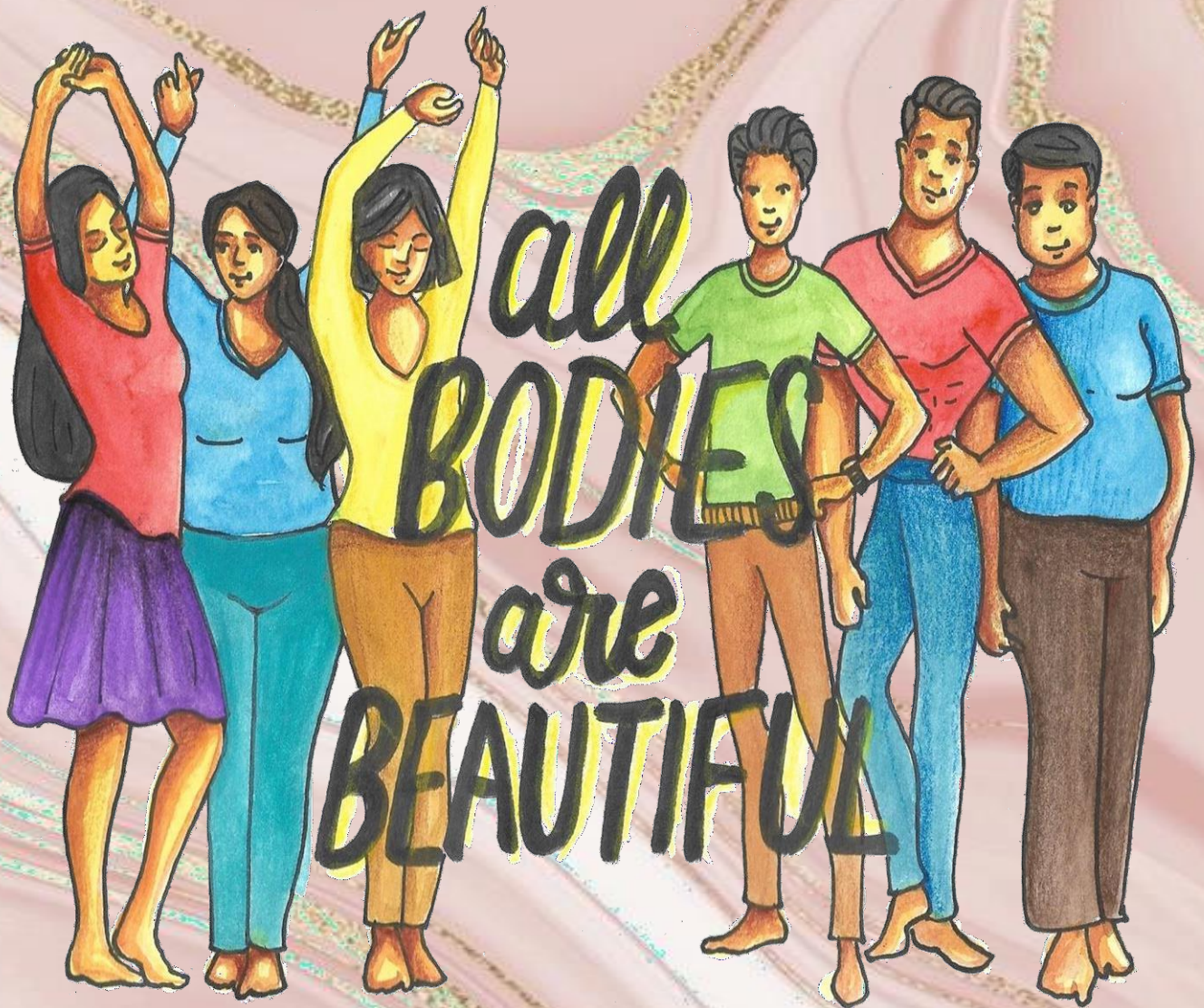


Personal Grooming & Dressing

Dressing as per Body Structure



Class VII
Beauty & Wellness

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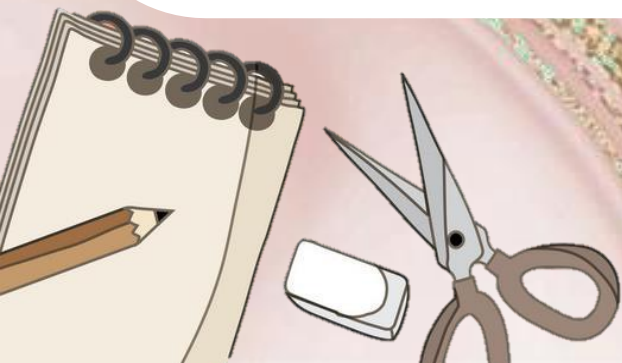
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CONTENTS

