



**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


10/10/2022-15/10/2022


Sr.no	Name of the Topic	Name of the faculty
1.	Personal Grooming (Personal Appearance)	Ms Manisha Mistry
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 B
6	Professional Grooming (Dressing and grooming)	Ms Nikita B
7	Professional Grooming (Dressing Pattern)	Ms Nikita B
8	How to write application letter	Ms Satish Choure
9	Presentation Skills – Part I	Ms Snehal
10	Personal Hygiene	Ms Snehal
11	Personal Grooming (Fitness and Health) – Part II	Mr Satish Choure
12	How to tie Bun & Hair etiquettes in college and clinical	Ms Meghana
13	Professional grooming – Diet and Health	Ms Roma
14	Personal Appearance	Ms Nikita B
15	Working Etiquettes	Ms Roma
16	Morality & Grooming	Ms Roma
17	Spiritual Wellbeing – Part I	Ms Roma
18	Behavioural Etiquettes	Ms Manisha Mistry
19	Dress code during various events	Dr Dipali Dumbre
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


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**SYMBIOSIS COLLEGE OF NURSING**  
**M. Sc. Nursing 1<sup>st</sup> Year (Batch 2022-24)**  
**Weekly Time Table**  
**Class Room - FON Lab**  
**10/10/2022 to 15/10/2022**

Date/Day	9am-10am	10am-11am	11am-12noon	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm
Monday 10.10.2022	Professional Grooming Personal appearance, Uniform Mrs. Manisha M		Class room induction SCHC Ms. Roma		L	Professional Grooming Spiritual wellbeing Ms. Roma		Professional Grooming Workout etiquettes Mr. Satish Choure
Tuesday 11.10.2022	Professional Grooming Morality & Grooming Dr. Ranjana C		Professional Grooming How to write an application letter Ms. Snehal		L	Professional Grooming Presentation skills Ms. Snehal		Professional Grooming Personal appearance Ms. Nikita B
Wednesday 12.10.2022	Professional Grooming Diet & Health Part I Ms. Roma		Professional Grooming Behavioural etiquettes Mrs. Shital Barde		N	Professional Grooming Fitness and health Mr. Satish Choure		Professional Grooming Diet & Health Part II Ms. Roma
Thursday 13.10.2022	Professional Grooming Writing Skills Mrs. Manisha M		Professional Grooming Communication skills enhancement Mrs. Shital Barde		N	Professional Grooming Hair etiquettes Ms. Meghana		Professional Grooming Spiritual wellbeing Ms. Roma
Friday 14.10.2022	Professional Grooming Code of Ethics Mr. Satish Choure		Professional Grooming Writing Skills Ms. Snehal		C	Professional Grooming Personal Hygiene Ms. Nikita B		Professional Grooming Fitness and health Mr. Satish Choure
Saturday 15.10.2022	Professional Grooming Dress Code for various events Dr. Dipali D		Professional Grooming Presentation skill Ms. Nikita B		H	Professional Grooming Feedback of All Sessions		

  
 Signature of Class Coordinator  
 (Shital Barde)

  
 Signature of Academic Coordinator  
 (Dr. Jarnet Kaur)

  
 Signature of Director  
 Dr. Sonopant G. Joshi  
 Director & Professor  
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**Symbiosis College of Nursing**  
**Professional Grooming Attendance**  
**M.Sc. Nursing I<sup>st</sup> Year 2022-2024**

Sr. No.	PRN. No.	Name of the students	10.10.2022	11.10.2022	12.10.2022	13.10.2022	14.10.2022	15.10.2022
1)	22040242001	CHILKA KARTHIK NAGESH	P	P	P	P	P	P
2)	22040242002	DATAR DIPALI UDAY	P	P	P	P	P	P
3)	22040242003	GAIKWAD AARTI RAHUL	P	P	P	P	P	P
4)	22040242004	GLORIA JEHOASH	P	P	P	P	P	P
5)	22040242005	KUNJIR VARSHA SANTOSH	P	P	P	P	P	P
6)	22040242007	MESHARAM UJJWALA RAMKRUSHNA	P	P	P	P	P	P
7)	22040242008	MORE KAJAL RAJENDRA	P	P	P	P	P	P
8)	22040242010	RITIKA DIMRI	P	P	P	P	P	P
9)	22040242011	WAKCHAURE SANYOGITA DILIP	P	P	P	P	P	P
10)	22040242012	SURAJ MAHARUDRA DIVATE	P	P	P	P	P	P
11)	22040242013	KARALE ASHWINI TRIMBAKESHWAR	P	P	P	P	P	P

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Signature of Coordinator



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**CERTIFICATE OF COMPLETION**

Ms. **Dipali Datar** bearing PRN **22040242002**, attended and successfully completed the ***Value Added Course on PROFESSIONAL GROOMING*** held at **SYMBIOSIS COLLEGE OF NURSING** from **10/10/2022 to 15/10/2022**.

Dr. Sonopant G. Joshi  
M.Sc(M), M.Sc(DM) PhD  
Director & Professor  
Symbiosis College of Nursing(SCCN)  
Symbiosis International (Deemed University) Campus  
103 Baga, Lavale, Pune - 412 115.

*Signature of the Director*