



## **SYMBIOSIS COLLEGE OF NURSING**

**Symbiosis International (Deemed University)**

**(Established under section 3 of the UGC Act, 1956 vide notification No.F.9-12/2001-U3 Government of India)**

**Re-Accredited by NAAC with 'A++' grade**

**Founder: Prof. Dr. S.B. Mujumdar (Awarded "Padma Bhushan" in 2012 & "Padma Shri" in 2005)**

## **SYMBIOSIS COLLEGE OF NURSING**

### **PROFESSIONAL GROOMING**

**2023-2024**

**Name of SIU Value Added Course: Grooming Young Minds**

**Course Code: VASCON01**



Grooming has been a point of concern since ancient times. The characterization of a person as “beautiful” whether on an individual basis or by community consensus, is often based on some combination of inner beauty, which includes psychological factors such as personality, intelligence, grace, politeness, charisma, integrity, congruence, and elegance, and outer beauty (i.e., physical attractiveness) that includes physical attributes which are valued on a subjective basis.

Standards of beauty have changed over time, based on changing cultural values. Historically, paintings show a wide range of different standards of beauty. However, humans who are relatively young, with smooth skin, well-proportioned bodies, and regular features, have traditionally been considered the most beautiful throughout history.

Professionalism is for everyone. Everyone associated with health care is a professional. Nurses are often considered as the backbone of the health care community. Most nurses do everything they can to be their best. It is in this spirit of pressing for excellence that Symbiosis College of Nursing has put its step forward to make a great change as it believes in it.

**Objective:** this course on “Professional Grooming” will incorporate grooming aspects like professionalism, soft skills, etiquettes of communication, appearance and so on.

  
**Dr. Sonopant G. Joshi**  
M.Sc(N), M.Sc(DM) PhD  
Director & Professor  
Symbiosis College of Nursing(SCON)  
Symbiosis International (Deemed University) Campus  
H3 Baza, Lavale, Pune - 412 115.

**SYMBIOSIS COLLEGE OF NURSING**  
**B.SC. NURSING 1<sup>ST</sup> SEMESTER YEAR (2023 – 2027)**

**PROFESSIONAL GROOMING SHEDULE**

PROFESSIONAL GROOMING	DATES	TIME	DURATION	RESPONSIBILITY
Morality & Grooming	9/8/2023	1-3	2 HR	Ms Shital W
Workout etiquettes	9/8/2023	3-4	1 HR	Mr. Satish Choure
Diet & Health Part II	10/8/2023	1-3	2 HR	Ms Archana
Workout etiquettes	10/8/2023	3-4	1 HR	Mr. Satish Choure
Personal appearance, Uniform	11/8/2023	1-3	2 HR	Dr. Lekshmi Nair
How to write an application letter	11/8/2023	3-4	1HR	Ms Surekha
How to write an application letter	12/8/2023	1-2	1 HR	Ms Surekha
Personal appearance	12/8/2023	2-4	2 HR	Dr. Lekshmi Nair
Diet & Health Part I	14/8/2023	1-3	2 HR	Ms. Archana
Behavioural etiquettes	14/8/2023	3-4	1 HR	Mr. Satish Choure
Fitness and health	16/8/2023	1-2	1 HR	Mr. Satish Choure
Behavioural etiquettes	16/8/2023	2-4	2 HR	Mrs Manisha M
Hygiene	17/8/2023	1-3	2 HR	Ms. Payal
Writing Skills	17/8/2023	3-4	1 HR	Ms Divyani
Writing Skills	18/8/2023	1-2	1 HR	Ms Divyani
Communication skills enhancement	18/8/2023	2-4	2 HR	Mrs Manisha M
Hair etiquettes	19/8/2023	1-3	2HR	Ms. Payal
Spiritual wellbeing	19/8/2023	3-4	1 HR	Ms. Prachi
Spiritual wellbeing	21/8/2023	1-2	1 HR	Ms. Prachi
Dress Code for various events	21/8/2023	2-4	2 HR	Dr. Dipali D

  
 Signature of Class  
 Coordinator

  
 Signature of Academic  
 Coordinator

  
 Signature of Director

Dr. Sonopant G. Joshi  
 Director & Professor  
 Symbiosis College of Nursing(SCON)  
 Hill Base Campus  
 Lavale, Pune - 412 115.