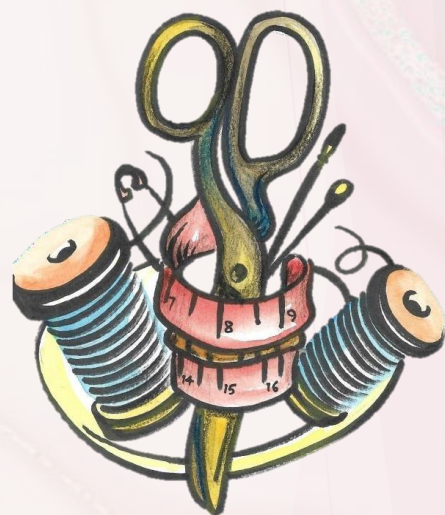
S. No.	TOPIC	Page No.
1	Preface	5
2	Learning Objectives	6
3	Characters	7
4	Story	8-27
5	Ready Reckoner	28-29
6	Assessment	30-33
7	Glossary	34
8	Summary	35
9	Copyright/Disclaimer	36



PREFACE

Dressing is about expressing yourself. It's an ever changing and evolving concept that involves perceptions, views and mindsets. It is a declaration of how confident and comfortable you are in your own skin, regardless of your shape and size. However, selecting appropriate clothing as per body type is of paramount importance. Different styles and silhouettes can complement body shapes in different ways.

This graphic novel sheds light on positive body image and the idea of respecting one's own and others' bodies too. It is related to accepting and appreciating your body as it is.



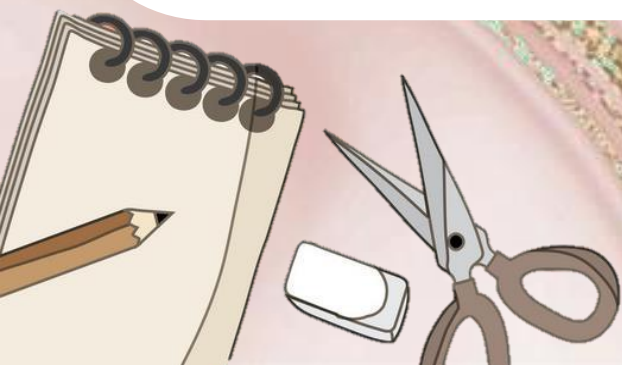
Choosing the right apparel and accessories as per your body type is the key to enhancing overall personality. To highlight the best features of your body and camouflage those parts that are not proportionate should be one's goal.

It's essential for both men and women to pay attention to their appearance, play up their favourite features and redefine beauty.

LEARNING OBJECTIVES

Students will be able to:

1. Develop clear understanding of various body structures
2. Identify male and female body types
3. Choose appropriate clothes and accessories as per body types
4. Design a look and prepare a catalogue for clothes and dresses
5. Compare and contrast various body types for both male and female
6. Develop awareness towards gender sensitivity and body shaming





CHARACTERS



Mr. Dominic – a skillful tailor who has great knowledge of body types. He is competent at creating customized outfits as per individual needs and has a popular tailoring shop in the marketplace at Imphal, Manipur.

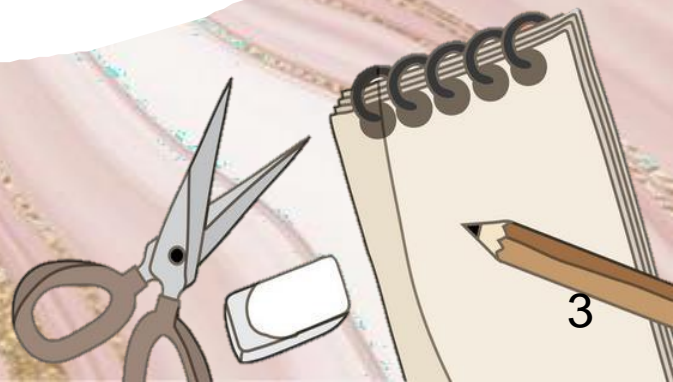


Leima – a smart trendy teenager, fond of online shopping with her mother. She likes to keep pace with the latest trends and fashion and is eager to try out new designs and styles.



Aunt Bobo – a blogger and career counselor. She is open minded and shares a warm and loving relationship with her niece, Leima and nephew, Yangpai.

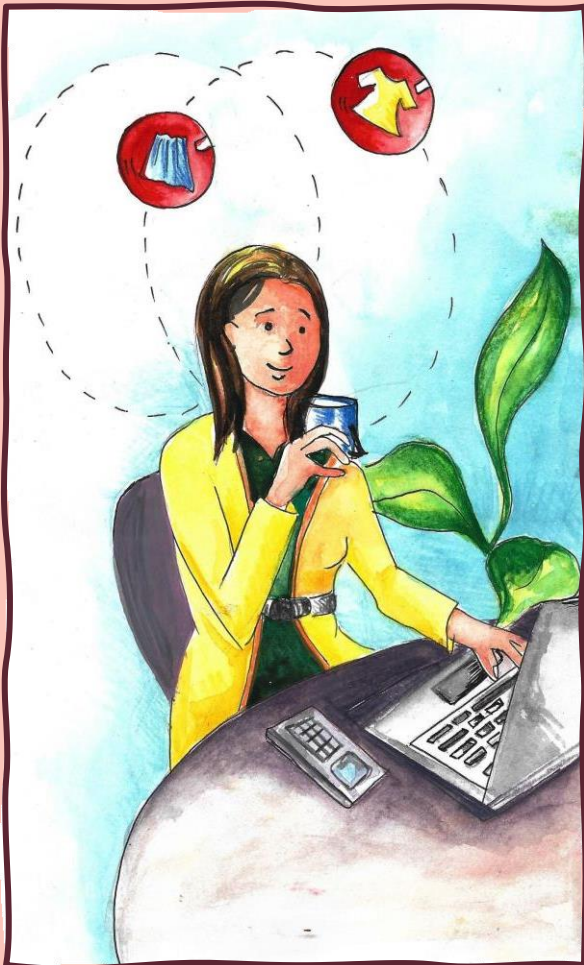
Yangpai – a sportsperson at heart who is focused on his goals and wants to pursue a career in weightlifting.



