



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**NAAC ACCREDITED GRADE "A" INSTITUTE**

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University  
Recognized Under Sec. 2(f) of UGC Act 1956

**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**

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## INSTITUTION'S INNOVATION CELL & TRAINING AND PLACEMENT CELL

### REPORT

**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
NAAC ACCREDITED GRADE "A" INSTITUTE  
DELHI INDIA

**INSTITUTION'S INNOVATION COUNCIL**

**Organises by T&P Cell**

**WEBINAR ON**

**BODY LANGUAGE AND DRESS CODE FOR A SUCCESSFUL PROFESSIONAL**

**Dr. Ajay Kumar**  
DIRECTOR  
TIAS, NEW DELHI

**Mr. Varun Jaggi**  
COFOUNDER  
COMMON COLLARS

**Mr. Arjun Nanda**  
COFOUNDER  
COMMON COLLARS

**Dr. Nivedita**  
T&P HEAD &  
I/C INSTITUTION'S INNOVATION COUNCIL  
TIAS, DELHI

**25<sup>th</sup> - NOV - 2021, THURSDAY**  
**3:00 PM - 4:00 PM**

Join Us: <https://bit.ly/3DQOYVI>

In association with

<b>Event:</b>	Webinar
<b>Topic:</b>	<b>Body Language and Dress Code for Successful Professional</b>
<b>Date:</b>	25.11.2021
<b>Time:</b>	11.00 AM
<b>Mode:</b>	Virtual through Microsoft Teams
<b>Students:</b>	BBA and BAJMC
<b>Faculty Co-ordinator:</b>	Mr. Rahul Tripathi, Assistant Professor Department of Management Sciences Mr. Mayank Arora, Assistant Professor Department of Journalism and Communication
<b>Convener:</b>	Dr. Nivedita, Head- Training & Placement Cell,
<b>No. of Students:</b>	32

**Resource Person:**

**Mr. Varun Jaggi and Mr. Arjun Nanda, Co-founders Common Collars**

**Objective :**

- To make the attendees aware about the significance of personal appearance and body language.
- To make the attendees learn different elements of body language.
- To enhance the knowledge of attendees about the dos and don'ts of professional dressing and personal appearance.
- To make the attendees learn how to use the right body language in various professional situations.

**Report:**

A webinar on the topic, “ **Body Language and Dress Code for Successful Professional** “ was organized on 25.11.2021 by Institution Innovation Cell in association with Training and Placement Cell, TIAS under the ambit of Capability Enhancement Scheme. The Speakers for the session were Mr. Varun Jaggi and Mr. Arjun Nanda, Co-founders Common Collars. The speaker spoke about the importance of body language and dress in making a first impression. He discussed in details about negative body language and distractors of personality and gave valuable tips to the students. They emphasized that our body gestures sends signals about our personality, values, and thought a positive body language always bring confidence in the recipients. They gave several tips for good body language which forms a big part of a successful professional. They also discussed about the dress for successful professional, guided the students to dress for the occasion. They emphasized that one should always wear neat and tidy attire to have an impactful personality. They suggested few norms for dress codes for successful professional.

Earlier, Dr. Nivedita Head Training and Placement Cell and In charge IIC introduced the students to the speakers and throw light on the importance and objective of the session. The one hour session was well coordinated by the faculty coordinators, Mr. Mayank Arora, and Mr. Rahul Tripathi. A total of 64 students participated in the webinar. The webinar was well received by the students. At the end Dr. Nivedita thanked everyone and feedback was collected.

**Learning outcome:**

- The attendees' awareness about the significance of personal appearance and body language was increased after the webinar.
- The attendees learnt the different elements of body language.
- The attendees' knowledge about the dos and don'ts of professional dressing and personal appearance was increased after the webinar.
- The attendees learnt how to use the right body language in various professional situations.

Screenshot:

02:41:26

Body Language and Dress code

Attendees (25)

## Personal Appearance

- > Your personal appearance is the way dress and conduct yourself. It primarily consists of your dress, make-up, shoes, hairstyle, and smile
- > It is as important as your knowledge on a subject matter.
- > Having a good appearance is not about flowery perfumes and fancy shirts. In fact, it all boils down to simplicity and professionalism

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02:48:37

Body Language and Dress code

Utmute (Ctrl+Shift+M)

Attendees (21)

Chirag Sharma

Arjun Nanda (Guest)

Varun Jaggi (Guest)

02:48:37

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02:20:09

Body Language and Dress code

Participants

## Eye-Contact

It is a form of staring intelligently that displays confidence, clarity, comfort, and impact.

