



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
Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D., Founder & President, Symbiosis, Chancellor, Symbiosis International University

SYMBIOSIS COLLEGE OF NURSING
PROFESSIONAL GROOMING
2022-2023

Name of SIU Value-added Course: Grooming Young Minds
Course Code: VASCON01

PREAMBLE ON PROFESSIONAL GROOMING



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) which 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 for 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 healthcare is a Professional. Nurses are often considered 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.

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

SYMBIOSIS COLLEGE OF NURSING

Professional Grooming

B. Sc. Nursing I Semester (Academic Year 2022-23)

Content Table

26/12/2022- 31/12/2022

Sr.no	Name of the Topic	Name of the faculty
1.	Personal Grooming (Personal Appearance)	Ms Shital P
2	Personal Grooming (Fitness and Health) – Part I	Mr Satish Choure
3.	Writing Skills	Ms Manisha Mistry
4	Communication and Skill enhancement	Ms Manisha Mistry
5	Dressing Pattern	Ms Nikita Gaikwad
6	Professional Grooming (Dressing and grooming)	Ms Nikita Gaikwad
7	Professional Grooming (Dressing Pattern)	Ms Nikita Gaikwad
8	How to write application letter	Ms Satish Choure
9	Presentation Skills – Part I	Dr Shital Pimplekar
10	Personal Hygiene	Dr Shital Pimplekar
11	Personal Grooming (Fitness and Health) – Part II	Mr Satish Choure
12	How to tie Bun & Hair etiquettes in college and clinical	Ms Manisha Mistry
13	Professional grooming – Diet and Health	Ms Archana
14	Personal Appearance	Ms Nikita B
15	Working Etiquettes	Dr Shital Pimplekar
16	Morality & Grooming	Dr Shital Pimplekar
17	Spiritual Wellbeing – Part I	Dr Shital Pimplekar
18	Behavioural Etiquettes	Ms Manisha Mistry
19	Dress code during various events	Dr Shital Pimplekar
20	Spiritual Wellbeing – Part II	Ms Shital Barde
21	Presentation Skills – Part II	Ms Snehal
22	Feedback & interactive session on Professional Grooming	Ms Shital Barde

Symbiosis College of Nursing
B.Sc. Nursing 1st Semester (Batch =2022-26)
Weekly Time Table
26/12/2022-31/12/2022

Date Day	10am-11am	11am-12am	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm
Monday 26/12/2022	Professional Grooming Personal Apperance Mrs. Shital Pimplekar	Professional Grooming Communication Skill Enhancement Mrs. Manisha Mistry		L U N C H B R E A K	Professional Grooming Diet & Heat Part -1 Ms. Archana Admute	Professional Grooming Workout Etiquette Mr. Satish
Tuesday 27/12/2022	Professional Grooming Morality Grooming Mrs. Shital Pimplekar	Professional Grooming Writing skill Mrs. Manisha Mistry			Professional Grooming Diet & Heat Part -2 Ms. Nikita Gaikwad	Professional Grooming Personal appearance Mrs. Shital Pimplekar
Wednesday 28/12/2022	Professional Grooming Code of Conduct Mrs. Shital Pimplekar	Professional Grooming SCWE Ms. Archana			Professional Grooming Spiritual Wellbeing Ms. Shital Barde	Professional Grooming Hair Etiquette Ms. Nikita Gaikwad
Thursday 29/12/2022	Professional Grooming Dress code for various Event Mrs. Shital Pimplekar	Professional Grooming Presentation Skill Ms. Archana			Professional Grooming Behaviour Etiquettes Ms. Shital Barde	Professional Grooming Spiritual Wellbeing Ms. Shital Barde
Friday 30/12/2022	Professional Grooming How to write application Mrs. Shital Pimplekar	Professional Grooming Presentation Skill Ms. Archana			Professional Grooming Mail Etiquettes Ms. Nikita	Professional Grooming Fitness & health Mr. Satish
Saturday 31/12/2022	Professional Grooming Uniform Mrs. Shital Pimplekar	Professional Grooming Spiritual Wellbeing Ms. Shital Barde			Professional Grooming Fitness & health Mr. Satish	Professional Grooming Spiritual Wellbeing Ms. Shital Barde

Waghmare
 Signature of class coordinator
 (Shital Waghmare)

Sheela
 Signature of Academic Coordinator
 (Dr. Sanjet Kaur)

Sheela
 Signature of Director

Dr. Sheela Upendra
Dy. Director
Symbiosis College of Nursing (SCON)
Symbiosis International (Deemed University) Campus
Hill Base, Lavale, Pune - 412 115.

SYMBIOSIS COLLEGE OF NURSING
B.Sc. Nursing 1st Semester (Batch - 2022-2026)
Attendance Sheet (PROFESSIONAL GROOMING)

