

Image Management & Grooming

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What is Image Management?

- An image is not a photograph, neither is it some sought-after aura we only see around celebrities. An image is the pictures another person has of us.
- An image is what others see in us first. It is also what stays when a personal, professional or social meeting gets over.
- Your Image is continually at work. You can't hide it. It can work for you or against you. Your Image can be a major asset in achieving your goals or it can be a tremendous liability that holds you back without you ever knowing why.

What is Image Management?

- Image is the physical representation of who you are and what you are all about—your attitudes, appearance, and actions.
- Image is all that an individual projects consciously or unconsciously—the way you look, care for, and carry yourself, your personal style and presence.
- It's part of who you are.

WHY IS IT IMPORTANT TO MANAGE YOUR IMAGE?

- People make snap judgments about you and it strongly influences their perception of your personality, values, financial success, authority, trustworthiness, intelligence and candidature for job or promotion.
- From job aspirants to established professionals, homemakers to children, almost all categories of people today require expert assistance in managing their image and projecting a powerful persona.

Personal Grooming

- **Personal Grooming** is essential to enhance our overall **image**.
- It helps us to feel confident, look sharp and establish a lasting **first impression**.

Here are 10 tips to practice optimum personal hygiene

- Wash your hands frequently with clean water and apply soap.
- Taking bath washes away dead skin cells and dirt.
- Make sure you are brushing your teeth twice a day.
- Floss your teeth once a day for optimal oral hygiene.
- Cleaning your tongue once or twice a day may help you reduce bad breath.

Here are 10 tips to practice optimum personal hygiene

- Cleaning and trimming your nails reduces your chances of contracting an infection.
- Wear clean clothes, as dirty clothes can lead to skin irritations.
- Cover your mouth with a face mask; this is critical during Covid-19.
- A good night's sleep is essential for good health.
- Visit the doctor for regular health check-ups before it becomes a problem.

Dental Care

- **Oral hygiene** has a significant impact on overall health.
- **Gum disease**, for example, has been linked to a number of health problems, including heart disease, stroke, diabetes, preterm labor, and even Alzheimer's disease.
- It is the practice of **preventing decay and infection** in your teeth and other mouth structures. This includes **brushing and flossing** on a regular basis.
- It is also advised to see a dentist at least **twice a year** for a dental exam and cleaning in order to maintain good oral hygiene

Dental Care

- *In order to have healthy teeth and fresh breath, here are some personal grooming tips to help you achieve and maintain good oral hygiene:*
- Consume nutritious foods and avoid sugary snacks.
- Tobacco products should be avoided.
- After meals, rinse your mouth with water or chew sugarless gum.
- Brush your teeth at least twice a day, preferably after each meal.
- If you have a habit of grinding your teeth while sleeping, consider wearing a night guard.

Nail Care

- **Well-groomed nails** help to project a positive image.
- Nails that are broken, bitten, dirty, or have hangnails will ruin an image.
- Every day, we use our hands, and they are also one of the first things that others notice about us.
- Having good-looking nails can give you a boost of confidence throughout the day.

Bathing

- We all sweat and accumulate dirt and grease during the day, and washing our bodies and hair with warm water, soap, and a loofah every day will ensure a healthy body and happy friends.
- The general rule is that teens and adults should shower or bathe daily. And while there are certainly exceptions to every rule (e.g. long day, early morning, overslept, etc.), our friends and family will appreciate us for following the social rule for daily bathing.

Body Odor

- Beginning when we are teenagers, using deodorant becomes an essential component of our personal hygiene routines.
- If we have bad body odor, we can be perceived in a negative light by our friends, family, or the public groups we find ourselves in.
- Body odor is an easy personal hygiene component that we can check our selves.
- A quick sniff of our armpits (while no one is looking) can give us valuable information about how others might perceive us.

Clothing

- Wearing clean clothes is an essential component of having good personal hygiene.
- While everyone may have slightly different habits regarding what clothes they wear daily, the social rule is that our clothes need to be clean.
- Some people may wash their jeans or heavier clothes less frequently, but we certainly agree that wearing undergarments, socks, and exercise or gardening clothes two days in a row goes against social rules related to personal hygiene.

Clothing

- Try the smell test and do a visual inspection - if there are smells and dirt lingering on your clothing, think twice before putting them on again.
- These clothes belong in the laundry hamper, not on your body.

Shoes

- Wear shoes that don't make you limp or drag your feet.
- Also, wear shoes according to your age.
- Socks should be matching to the trouser. Black trouser to have black socks as they act as an extension to your trouser.

What is corporate clothing?



What is corporate clothing?

- Corporate Clothing can be a term used to describe the 'uniform' that is worn on a daily basis while at work.
- In some cases, this is simply a certain look called corporate dress and is made up of suiting and a dress shirt with the proper accessories.
- In others, corporate clothing can be an actual uniform specified by the company, often branded with embroidery or printing, in a variety of styles and degree of casualness, depending on the industry.

Corporate Dress for Ladies



Corporate Dress for Ladies



Is this a Corporate Dress?



Corporate clothing for men



Corporate clothing for Men



Smart Casuals for Men



Smart Casuals for Men



5 SMART CASUAL LOOKS

Smart Casuals for Women





Thank You