**SYMBIOSIS COLLEGE OF NURSING**  
**B.S.C. NURSING 1<sup>ST</sup> SEMESTER YEAR (2023 – 2027)**  
**14/08/2023 to 19/08/2023**

**Weekly Timetable**

Weekly Timetable									
Date & Day	8:30 – 9.30 AM	9.30-10.30 AM	10:30 -11.30 AM	11.30-12.30PM	12: 30-1pm	1-2 PM	2-3 PM	3-4	
Monday 14/8/2023	Communicative English Ms. Meghna	Applied Sociology Dr Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Applied Anatomy Ms. Surekha	LUNCH BREAK	Professional Grooming Diet & Health Part II Ms. Archana		Professional Grooming Behavioural etiquettes Mr. Satish Choure	
Tuesday 15/08/2023	HOLIDAY					HOLIDAY			
Wednesday 16/08/2023	Nursing Foundation Dr Lekshmi Nair	Applied Sociology Dr. Shital Waghmare	Nursing Foundation Dr Lekshmi Nair	Communicative English Ms. Meghna		Professional Grooming Fitness and health Mr. Satish Choure	Professional Grooming Behavioural etiquettes Mrs Manisha M		
Thursday 17/08/2023	Applied Psychology Mr. Satish	Applied Sociology Dr Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Applied Physiology Ms. Surekha		Professional Grooming Hygiene Ms. Payal			Professional Grooming Writing Skills Ms Divyani
Friday 18/08/2023	Communicative English Ms. Meghna	Applied Sociology Dr. Shital Waghmare	Nursing Foundation Dr Lekshmi Nair	Applied Physiology Ms. Surekha		Professional Grooming Writing Skills Ms Divyani	Professional Grooming Communication skills enhancement Mrs Manisha M		
Saturday 19/08/23	Nursing Foundation Ms. Archana	Applied Sociology Dr Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Communicative English Ms. Meghna		Professional Grooming Hair etiquettes Ms. Payal			Professional Grooming Spiritual wellbeing Ms. Prachi

Signature of Class Coordinator  
 (Dr. Lekshmi Nair)

Signature of Academic Coordinator  
 (Dr. Jasneet Kaur)

Signature of Deputy Director  
 (Dr. Sheela Upendra)

**Dr. Sheela Upendra**  
 Dy. Director

**Symbiosis College of Nursing (SCON)**  
**Symbiosis International (Deemed University) Campus**  
**Hill Base, Lavale, Pune - 412 115.**

Signature of Director  
 (Dr. S.G.Joshi)

**Dr. Sonopant G. Joshi**  
 Director & Professor

**Symbiosis College of Nursing (SCON)**  
**Hill Base Campus**  
**Lavale, Pune-412.115.**



**SYMBIOSIS COLLEGE OF NURSING**  
**.B.SC. NURSING I<sup>ST</sup> SEMESTER YEAR (2023 – 2027)**  
**21/08/2023 to 26/08/2023**

**Weekly Timetable**

Date & Day	8:30 – 9.30 AM	9.30-10.30 AM	10:30 -11.30 AM	11.30-12.30PM	12: 30-1pm	1-2 PM	2-3 PM	3-4
<b>Monday</b> 21/8/2023	Nursing Foundation Dr Lekshmi Nair	Applied Sociology Dr. Shital Waghmare	Nursing Foundation Dr Lekshmi Nair	Applied Anatomy Ms. Surekha	<b>LUNCH BREAK</b>	Professional Grooming Spiritual wellbeing Ms. Prachi	Professional Grooming Hair etiquettes Dr. Ranjana	Professional Grooming Dress Code for various events Dr. Dipali D
<b>Tuesday</b> 22/08/2023	Nursing Foundation Dr Lekshmi Nair	Lab Hours Dr. Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Applied Psychology Mr. Satish.C		Nursing Foundation Dr Lekshmi Nair	Nursing Foundation Ms. Archana	Applied Anatomy Ms. Surekha
<b>Wednesday</b> 23/08/2023	Nursing Foundation Dr Lekshmi Nair	Applied Sociology Dr. Shital Waghmare	Nursing Foundation Dr Lekshmi Nair	Communicative English Ms. Meghna		Applied Psychology Mr. Satish.C	Applied Physiology Ms. Surekha	Nursing Foundation Ms. Archana
<b>Thursday</b> 24/08/2023	Nursing Foundation Dr Lekshmi Nair	Lab Hours Dr. Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Applied Psychology Mr. Satish.C		Nursing Foundation Dr Lekshmi Nair	Nursing Foundation Ms. Archana	Applied Anatomy Ms. Surekha
<b>Friday</b> 25/08/2023	Nursing Foundation Dr Lekshmi Nair	Lab Hours Dr. Lekshmi Nair	Nursing Foundation Dr Lekshmi Nair	Communicative English Ms. Meghna		Nursing Foundation Dr Lekshmi Nair	Applied Physiology Ms. Surekha	Nursing Foundation Ms. Archana
<b>Saturday</b> 26/08/23	Applied Psychology Mr. Satish.C	Applied Sociology Dr. Shital Waghmare	Nursing Foundation Dr. Shital Waghmare	Applied Psychology Mr. Satish.C		Self Study	Professional Grooming Hair etiquettes Dr. Ranjana	Nursing Foundation Dr. Shital Waghmare