Leima, a spirited teenager was fond of online shopping. Often, she would save up on her pocket money to shop for trendy clothes. She was on the lookout for the best deals on the most popular brands and would eagerly await the launch of the latest clothing lines on websites.



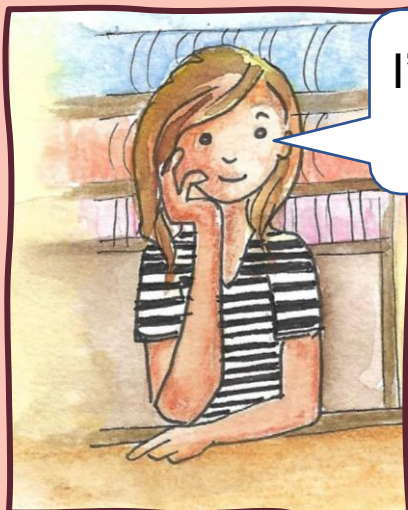
She would navigate from one webpage to another comparing the stores, their latest collections and comparative rates, she was a smart online shopper indeed. She would also check customer reviews before making a purchase. All this she would do under the supervision of her mother.



One day, she came across a beautiful stylish dress and instantly fell in love with it. She wanted to buy it, but to her disappointment, the price was exorbitant and beyond her budget. She dreamed of looking exactly like the model who wore it and thought of creating the same look for herself to wear at a family function.



She decided to replicate it with the help of her father's friend, who owned the popularly visited, Dominic Tailors at the busy marketplace in Imphal.



I'll visit Uncle Dominic, tomorrow morning.



The cloth shop owner showed the mother-daughter duo a variety of textures, colours, patterns and material of fabrics. She bought identical fabric from the local market.



The next day, she visited the shop with her mother. Mr. Dominic had a flair for clothes and was known to be the best in the market for his unique sense of creativity.



Leima showed him the screenshot of the dress and said, “I want you, Uncle Dominic, to stitch the same for me.”



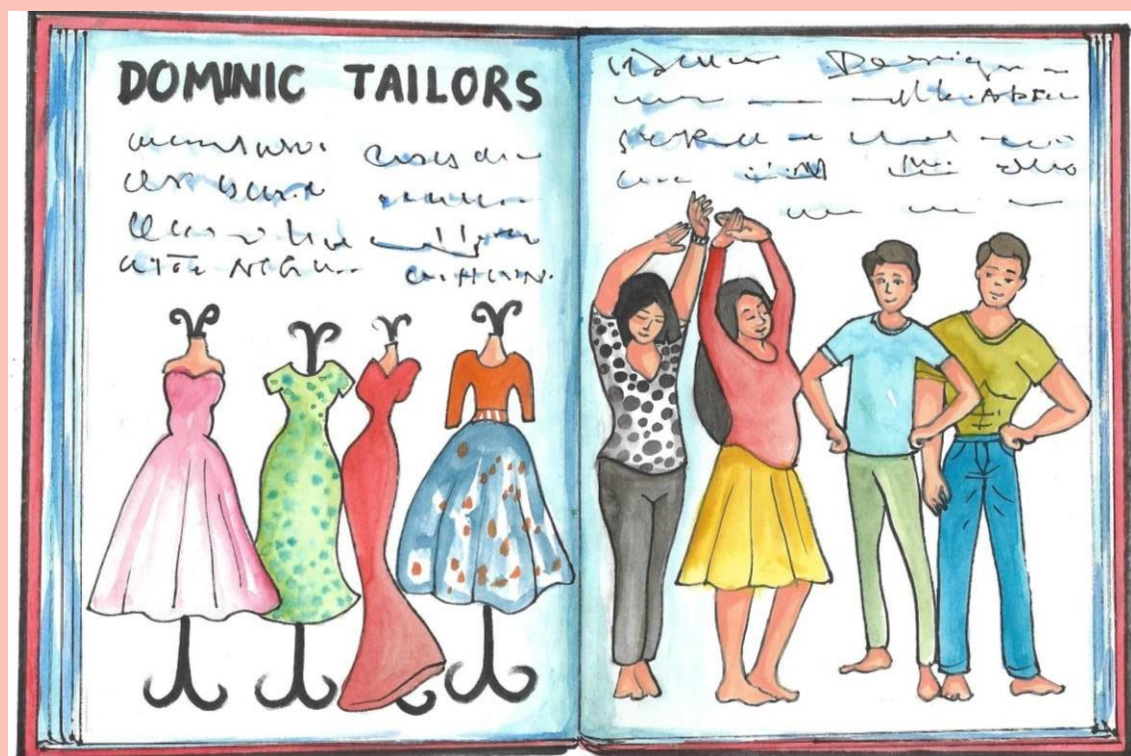
Mr. Dominic observed the picture carefully and said politely, “Leima dear, a dress with a V-neck will suit you better.” Leima was not happy with his suggestion, because she wanted the same round neck with embellishments just like the one in the picture.



