

SELF-MANAGEMENT SKILLS

Class IX , Ch-2 Self- Management Skills: I(IT
#402)

Session 6: Grooming

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CHANGING YOUR TOMORROW

Learning Outcome of this Session

After completing this session, you will be able to

- list the benefits of personal grooming.

CHANGING YOUR TOMORROW

Grooming and its Importance

- Grooming is the process of making yourself look neat, tidy and smart. The way you dress, and groom can either send the message that you are confident, smart and sincere or possess opposite qualities. Dressing and grooming are important because they help us
 - ❖ look smart
 - ❖ feel confident about ourselves
 - ❖ make a good impression of ourselves

Examples of good dressing and grooming

- Clean clothes
- Clean face, short hair for boys and neatly tied hair for girls
- Minimum or no flashy things in your dress to school

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Guidelines for dressing and grooming



CLOTHES

- Clothes should be clean, neat, and ironed
- Shoes should be clean and polished
- Change socks everyday and always wear clean socks
- Keep accessories like belts, jewellery, etc., simple
- In certain jobs display of bodily tatoos and piercing is not accepted



HAIR

- Hair should be washed regularly to keep clean
- Simple hair styles and well combed hair gives a smart look



FACE

- Face looks clean if you shave regularly
- Moustache should be neatly trimmed
- Teeth should be kept clean, without any stains
- Brush the teeth twice a day to maintain dental hygiene
- Avoid eating *Paan* or chewing betle.

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A Quick Recap Of This Session



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Home Assignment

A. Multiple choice questions

Read the questions carefully and circle the letter (a), (b), (c) or (d) that best answers the question.

1. Dressing and grooming are important because they help us to look _____.

- (a) smart
- (b) untidy
- (c) shabby
- (d) All of the above

2. The following image is an example of _____ shirt.

- (a) informal
- (b) formal
- (c) Both of the above
- (d) None of the above



3. The following image is an example of _____ T-shirt.

- (a) informal
- (b) formal
- (c) Both of the above
- (d) None of the above



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THANKING YOU

ODM EDUCATIONAL GROUP