People communicate verbally or nonverbally in different languages as they are comfortable with. When we do conversation we want to convey the other person what we think off, who we are, with an ultimate motive to impress him/her.

You might have heard this idiom “A picture is worth a thousand words” which says that a complex idea can be explained with just a single still image. Similarly, “One Look is worth a thousand words”. Before you speak your image has already spoken for you, which we call in our language your First impression.

There is this beautiful movie “The Devil wears Prada” a 2006 American comedy-drama, based on Lauren Weisberger's 2003 novel. It stars Meryl Streep as “Miranda Priestly”, a powerful fashion magazine editor, and Anne Hathaway as “Andrea Sachs”, a college graduate who goes to New York City and lands a job as Priestly’s co-assistant. Despite her (Anne) ridicule for the shallowness of the fashion industry, she gets a job “a million girls would kill for” . At first; Andy fumbles with her job and fits in poorly with her gossipy, fashion-conscious co-workers. Having failed on her task, she gets depressed and starts thinking to quit it. But gradually she learns her responsibility and starts dressing more stylishly as her job demands to show her effort and commitment to the position and workplace she belongs. This image shows us what an image makeover she undergoes to fit in.
As you can see, both the costumes speak for themselves. In the first image, she is dressed down, very dull, no hairdo conveying a message of not being serious towards her work. However, in second image Anne is dressed up, wearing a double-breasted blazer and properly accessorized with the hairdo, It shows that she is serious about her work as well as herself portraying the brand she works for in outside world.

Similarly, we all work in different industries, where we need to project an image equivalent to what message you want to convey to your associates and the people around you.

Few Tips on Dressing for important occasions

When you need to show authority, dominance and seriousness, always go with firmer fabric, high contrast colour combination, matching suits. Classic styles
If you are in the creative and communication field like advertising, Media, PR try to wear trendy clothes which are casual tailored. Eg. unmatched suit

Avoid wearing casual, excessively tight-fitting or exposing clothes to the workspace. It depicts non-seriousness towards work.
Grooming that is excessively distracting in terms of makeup, hair-care, style, should not be worn.
It is essential that you become aware of your own clothing cues, the messages you are sending and their potential for response.

Accept it or not “We are What We Wear”

-An Article by Ms.Sadhana,(Originally published in Trainopedia Magazine)
Prayaana News

#Prayaana Campus Impact Stories # 15

Oru prayana fellows from Sree Buddha College of Engineering, pattoor organised a class for students of 8th standard of Sree Buddha school, pattoor about personal hygiene and adolescence which was taken by Dr Athira. Topics on proper hygiene practices were discussed followed by discussions on physical and psychological changes during adolescence.

Team members:
Arya Sunderesan, Blessy R, Sruthi S., Swetha Anand S., Neena K Prince
One day Motivation and Career guidance workshop conducted by Our Prayaana Fellows of Sree Budha College of Engineering for Plus One students of John F Kennedy School.

The team members were
Shiny Joseph
Sreedhanya R
Meera Remesh
PS Krishna
Silpa Anand S

Well done Girls. More Power to all of you!

#Koottarivu #Prayaana #GirlPower Sreebudha Engineering College
Grandmas hold our tiny hands for a little while, but our hearts forever. A day with grandmothers of A. G.C.M Karunalayam

#prayanaGirls of #Toc H Institute of Science And Technology
(Jeethu, Mubeena, Nayana, Mariya, Angel)

"Let food be thy medicine, thy medicine shall be thy food." Prayaana Girls of Toc H institute provided lunch for Govt. Medical College Hospital Ernakulam. The whole college cooperated for this. They provided us with packed rice..

#PRAYAANAGIRLS
(Malavika, Sree Parvathy, kavya, nayana)
#Prayaana Campus Impact Stories #19

Girls from Toc H institute of Science And Technology with young talents of Don Bosco boys. These boys proved that "There is a brilliant child locked inside every student". Interactive sessions were made effective with motivational classes, games and activities

#happysoulswith#prayaanagirls
(Nihra, Vyshnavi Jannet, Archana)

#Prayaana Campus Impact Stories #20

"The innocence of children is what makes them stand out as a shining example to the rest of Mankind." A day well spend by Prayaana Girls of Toc H Institute of Science And Technology at Maher Sneha Bhavan. Interactive sessions, games, crafts and arts made young, pretty faces shine like a star.

#happysouls with #prayaanagirls
(Athira Rony, Aswathy Pradeep, Merry Ann, Aneeta Catherine and Aishwarya Mohanan)
"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver". A day well spent with these delightful boys at the Tripunithura Boys' Home filled with games, interactive sessions and loads of fun! A truly memorable day with the #prayaanagirls! (Regina Mathew, Dona Charles, Ananya R, Maria Baby, Siya Paul)

Training @ St. Xaviers

Training at St. Xavier's College for Women, Aluva on Entrepreneurship Journey

Ms. Chandra Vadhana Inspired them with Entrepreneurship Ideas
Prayaana Hub launch # RIT Kottayam

And so it happened in RIT too. The PrayaanaRIT Hub was launched on 2nd November 2018 in Rajiv Gandhi Institute of Technology, Kottayam. Mrs Chandra Vadhana, the CEO of Prayaana and Dr Lalitha Mathew, the chief mentor of Prayaana were the speakers. The event started with the lighting of the lamp. There was an audience of around girls and they all left the hall only inspired by the sessions. The audience was divided into groups and were made to think and speak on the 10 commandments of Prayaana. The campus ambassadors were awarded a badge each. This gave them a chance to think about various aspects of life and actively participated in the sessions.

Some honest feedbacks were:

“The class was way too awesome than I expected. A big thanks for introducing us to this platform n making us a part of it!”

“The class was so cool!!! Really felt as if we were a family... Looking forward to our weekly and monthly meetings..”

“Really inspired by today's session..Hope we can arrange more interactive sessions with Chandra ma'am”

Hope this says everything.
is pleased to recognize

4TUNE FACTORY-INDIA SOCIAL AWARD
EMPRETEC 2018 WOMEN IN BUSINESS AWARD
in Geneva on October 2018
Prayaana 1st Anniversary Celebration @ 4tune Factory with Prayaana Trainers

our CTO Akhil Sabu's Birthday Celebration @4tune Factory
Our Prayaana Fellow Eanswide Fintan receiving a certificate from District Collector Shri. K. Mohammed Y Safirulla for providing meritorious service to the District Mental Health Programme for Disaster Management in Ernakulam District.
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