Dominic noticed the look of disappointment on her face and said, “Little girl, this style will not suit you. Take my advice. You have overlooked a small but very important factor – your body type. What looks nice on this model may not look the same for you. Your body type is different from her’s.” He went inside his workshop and came out holding a magazine in his hand. It had delightful pictures of models wearing stylish outfits. He showed her the various styles and designs of apparels he had created for his customers as per their body shapes.



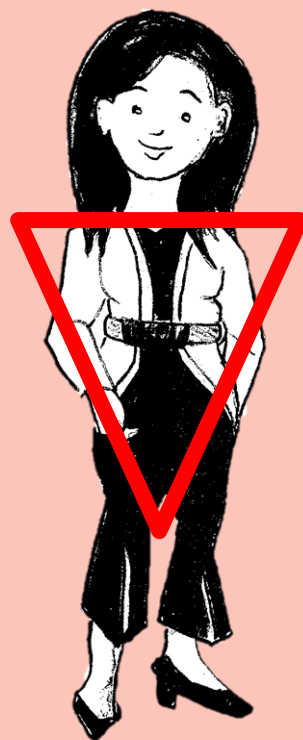
He said, “You know why I have a loyal clientele? This is because I advise my customers about the clothes that would play up their favourite features, define their body shapes, which would further enhance their personalities. Some people are tall and lean, while others are short and curvier. Some have broad shoulders while some have wider hips. Some people find it challenging to gain weight, whereas others face difficulty losing it. All these contribute to a specific body type but my advice to all my customers is, “Your body is awesome, love yourself for exactly who and what you are”.



With clothes and accessories, you can create a proportionate body image and redefine beauty.” Leima was surprised and completely oblivious to this concept of body types and how a careful selection of clothes can work wonders. Dominic advised her that the clothes one chooses makes the individual unique. It’s time to be unapologetically ‘you’.



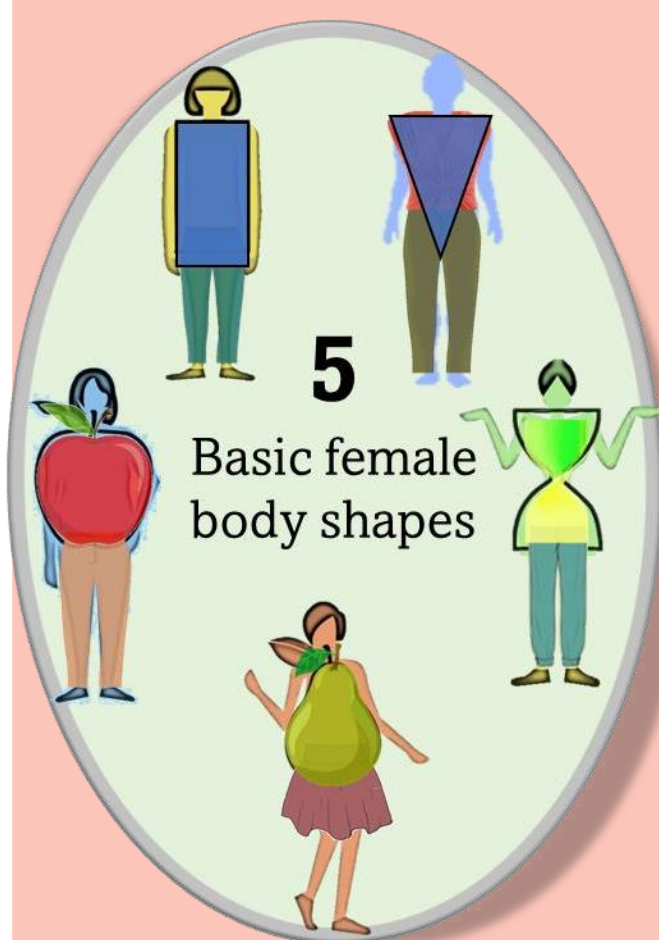
Hearing all this, Leima realized that her body type was an Inverted Triangle where the upper body was proportionately large, unlike the Hourglass body type of the model in the picture. Dominic suggested she wear straight cut or skinny jeans. Tops or dresses with V-neckline will create an illusion of narrow shoulders and thus focus on creating a balance with the wide shoulders and the small hips. This conversation aroused Leima's fascination and she requested Mr. Dominic if she could borrow the magazine for a couple of days for a better understanding of body types.