## Facial Expressions

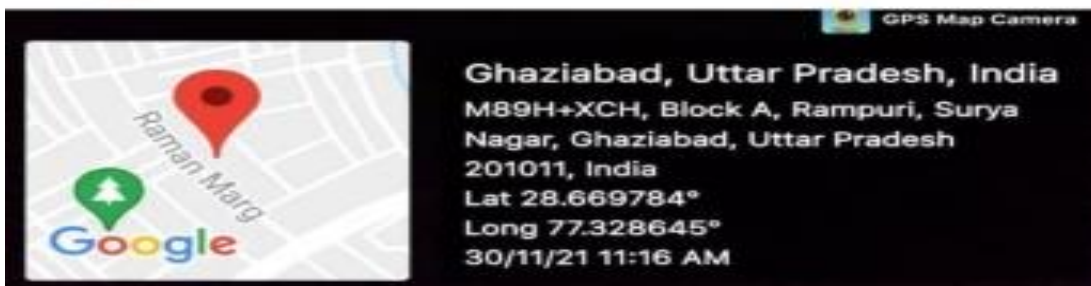
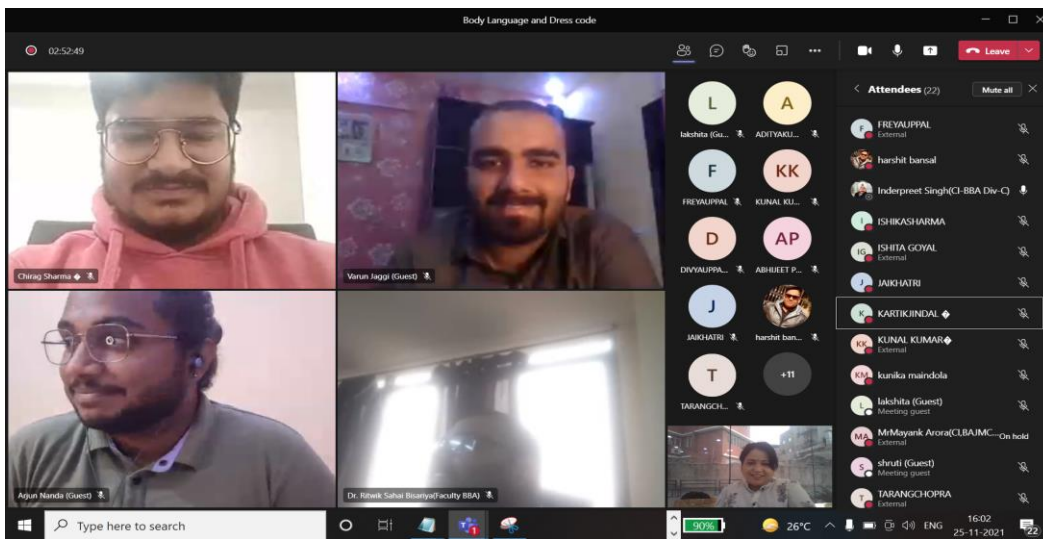
We use facial expressions as a form of non-verbal communication to express how we feel about a particular situation.

Attendees (21)

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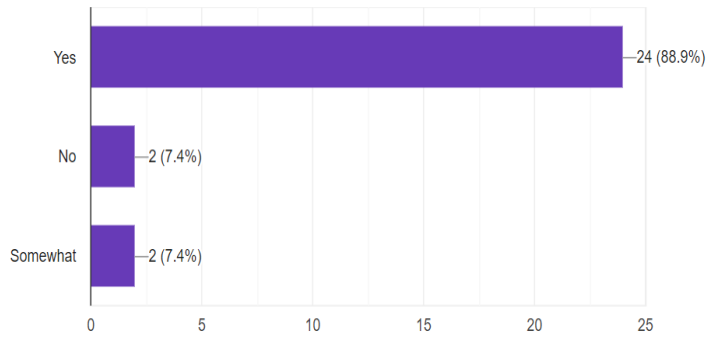
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## Feedback:

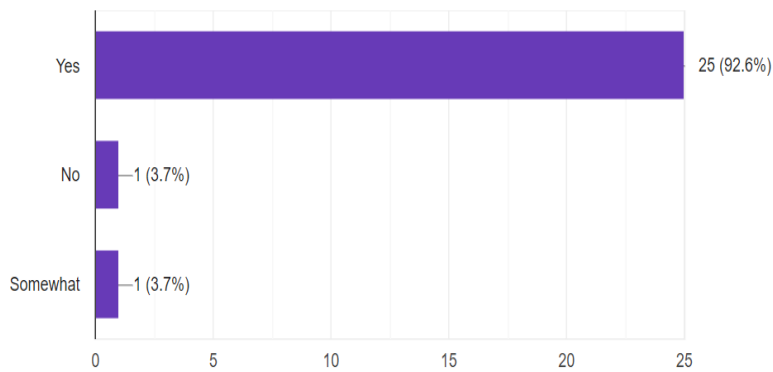
My understanding about the significance of personal appearance and body language has increased after the webinar