Sr. No.	PRN	Name	26-12-2022	27-12-2022	28-12-2022	29-12-2022	30-12-2022	31-12-2022
1	22040221001	AAGE PIYUSH PARMESHWAR	P	P	P	P	P	P
2	22040221002	AGNES LINSON	P	P	P	P	P	P
3	22040221003	ALEENA MARIYAM VARGHESE	P	P	P	P	P	P
4	22040221004	AMAN AMJAD	P	P	P	P	P	P
5	22040221005	ANGEL MARIA JOSE	P	P	P	P	P	P
6	22040221006	ANITA MARIAM MATHEW	P	P	P	P	P	P
7	22040221007	ANSARI MD SOHAIL NOORULLAH	P	P	P	P	P	P
8	22040221008	AYESHA SARFARAZ KHAN	P	P	P	P	P	P
9	22040221009	BEDRE GANESH ABHIMAN	P	P	P	P	P	P
10	22040221010	BELKUNDE JAYDATTA VIVEK	P	P	P	P	P	P
11	22040221011	CHAUHAN ISHIKA VIJENDRA SINGH	P	P	P	P	P	P
12	22040221012	ANIBEZE CHIKAMDINAKA LAURENTI	P	P	P	P	P	P
13	22040221013	ODINAMADU RITA CHINAZA	P	P	P	P	P	P
14	22040221014	CHOUGULE PRASAD VISHWAS	P	P	P	P	P	P
15	22040221015	DAWA TSHERING	P	P	P	P	P	P
16	22040221016	DEVIKA R	P	P	P	P	P	P
17	22040221017	DHANAWADE DARSHANA SUNIL	P	P	P	P	P	P
18	22040221018	DHANAWADE NIVED BALKRISHNA	P	P	P	P	P	P
19	22040221019	FURQAAN MOHI UD DIN	P	P	P	P	P	P
20	22040221020	GAIKWAD PRATIK RAMDAS	P	P	P	P	P	P
21	22040221021	GHORPADE BHAVESH MANISH	P	P	P	P	P	P
22	22040221022	JADHAV SRUSHTI SANJAY	P	P	P	P	P	P
23	22040221023	JENET JAISON	P	P	P	P	P	P
24	22040221024	JIGME OM	P	P	P	P	P	P
25	22040221025	JOONA K VARGHESE	P	P	P	P	P	P
26	22040221026	JULIYA J ABRAHAM	P	P	P	P	P	P
27	22040221027	KAD SAKSHI SANJAY	P	P	P	P	P	P
28	22040221028	KALE PRANJAL BABARAO	P	P	P	P	P	P
29	22040221029	KEZIAMOL VARKEY	P	P	P	P	P	P
30	22040221030	KHANDU OM	P	P	P	P	P	P
31	22040221031	KHARADE VICKY KAILAS	P	P	P	P	P	P
32	22040221032	KINZANG CHODEN	P	P	P	P	P	P
33	22040221033	KRIPA SHIJU	P	P	P	P	P	P
34	22040221034	KRISHA SHAH	P	P	P	P	P	P
35	22040221035	LANDAGE GITANJALI SANTOSH	P	P	P	P	P	P
36	22040221036	MAHIMA SATHYAN	P	P	P	P	P	P

38	22040221038	MERIN GEORGE	P	P	P	P	P	P
39	22040221039	MIRACLE CHIDINMA ALLSWELL	P	P	P	P	P	P
40	22040221040	MOHD QAMAR DAMAL	P	P	P	P	P	P
41	22040221041	MORE DIPAK RAMKISHAN	P	P	P	P	P	P
42	22040221042	NANDANA C.N	P	P	P	P	P	P
43	22040221043	NIKITA PAREEK	P	P	P	P	P	P
44	22040221044	NINGREIRUM RUMTHAO	P	P	P	P	P	P
45	22040221045	NORA CATHERIN SAJI	P	P	P	P	P	P
46	22040221046	PHUNTSO DEMA	P	P	P	P	P	P
47	22040221047	RADHIMA SHARMA	P	P	P	P	P	P
48	22040221048	RAHATWILKAR MOHAMMED AMIN KA	P	P	P	P	P	P
49	22040221049	RINCHEN CHENZOM	P	P	P	P	P	P
50	22040221050	RIYA MATHEW	P	P	P	P	P	P
51	22040221051	SANGAY CHODEN	P	P	P	P	P	P
52	22040221052	SANJAY SUBBA	P	P	P	P	P	P
53	22040221053	SANJEEV RAI	P	P	P	P	P	P
54	22040221054	SAQIB AHMAD WANI	P	P	P	P	P	P
55	22040221055	SAWANT AKSHEDA VITTHAL	P	P	P	P	P	P
56	22040221056	SHAISTAH FARHAT	P	P	P	P	P	P
57	22040221057	SHIKALGAR MONISA FARUK	P	P	P	P	P	P
58	22040221058	SHIVANI SREEJAN	P	P	P	P	P	P
59	22040221059	SIMRAN VISHAV KARMA	P	P	P	P	P	P
60	22040221061	SINGYE WANGMO	P	P	P	P	P	P
61	22040221062	SONAM TSHOMO	P	P	P	P	P	P
62	22040221063	SONAM TSHOMO	P	P	P	P	P	P
63	22040221064	SUNIL PRAJAPATI	P	P	P	P	P	P
64	22040221065	TASHI PEM	P	P	P	P	P	P
65	22040221066	THIRZA THOMAS	P	P	P	P	P	P
66	22040221067	TEHNIYAT SHAFI	P	P	P	P	P	P
67	22040221068	UGYEN LODEY	P	P	P	P	P	P
68	22040221069	UGYEN TSHERING	P	P	P	P	P	P
69	22040221070	SANDHYA DHARMENDRA WALMIKI	P	P	P	P	P	P
70	22040221071	JADHAV SIDDHI HARIDAS	P	P	P	P	P	P

Waghmare
(Shital Waghmare)

afreen
(Dr. Jasneet Kaur)

Sheela Upendra
Dr. Sheela Upendra
Dy. Director
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CERTIFICATE OF COMPLETION

Mr/Ms.AAGE PIYUSH PARMESHWAR bearing PRN **22040221001**, attended and successfully completed the ***Value Added Course on PROFESSIONAL GROOMING*** held at **SYMBIOSIS COLLEGE OF NURSING** from **Dec 26,2022 to Dec 31,2022**

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

Signature of the Director
SCON, Pune