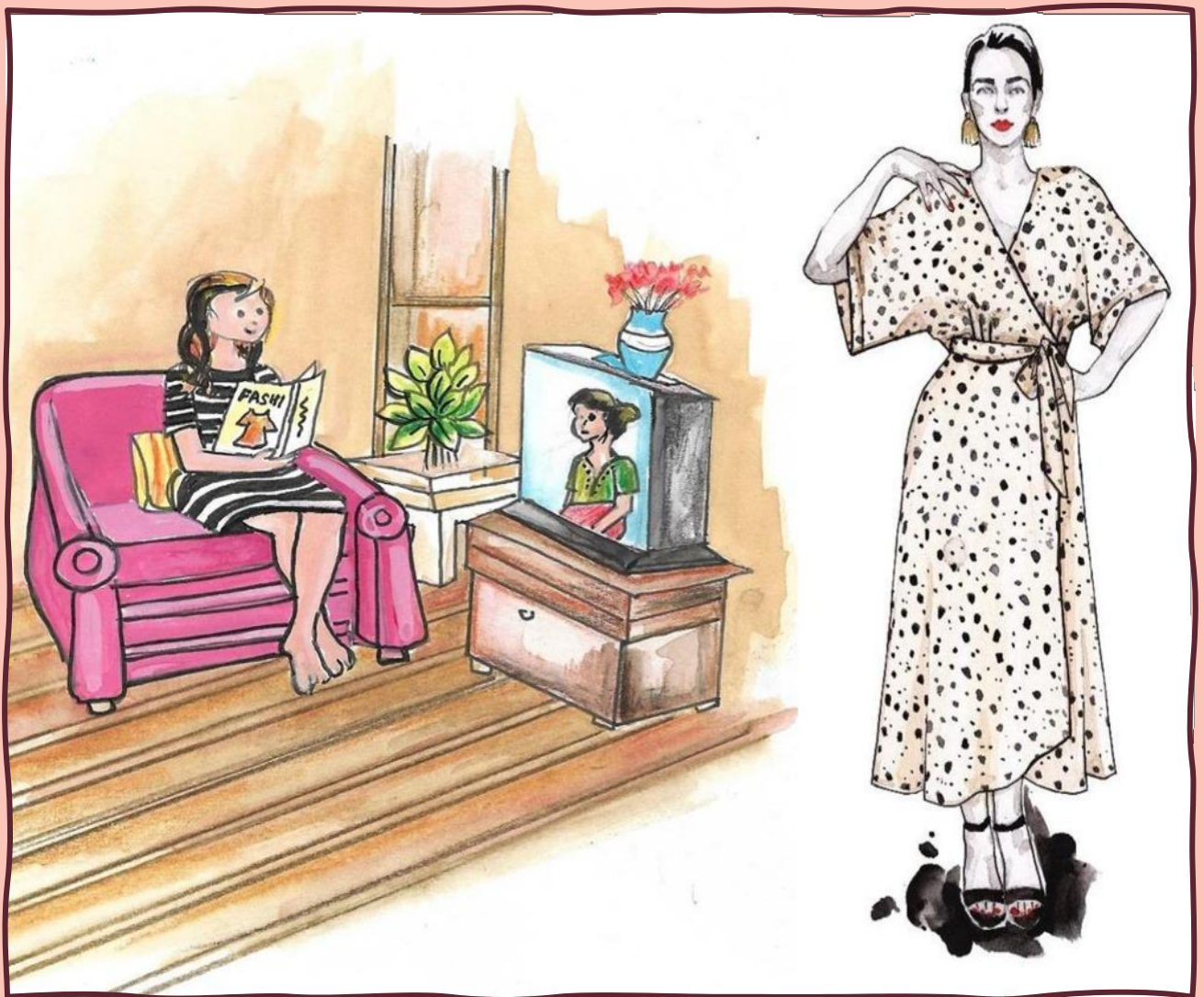
That evening, Aunt Bobo visited them. She had a long road journey from Bishnupur to Imphal. Both, Leima and Aunt Bobo riffed through the pages of the magazine while sipping hot coffee. They were amazed to see pictures of famous people with different body shapes along with a detailed account of their wardrobes.



There were five basic female body shapes – Hourglass, Inverted Triangle, Pear (triangle), Rectangle (athletic) and Apple. They came across a picture of a famous designer, Nimrit Malhotra who had a pear-shaped body. She donned an elegant A-line full skirt with a fitted open neck shirt. The detailed embroidery work around the neck area created a balancing effect.



The next page had the picture of a well-known TV journalist, Nayanika Kumar who wore a wrap dress with a belted waist. She commented that she preferred wearing open necklines and form fitting tops and dresses which had cinched waistlines. She had an hourglass body. She had an hourglass body.



Pictures of a well-dressed former actress caught their eye. She talked about why she preferred wearing drop waist and A-line dresses with embellishments. Her body was apple shaped; there was no defined waist and weight tended to form on the stomach.

Hence, her stylist always recommended that she shop for clothes that drew attention to her neck and shoulder area and conceal the mid-section. Since the legs of such a body shape was a major asset, they could have the liberty to flaunt them in shorter dresses.



A picture of the environmental activist, Deepa Menon drew their attention. She wore a red flared dress with thick straps and a low waistline. The top had a U-neckline that balanced the upper body and gave slight volume to the hip area. She had a rectangle shaped body type where the shoulders were roughly the same width as the waist and the hips and the body structure had a slender frame.



