

BIRLA INSTITUTE OF LIBERAL ARTS AND MANAGEMENT SCIENCES

IMAGE BUILDING

DURATION : 9 MONTHS (36 WEEKS - 72 CLASSES)

- POWER OF PERSONAL APPEARANCE**
- ART IN EVERYDAY DRESSING**
- FIT AND FASHION**
- SKIN AND HAIR CARE TIPS AND TRICKS**
- GROOMING TIPS AND TECHNIQUES**
- IMPLEMENTING HEALTHY LIFESTYLE (DIET AND EXERCISE)**
- ETIQUETTE AND MANNERS**
- BODY LANGUAGE**
- VOCAL AND VERBAL COMMUNICATIONS**
- CONFIDENCE BUILDING**
- IMPORTANCE OF BODY IMAGE, SELF-IMAGE AND SELF ESTEEM**
- IMPORTANCE OF FIRST IMPRESSION**

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CONTACT : (+ 91) 8584018207 / (+91) 8584018203

ADDRESS : SA , SARAT BOSE ROAD , KOLKATA - 700020