of Royal College of Education and Research for Women organised Polish & Shine- A Grooming Session for the students of F.Y.B.Ed. & S.Y.B.Ed. The event started with the introduction, welcome and felicitation of Ms. Melita Coutinho, Vice principal of N.L.Dalmia High School who was invited as a resource person for the workshop.

The session provided valuable insights into both personal and professional development. It was a hands on session focusing on enhancing self-confidence, communication skills, and body language, while also learning about the essential aspects like resume writing, interview preparation, and workplace etiquettes. The session emphasized the importance of personal

hygiene, professional appearance, and emotional intelligence, helping participants feel more confident and ready for the challenges of the professional world. Students participated actively in the activities conducted by Ms. Melita Coutinho, and expressed themselves boldly. Overall, it was a fruitful and engaging learning experience for the to teacher trainees. It ended with a vote of thanks and the address of Principal madam.

### **LEARNING OUTCOMES:**

- learnt about the impact of body language in communication.
- Enhanced knowledge of communication skills for networking and professional conversations.
- Understood the importance of grooming, dressing, and personal hygiene.
- Developed a strong, confident speaking style.
- Enhanced overall self-image and personal branding.

### **Feedback from the students:**

**Samreen:** It was a wonderful and a very informative session.

**Henrietta:** I got to learn many useful things from the workshop like the importance of presenting oneself with grace.

**Fatema:** It really boosted my confidence as I understood the importance of positive body-language

### **Photographs of the Event :**





Coordinator:

Asst. Prof. Shaista Shaikh



Dr. Judy Grace Andrews

