



11th October 2019 (Friday)

Workshop on “Dressing as per your Body Type”

Amity School of Fashion Design & Technology (ASFDT), AUMP organized workshop on “Dressing as per your body type” on 11th October 2019. The workshop was all about knowing about your body type and dressing your body right. One might be happy with their height and features but may not look good after wearing some dresses. This happens because they don’t know about their body type and how to dress according to them. Believe me, sometimes mirrors can be deceiving. Therefore the objective of the workshop was to make the students aware of their body shapes and explore the clothes that flatter their body and how they can use fashion to accentuate their best features.

The workshop was conducted by Ms. Rupali Kakaria, Assistant Professor Amity School of Fashion Design and Technology. Participants from all the departments of Amity University, Madhya Pradesh were invited. The workshop started with the introduction where participants were familiarized to different body types like hourglass, triangle, inverted triangle, rectangle, oval and trapezium. Body measurements were taken by the students of first year and each and every participant was told about their body type and what dresses they can wear according to their body type in both Indian wear and western wear.

The workshop ended on a good note as all the participants were happy and satisfied after knowing about their body types and clearing their misconceptions about their body shapes. The workshop was followed by participant’s feedback and vote of thanks by Ms. Rupali Kakaria, Assistant Professor, Amity School of Fashion Design and Technology, AUMP.



First year students introducing participants to different body types



Participants being measured for their bust, waist and hip



Ms. Rupali Kakaria giving styling tips and tricks for different body types to the participants