



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 being 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
NH Gata, Laxa's, Pune - 412 115.

SYMBIOSIS COLLEGE OF NURSING

M.SC. NURSING IST YEAR (2023 – 2025)

PROFESSIONAL GROOMING SHEDULE

PROFESSIONAL GROOMING	DATES	TIME	DURATION	RESPONSIBILITY
Personal Appearance & Uniform Ettiquettes	6/10/2023	9:00-11:00	2 HR	Dr. Sheetal Barde
Workout Ettiquettes	6/10/2023	11:00-12:00	1 HR	Mr. Satish Choure
Professional Hair Dressing	6/10/2023	12:00-13:00	1 HR	Dr. Ranjana Chavan
Personal Appearance & Uniform	6/10/2023	14:00-15:00	1 HR	Dr. Sheetal Barde
Morality & Grooming	6/10/2023	15:00-17:00	2 HR	Dr. Shital Pimpalekar
Diet & Health Part I	7/10/2023	9:00-11:00	2 HR	Ms. Archana Admuted
Dress Code	7/10/2023	11:00-12:00	1 HR	Dr. Jasneet Kaur
Spiritual Wellbeing	7/10/2023	14:00-15:00	1 HR	Ms. Prachi Mahapure
Diet & Health Part II	7/10/2023	15:00-17:00	2 HR	Ms. Archana Admuted
Personal Appearance & Uniform Ettiquettes	9/10/2023	8:30-10:30	2 HR	Dr. Sheetal Barde
Professional Hair Dressing	9/10/2023	10:30-12:30	2 HR	Dr. Ranjana Chavan
Spiritual Wellbeing	9/10/2023	13:00-14:00	1 HR	Ms. Prachi Mahapure
Resume Writing	11/10/2023	8:30-10:30	2 HR	Dr. Sheetal Barde
Interview Skills	11/10/2023	10:30-12:30	2 HR	Mrs. Surekha Sakore
Diet & Health Part II	11/10/2023	13:00-14:00	1 HR	Ms. Archana Admuted
Academic report writing	11/10/2023	14:00-16:00	2 HR	Dr. Sheetal Barde
Personal Appearance & Uniform	12/10/2023	8:30-10:30	2 HR	Dr. Sheetal Barde
How to write an application?	12/10/2023	10:30-12:30	2 HR	Mrs. Surekha Sakore


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KJ Somaiya, Lavale, Pune - 412 115.

SYMBIOSIS COLLEGE OF NURSING

M. Sc. Nursing 1st Year (Batch 2022-23)

Weekly Time Table


Class Room - 7

3/10/2023 to 7/10/2023

Date/Day	9am-10am	10am-11am	11am-12noon	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm
Tuesday 03.10.2023	Welcome and Formal Introduction of students	Eligibility Mrs. Pratibha			LUNCH	Insurance Mr. Yogesh Dighe	Eligibility Mrs. Pratibha	
Wednesday 04.10.2023	Scholarships Dr. Ranjana Chavan	Orientation to College Ms. Sayali Athavankar	Anti-ragging form and videos Mr. Yogesh Dighe			Uniform Measurement Dr. Dipali Dumbre		IT Login and Password Setting Mr. Yogesh Dighe
Thursday 05.10.2023	PANACHE					PANACHE		
Friday 06.10.2023	Professional Grooming Personal Appearance and Uniform Sheetal Barde	Professional Grooming Workout Etiquettes Satish Choure	Professional Grooming Professional Hair Dressing Dr. Ranjana Chavan	Professional Grooming Personal Appearance Sheetal Barde		Professional Grooming Morality and Grooming Dr. Shital Pimpalekar		
Saturday 07.10.2023	Professional Grooming Diet and Health Part I Archana Admure	Professional Grooming Dress Code Dr. Jasneet Kaur		Professional Grooming Spiritual Wellbeing Ms. Prachi M		Professional Grooming Diet and Health Part II Archana Admure		