Signature of Class Coordinator  
(Dr. Lekshmi Nair)

Signature of Academic Coordinator  
(Dr. Jasneet Kaur)

Signature of Deputy Director  
(Dr. Sheela Upendra)

Signature of Director  
(Dr. S.G.Joshi)

**Dr. Sheela Upendra**  
**Dy. Director**  
**Symbiosis College of Nursing (SCON)**  
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<b>SYMBIOSIS COLLEGE OF NURSING</b> <b>B.Sc Nursing Semester I (2023-2027)</b> ATTENDANCE SHEET- PROFESSIONAL GROOMING												
Sr. No	PRN	Nmae of the student	9.8.23	10.8.23	11.8.23	12.8.23	14.8.23	16.8.23	17.8.23	18.8.23	19.8.23	20.8.23
1	23040221001	ABHIRAMI G	P	P	P	P	P	P	P	P	P	P
2	23040221002	ADITHYA SAJI	P	P	P	P	P	P	P	P	P	P
3	23040221003	AKANISHA VIJAY KUMAR SHINDE	P	P	P	P	P	P	P	P	P	P
4	23040221004	ALACT THRESSIA JOJU	P	P	P	P	P	P	P	P	P	P
5	23040221005	RAJMANE ALOK SACHIN	P	P	P	P	P	P	P	P	P	P
6	23040221006	ANDHARE NEHA SUBHASH	P	P	P	P	P	P	P	P	P	P
7	23040221007	ANGELINE ANN BENNY	P	P	P	P	P	P	P	P	P	P
8	23040221008	AQUEEN BI MARIYA	P	P	P	P	P	P	P	P	P	P
9	23040221009	ATHIRA SHAJI	P	P	P	P	P	P	P	P	P	P
10	23040221010	ATHUL S VARGHEESE	P	P	P	P	P	P	P	P	P	P
11	23040221011	BALID RUTVIKA ARUN	P	P	P	P	P	P	P	P	P	P
12	23040221012	BINCY MOL A	P	P	P	P	P	P	P	P	P	P
13	23040221013	CHANCHAL HANUMANT SHINDE	P	P	P	P	P	P	P	P	P	P
14	23040221014	LONDHE CHETANA UTTAM	P	P	P	P	P	P	P	P	P	P
15	23040221015	DEVITLA FLOWER S	P	P	P	P	P	P	P	P	P	P
16	23040221016	DIKSHA GHALLEY	P	P	P	P	P	P	P	P	P	P
17	23040221017	EDOZIUNO CELLINA	P	P	P	P	P	P	P	P	P	P
18	23040221018	EVANGEL B GEORGE	P	P	P	P	P	P	P	P	P	P
19	23040221019	GAIUS JOHN	P	P	P	P	P	P	P	P	P	P
20	23040221020	HARSHA RAJ	P	P	P	P	P	P	P	P	P	P