Just then, her brother Yangpai entered. He had finished his training at the local gym.

He aspired to represent his district, Bishnupur at the forthcoming Weightlifting Championship. “Hello Aunt Bobo! Have you brought my favourite sweet dish, chak-hao kheer. The black rice gives it a beautiful purple colour.” She replied. “Yes, nephew Yangpai, I have. Your sister has been telling me about your athletic progress. Leima, if you had to design a dress for your brother, what would be your advice to him?” Answered Leima, “Well, Yangpai you have a trapezoid body type, the shoulders are broad, chest is well developed, but the waist and hips are narrow.



Do you know, this body structure is a sign of a well-proportioned healthy figure and one of the most desirable body shapes for men! Lucky you, thanks to your training. You should wear light-coloured shirts with vertical stripes and dark coloured trousers. A jacket or a blazer will make your waist look tapered and stomach slimmer.



Yangpai,
your upper and
lower body are of
the same length
which makes it
Proportionate



The length of your trousers should touch the ankle and shoes so that your upper and lower body look proportionate.”

Yangpai had a smile on his face. “Sister, you should be a stylist when you grow up. You have an eye for details. Thank you. The next time I go shopping for clothes, I’ll remember your inputs.

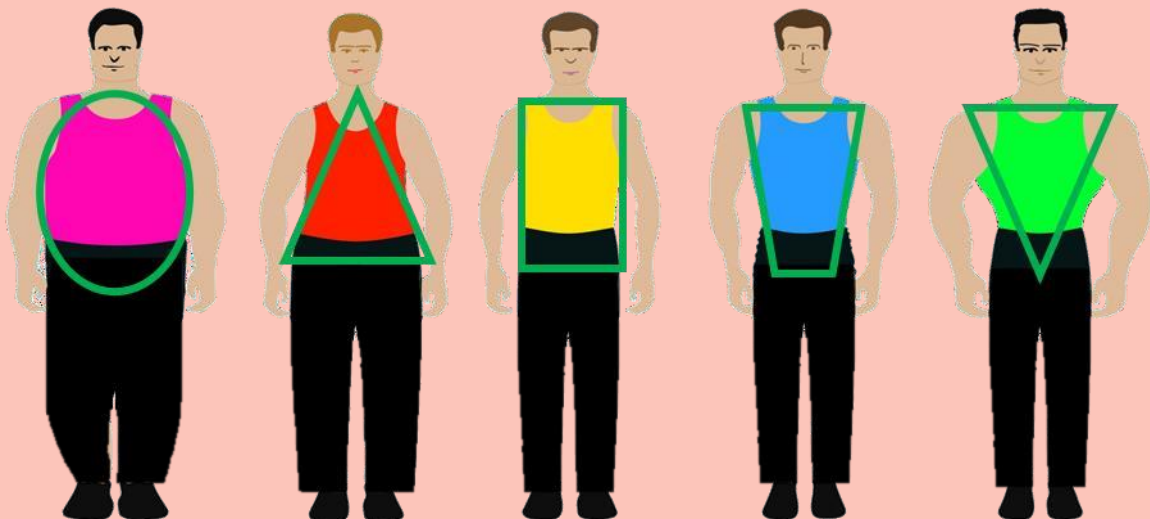
I’ll freshen up and then the three of us will go to the Loktak Lake for boating.”



Later, Aunt Bobo and Leima turned the pages of the magazine. They were amazed to see that even for the males there were five different body types – Oval, Triangle, Inverted Triangle, Rectangle and Trapezoid.



Detailed and comprehensive descriptions were given regarding the selection of clothes, patterns, colours and accessories that would highlight their prominent features.



There was a picture of a famous chef who had an oval body shape. He was recommended to wear pinstripes or vertical stripes that would give an appearance of an elongated body. Dark colours like navy blue or charcoal would give a slimming effect. Contrasting colours which draw attention to the large stomach should be avoided and for the casual look untucking the shirt could be a good option.



Leima quipped, “Aunt Bobo, I noticed that the best tailors, chefs, stylists, designers are men” Aunt Bobo replied that one’s gender notions should not shape perceptions about people and their skills. We live in an equitable society that provides equal opportunities to all, male, female or any other gender. Gender norms should not affect one’s role expectations and hence we should not be biased in our perceptions of people. Follow your dreams, pursue your interest irrespective of your gender. The clothes we chose should enhance our persona and overall personality.



“Come on Leima, Yangpai is waiting for us. I have come to Imphal after a long time. Let’s enjoy the evening on the waters of the Loktak Lake”, said Aunt Bobo.