Signature of Class Coordinator
Sheetal Barde


Signature of Academic Coordinator
Jasneet Kaur


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

SYMBIOSIS COLLEGE OF NURSING

M. Sc. Nursing 1st Year (Batch 2022-24)


Weekly Time Table

Class Room - 7

9/10/2023 to 14/10/2023

Date/Day	8:30am-9:30am	9:30am-10:30am	10:30am-11:30am	11:30am-12:30pm	12:30pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	
Monday 09.10.2023	Professional Grooming Professional Appearance Sheetal Barde		Professional Grooming Professional Hair Dressing Dr. Ranjana Chavan		L U N C H B R E A K	Professional Grooming Spiritual Wellbeing Ms. Praclu M	Health Promoting Initiative (HPI) & College Health Education Programme (CHEP)		
Tuesday 10.10.2023	World Mental Health Day Observation at Pashan Gaon					World Mental Health Day Observation at Pashan Gaon			
Wednesday 11.10.2023	Professional Grooming Resume Writing Sheetal Barde		Professional Grooming Interview Skills Ms. Surekha Sakore			Professional Grooming Diet and Health Part I Archana Admure	Professional Grooming Academic Report Writing Sheetal Barde		
Thursday 12.10.2023	Professional Grooming Personal Appearance and Uniform Sheetal Barde		Professional Grooming How to write an Application Letter? Ms. Surekha Sakore			Nursing Research Subject Orientation Dr. S G Joshi		Nursing Education Subject Orientation Dr. Shital Waghmare	
Friday 13.10.2023	Advance Nursing Practice Subject Orientation Sheetal Barde		Specialty Lecture Subject Orientation Sheetal Barde- MHN Dr. Jasneet Kaur - CHN Dr. Seeta Devi- OBG Mrs. Manisha - MSN			Nursing Research Dr. S G Joshi		Nursing Education Dr. Shital Waghmare	
Saturday 14.10.2023	Advance Nursing Practice Sheetal Barde		Specialty Lecture Subject Orientation Sheetal Barde- MHN Dr. Ranjana Chavan - CHN Dr. Seeta Devi- OBG Mrs. Manisha - MSN			Nursing Research Dr. S G Joshi		Nursing Education Dr. Shital Waghmare	


Signature of Class Coordinator
Sheetal Barde


Signature of Academic Coordinator
Dr. Jasneet kaur

Signature of Deputy Director


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



SYMBIOSIS COLLEGE OF NURSING

A Constitution of Symbiosis International University (SIU)

STUDENT ATTENDANCE REGISTER

Sr. No.	Name of Student	Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.	Amol Ginoxat		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2.	Dhanashree Waghmare		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3.	Kuntalina Halder		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4.	Mehina Mawiang		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5.	Nilima Sabate		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6.	Pallavi Sharma		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7.	Rimsha Khan		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8.	Swati Chaudhe		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9.	Tanuja Pakhare		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10.	Vishakha Bhad		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11.	Akshay Suryawanshi		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12.	Nihal Thopte		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Date	Time	Topic	Hours	Sign
6/10/23	8:30-10:30	Personal Appearance and uniform etiquette	2 hrs	[Signature]
6/10/23	10:30-11:30	Workshop Etiquette	1 hr	[Signature]
6/10/23	11:30-12:30	Professional Hair	1 hr	[Signature]
6/10/23	1-2	Personal Appearance	1 hr	[Signature]
6/10/23	2-4	Morbidity & Grooming	2 hrs	[Signature]
7/10/23	8:30-10:30	Diet & Health part I	2 hrs	[Signature]
7/10/23	10:30-11:30	Dress code	1 hr	[Signature]
7/10/23	1-2	spiritual wellbeing	1 hr	[Signature]
7/10/23	2-4	Diet & Health part II	2 hrs	[Signature]
8/10/23	8:30-10:30	Professional appearance	2 hrs	[Signature]
9/10/23	10:30-12:30	Professional Hair dressing	2 hrs	[Signature]
9/10/23	1-2	Morbidity wellbeing	1 hr	[Signature]
10/10/23	8:30-10:30	Resume writing	2 hrs	[Signature]
11/10/23	10:30-12:30	Interviews exercise	2 hrs	[Signature]
11/10/23	1-2	Diet planning	1 hr	[Signature]

GROOMING

Name of Subject: Professional Grooming (VAC)
 Name of Teacher: Sheetal Bhande
 Hours Allotted: 30 hours.

16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Present Hours	Absent	Sick	Total Hours
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30
P	P	P														30	-	-	30

Total Hours → 30 Hours
 Completed Hours → 30 Hours

Signature of Faculty: [Signature] (Sheetal Bhande)

Signature of Director:

[Signature]
 Dr. Sonopant G. Joshi
 Director & Professor
 Symbiosis College of Nursing (SCGN)
 Hill Base Campus
 Lavate, Pune-412117



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Re-Accredited by NAAC with Grade "A++"

CERTIFICATE OF COMPLETION

Ms./Mr. AKSHAY SURYAWANSHI bearing PRN **PRN NO 23040242011**, attended and successfully completed the *Value Added Course on PROFESSIONAL GROOMING* held at **SYMBIOSIS COLLEGE OF NURSING** from **6th October 2023** to **12th October 2023**.

Signature of the Director