21	23040221021	J AISLIN JOE	P	P	P	P	P	P	P	P	P	P
22	23040221022	J ENI BIJU	P	P	P	P	P	P	P	P	P	P
23	23040221023	J OSNA ANN BIJU	P	P	P	P	P	P	P	P	P	P
24	23040221024	J OVITA MARIA BIJOY	P	P	P	P	P	P	P	P	P	P
25	23040221025	J OVITTA DEVASSY THEKKAN	P	P	P	P	P	P	P	P	P	P
26	23040221026	K ANDUKURI PAVAN TEJA	P	P	P	P	P	P	P	P	P	P
27	23040221027	K ANNAKE KARISHMA DINKAR	P	P	P	P	P	P	P	P	P	P
28	23040221029	M ANISH KUMAR	P	P	P	P	P	P	P	P	P	P
29	23040221031	N AYANA T S	P	P	P	P	P	P	P	P	P	P
30	23040221032	N IRANJANA R NAIR	P	P	P	P	P	P	P	P	P	P
31	23040221033	N IYA JOSEPH	P	P	P	P	P	P	P	P	P	P
32	23040221034	R AINA BIJU	P	P	P	P	P	P	P	P	P	P
33	23040221036	R OSE MARIA VILSON	P	P	P	P	P	P	P	P	P	P
34	23040221037	S AMTEN CHODEN	P	P	P	P	P	P	P	P	P	P
35	23040221038	S HIBI B S	P	P	P	P	P	P	P	P	P	P
36	23040221039	S HINDE VAISHNAVI DNYANDEV	P	P	P	P	P	P	P	P	P	P
37	23040221040	T ESSA BIJU	P	P	P	P	P	P	P	P	P	P
38	23040221041	T HERESA MARIA THOMAS	P	P	P	P	P	P	P	P	P	P
39	23040221042	T IMOTHY JOHN KUMARATH	P	P	P	P	P	P	P	P	P	P
40	23040221043	U CHE PECULIAR KOSISOCHUKW U	P	P	P	P	P	P	P	P	P	P
41	23040221044	V IDYALEKSHM I V	P	P	P	P	P	P	P	P	P	P
42	23040221045	Z ITA ONWUDIWE	P	P	P	P	P	P	P	P	P	P
43	23040221046	A BIYA ABY	P	P	P	P	P	P	P	P	P	P
44	23040221047	A NMOL KUMAR	P	P	P	P	P	P	P	P	P	P
45	23040221048	A RSHITA JANGRAL	P	P	P	P	P	P	P	P	P	P

46	23040221049	BHOIR VAISHNAVI VIKAS	P	P	P	P	P	P	P	P	P	P	P
47	23040221051	DSOUZA MEAGAN CECILIA GLEN	P	P	P	P	P	P	P	P	P	P	P
48	23040221052	FAYAZ ALI	P	P	P	P	P	P	P	P	P	P	P
49	23040221053	HIMANI KASHYAP	P	P	P	P	P	P	P	P	P	P	P
50	23040221055	MD ABUZAR	P	P	P	P	P	P	P	P	P	P	P
51	23040221056	MD MOZAMMIL	P	P	P	P	P	P	P	P	P	P	P
52	23040221057	NASEIR HASSAN	P	P	P	P	P	P	P	P	P	P	P
53	23040221058	NIKHIL SAJU	P	P	P	P	P	P	P	P	P	P	P
54	23040221059	NIYA ANNA OOMMEN	P	P	P	P	P	P	P	P	P	P	P
55	23040221061	PARKAR MEHRAN REHAN	P	P	P	P	P	P	P	P	P	P	P
56	23040221062	PERSIS STEPHEN	P	P	P	P	P	P	P	P	P	P	P
57	23040221063	RANI	P	P	P	P	P	P	P	P	P	P	P
58	23040221064	SHINDE AJAY NAMDEV	P	P	P	P	P	P	P	P	P	P	P
59	23040221065	SHIVANGI DEVI	P	P	P	P	P	P	P	P	P	P	P
60	23040221066	SREELEKSHMI S	P	P	P	P	P	P	P	P	P	P	P
61	23040221067	TENZIN KUNSANG	P	P	P	P	P	P	P	P	P	P	P
62	23040221068	VYSHNAVI SUDHEER	P	P	P	P	P	P	P	P	P	P	P
63	23040221069	SHERUB THAI DORJI	P	P	P	P	P	P	P	P	P	P	P
64	23040221070	SIVA HANG RAI	P	P	P	P	P	P	P	P	P	P	P

  
Signature of  
Class Coordinator

  
Signature of Academic  
Coordinator

  
Signature of  
Director

Dr. Sonopant G. Joshi  
Director & Professor  
Symbiosis College of Nursing(SCON)  
Hill Base Campus  
Lavale, Pune - 412 115.





**Symbiosis College of Nursing**  
**Symbiosis International (Deemed University)**

A Constituent of Symbiosis International (Deemed University)  
(Established under Section 3 of the UGC Act, c1956 vide notification No. F.9- 12/2001-U.3 of the Government of India) Re-Accredited by NAAC with Grade "A++"

**CERTIFICATE OF COMPLETION**

Ms. ABHIRAMI G bearing PRN-23040221001, attended and successfully completed the *Value Added Course on PROFESSIONAL GROOMING* held at SYMBIOSIS COLLEGE OF NURSING from  
**09/08/2023 to 21/08/2023.**

*Signature of the Director*

Dr. Sonopant G. Joshi

Symbiosis College of Nursing (SCON)  
Hill Base Campus  
Laxmi, Pune-412 116