27 responses



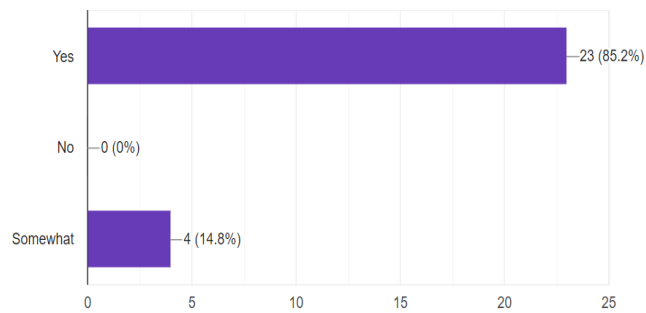
I have learnt the different elements of body language

27 responses



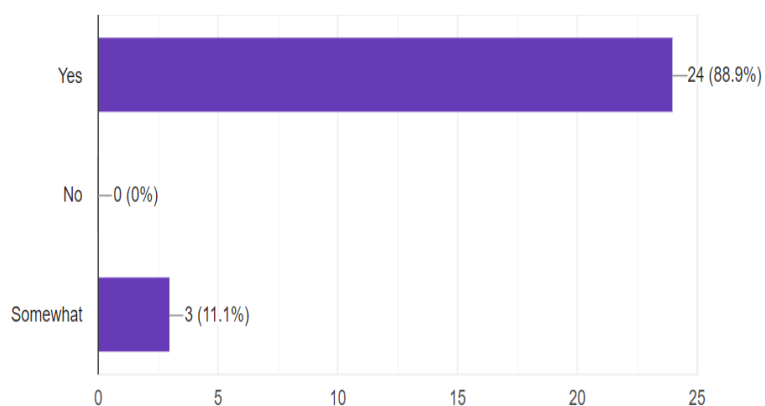
My knowledge about the dos and don'ts of professional dressing and personal appearance has increased after the webinar

27 responses



I have learnt how to use the right body language in various professional situations

27 responses



List of Beneficiaries:

S. No.	Name	Program of Study	Enrolment No.	Overall Feedback	Type of Attendee
1	Rishi patyal	MBA	1717003920	Excellent	Student
2	Kailash Talreja	MBA	117003920	Excellent	Student
3	VASU NARANG	BBA	13617001720	Excellent	Student
4	Geet Sharma	BA JMC	2621302420	Excellent	Student
5	Sarthak Jain	BA JMC	8017002420	Good	Student
6	Janvi Tiwari	BA JMC	3821302420	Good	Student
7	Shreya Das	BA JMC	36017002420	Good	Student
8	Sanya Oberoi	BA JMC	7917002420	Excellent	Student
9	Ishita Goyal	BA JMC	3817002420	Excellent	Student
10	Alaksa Assis	BA JMC	62132420	Good	Student
11	Rishabh Diwan	BA JMC	6917002420	Excellent	Student
12	Ananya Karan Srivastava	BA JMC	921302420	Good	Student
13	HIMANSH GUPTA	BA JMC	3121302420	Good	Student

14	Aditi Shukla	BA JMC	817002420	Good	Student
15	Deepanshi kulasri	BA JMC	2617002420	Excellent	Student
16	Kavya swaroop	BA JMC	4217002420	Excellent	Student
17	Gauri Soni	BA JMC	36217002420	Good	Student
18	lakshita	BA JMC	4521302420	Good	Student
19	Manisha Chhabra	MBA	1317003920	Excellent	Student
20	Vaishnavi Sethi	MBA	2117003920	Excellent	Student
21	Simran Gandhi	MBA	1917003920	Excellent	Student
22	Bharat Mathur	MBA	717003920	Excellent	Student
23	Varun Tandon	MBA	517003920	Good	Student
24	Snehil Wadhwa	BA JMC	8817002420	Excellent	Student
25	Smriti Sethi	BA JMC	8717002420	Excellent	Student
26	Khushi Malhotra	BA JMC	35517002420	Excellent	Student
27	Freya Uppal	BA JMC	2521302420	Excellent	Student
28	Dr. Ritwik Sahai Bisariya	MBA	Professor	Excellent	Faculty
29	Inderpreet Singh	BBA	Assistant Professor	Excellent	Faculty
30	Mayank Arora	BA JMC	Assistant Professor	Excellent	Faculty
31	Dr. Ashutosh Bajpai	MBA	Professor	Excellent	Faculty
32	Dr. Nivedita	MBA	Associate Professor	Excellent	Speaker