DRESS YOUR BODY TYPE - FEMALE

BODY SHAPE

LOOK FOR

AVOID



APPLE

Large bust,
narrow hips &
full midsection

- flared or bootcut bottoms
- straight fit pants
- V neck tops
- details on hemlines
- darker coloured tops

- miniskirts
- details Around bust, mid section And hip Area

HOURGLASS

bust And hips
Are similar
measurements, A
defined waist

- clothes fitted At waist
- pencil skirts
- fitted jeans
- belted waistlines



- skirts that end At thickest part of leg
- baggy pants
- high necklines
- baby doll tops



PEAR

hips Are
larger than
bust And
A defined waist

- dark colourson bottom
- colors + prints on top
- V neck tops
- horizontal stripes on top
- wrap dresses

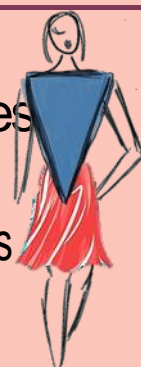
- oversized tops
- capri pants
- pencil skirts
- bright colored pants

INVERTED TRIANGLE

shoulders or bust
Are wider than
waist & hips

- dark coloured tops
- light coloured bottoms
- V necklines
- flare denim or A line skirts
- feminine fabrics

- puff sleeves
- bulky tops
- pencil skirts



RECTANGLE

bust & hips Are
similar measurements
waist is smaller than
bust + hips

- feminine details
- fitted blazers
- flowy fabrics
- embellished necklines or waistlines



- stiff fabrics
- vertical stripes
- square necklines
- sheath dresses

DRESS YOUR BODY TYPE - MALE

BODY SHAPE

LOOK FOR

AVOID



TRIANGLE

larger hips & waist than shoulders & chest

- jackets with shoulder padding
- single breasted jackets
- light colours on top
- slightly flared pants

- double breasted jackets
- polos & roll necks
- slim or skinny pants

TRAPEZOID

well developed shoulders & chest with narrow hips and waist

- light garments on the top
- dark coloured trousers
- vertical stripes, checks and plaids
- jackets that taper at waist

- too tight jeans
- loose and saggy clothes



OVAL

narrow shoulders & hips with heavy waist & chest

- vertical stripes & pinstripes
- V-neck sweaters & long-sleeved t-shirts
- monochrome outfits and darker colours

- double breasted suits
- turtlenecks and bold patterns on top



INVERTED TRIANGLE

shoulders & chest are broader than waist & hips



- slim fit shirts
- unstructured jackets
- straight legged trousers and jeans
- well fitted t-shirts

- shoulder pads
- prints & patterns on the top
- skinny jeans & dark colours on the bottom

RECTANGLE

shoulders, chest, waist & hips are roughly the same measurements

- horizontal stripes on upper torso
- wide collars & lapels
- jackets with shoulder pads
- dark coloured bottoms



- double breasted jackets
- slim-fit and skinny trousers

ASSESSMENT

Q-1 Think and Answer: -

A. Tina is a kathak dancer. She has a well-defined waist and her upper body and lower body is of equal proportion.

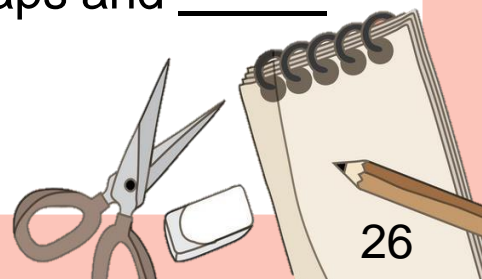
- a. Her body type is _____
- b. She should wear _____ necklines and _____ tops.

B. Jacob likes to play Tennis. He is thin and slight in stature. He is noticeably robust and muscular with broad shoulders and well-developed chest but is slightly shorter than his friends

- a. His body type is _____
- b. He should wear _____ stripes to look taller.

C. Monica is a web designer. She spends most of her time in front of her desktop. She does not have a lot of curves and her hips have almost similar width as her shoulders.

- a. Her body type is _____
- b. Flare dresses with _____ straps and _____ waistlines are recommended.



ASSESSMENT

D. Kabir is a singer. He has a little rounded stomach and torso is wider than his shoulders.

a. His body type is _____

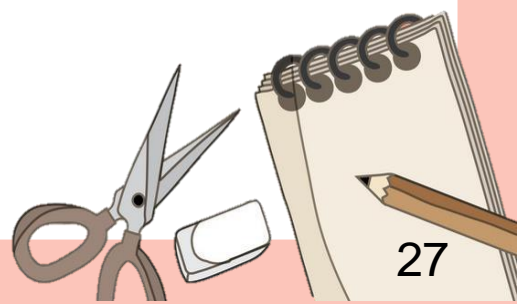
b. He is recommended to wear _____ stripes and _____ colours.

Q-2 Correct the following statements wherever required;

a. Some people are tall and lean, others are short and bulkier.

b. Open necklines and firm fitting tops are good for people who have apple shaped body.

c. Light colours give a slimming effect to your body.



ASSESSMENT

Q-3 Identify and match the body types: -

1.



2.



3.



ANSWER KEY

Q.1

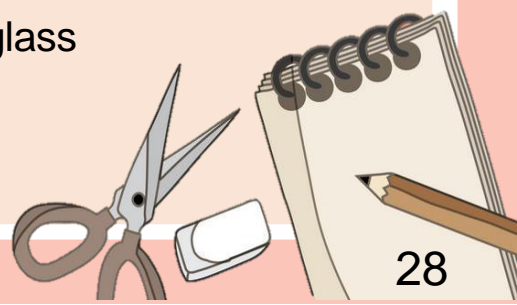
- | | |
|----------------|----------------------------|
| A a- hourglass | b- open, form fitting tops |
| B a- rectangle | b- vertical |
| C a-rectangle | b- thick, low |
| D a- oval | b- vertical, dark |

Q.2

- a- Some people are tall and lean; others are short and curvier.
b- Open necklines and form fitting tops are good for people who have hourglass body.
c- Dark colours give a slimming effect to your body.

