

Web Report on Expert Talk by Dr. Blossom Kochhar

Title	How Self Grooming can enhance your confidence and personality
Date	September 12, 2017
Resource Person/Facilitator	Dr. Blossom Kochhar, Chairperson, Blossom Kochhar Group of Companies
Summary	<p>In today's competitive world, carrying the right personality matters! It not only speaks about who you are as a person but is more of a reflection of what you are as a person. Dr. Blossom Kochhar, pioneer of aromatherapy in India, as a guest speaker of the day, reflected on the need for Self Grooming and building up the right personality for the management students. We all endeavour to be our best, be it on personal or professional terms. Having said that, we are so considerate in having a niche on professional terms, that the personal part occupies a back seat. The right personality not only makes you feel good but also boosts your confidence and you find yourself more productive on both personal and professional terms.</p> <p>Dr. Blossom Kochhar, in this session, shed some light on the key aspects of having the right personality. Madam started off with physical appearance mentioning the right hair do and conveyed the notion that right hair set up need the right conditioning. Moving further, she pointed out on the need for the right make up and that make up is not a bad thing (given the notion that surrounds it) and it eventually enhances your glow, given the right way of carrying it. Afterwards, she made the students realize the need for the right posture. A right posture speaks about how much you care for your body. Students also undergone walking & sitting exercises (both for male and female students) for understating right posture even better. Overall, the session was altogether a learning experience for students in understanding the various facets to personality.</p>