Q.3

- | | | |
|--------------|---------|--------------|
| 1. Rectangle | 2. Oval | 3. Hourglass |
|--------------|---------|--------------|



ASSESSMENT

Q4. Maze Craze. Find the words in the puzzle.

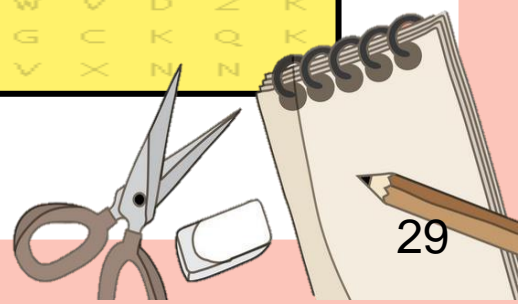
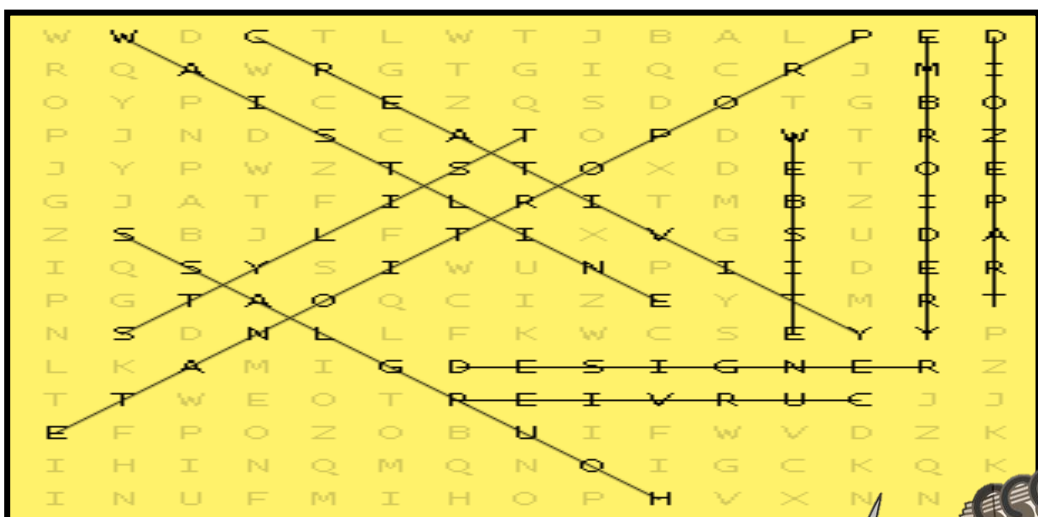
- Words can go in any direction.
- Words can share letters as they cross over each other

Other



Answers-

Proportionate, Creativity, Waistline, Stylist, Hourglass, Designer, Curvier, Embroidery, Trapezoid, Website.



GLOSSARY

S.No	WORD	MEANING	SYNONYM
1	Embellishment	an ornament or decoration to make something more beautiful	adornment, decoration
2	Spirited	full of energy	vivacious, lively
3	Trendy	fashionable and in vogue	stylish, modish
4	Apparel	clothing	garments, attire
5	Replicate	to copy something exactly	duplicate
6	Oblivious	lacking conscious knowledge	unaware, clueless
7	Flaunt	to show something you are proud of	boast, advertise
8	Donned	to put on	wear, enrobe.
9	Wardrobe	a cupboard to keep clothes	closet, apparel
10	Unapologetically	in a manner that does not express regret	unrepentantly
11	Biased	showing an unreasonable like or dislike for a person based on personal opinions	prejudiced
12	Perception	the ability to notice or understand something	approach
13	illusion	a false idea or belief	image
14	Slender	thin in an attractive way	slim
15	Tapered	to become narrow at one end	recede

SUMMARY

The story is about a smart and trendy teenager, Leima who stays in the scenic city of Imphal with her parents. She is a smart online shopper. She idolizes famous people for their sense of style and fashion. One day, she comes across a beautiful dress online, she imagines herself wearing the same dress as the model on a fashion website. As the dress is beyond her budget, she decides to replicate it and fulfil her wish through a tailor extraordinaire, Mr. Dominic. He introduces Leima to different types of male and female body structures and proper dressing based on physique. He also educates her about appropriate clothing and dressing styles. To gain better insight, she explores the body shapes and fashion choices of celebrities.

Her fascination is aroused further when she comes to know that there are five different body shapes for males. She advises her brother, Yangpai on careful selection of clothes, colours and patterns as per body shape.

The story reveals information on how careful selection of clothes can work wonders on one's personality and overall appearance. Most importantly, it focuses on gender neutrality and reevaluating our attitude and perceptions about gender roles.

DISCLAIMER

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**Feeling confident, being
comfortable in your skin...
is what makes you beautiful!!**

