

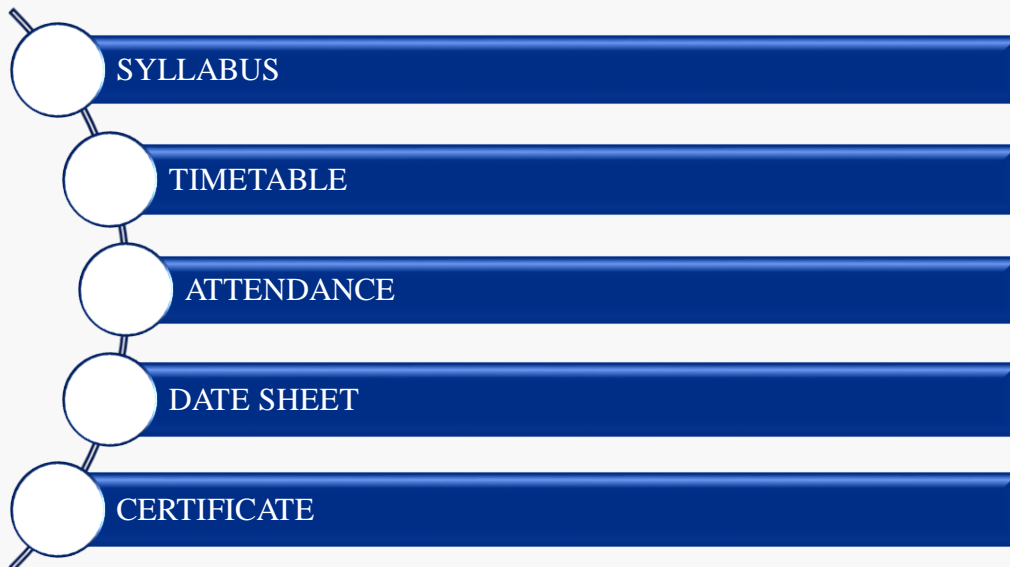


St. Bede's College Shimla
(UGC-NAAC "A+" Grade Re-Accredited)

CRITERION 1

1.2.1&1.2.2

BEAUTY & FITNESS





St. Bede's College Shimla

Syllabus

BEAUTY & FITNESS SYLLABUS

1] Introduction

- Importance of beauty care
- Sterilization and sanitation
- Professional ethics.

2 Eyebrow shaping

- Tweezing and threading
- Different types of threading
- Different types of eyebrows

3. Nail art

- Factors affecting nail growth
- Types of nail polish
- Application and their methods.
- Different methods of nail art

4. Mehandi

- Preparation of mehandi paste
- Mehandi cone preparation
- Different types & designs of mehandi

5. Bleach & Facial

- Bleaching – Types of bleach
- Procedure and application
- Its advantages & disadvantages.
- Face Massage
- Techniques & procedure of facial
- Benefits of facial
- Product knowledge according to the skin

6. Fitness:

- Health, Physical Education, Physical Training, Physical Fitness, Wellness.
- Components of Physical Fitness: Speed, Strength, Endurance, Flexibility and agility.

Principal
St. Bede's College
Shimla-171002

BACK



St. Bede's College Shimla

Timetable (2018-2021)

TIME TABLE FOR VALUE ADDED COURSES-2018			
FIRST YEAR			
COURSE	DAYS	TIMINGS	ROOM NO.
BEAUTY & FITNESS	MONDAY	9:00-9:45	D4
	SATURDAY	1:30-3:00	D4
INTERNET TECHNOLOGY AND WEB PAGE DESIGN	MONDAY	9:00-9:45	COMPUTER LAB1
	TUESDAY	9:00-9:45	COMPUTER LAB1
	SATURDAY	1:30-3:00	COMPUTER LAB1
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	MONDAY	9:00-9:45	B8
	TUESDAY	9:00-9:45	B8
	SATURDAY	1:30-3:00	B8
TALLY (GROUP I)	MONDAY	9:00-9:45	COMPUTER LAB2
	TUESDAY	9:00-9:45	COMPUTER LAB2
	SATURDAY	1:30-3:00	COMPUTER LAB2
TALLY (GROUP II)	MONDAY-WEDNESDAY	9:45-10:30	COMPUTER LAB2
	FRIDAY	9:00-9:45	COMPUTER LAB2
FRENCH	MONDAY	9:00-9:45	D9
	TUESDAY	9:00-9:45	D9
	SATURDAY	1:30-3:00	D9
TRAVEL AND TOURISM	MONDAY	9:00-9:45	D8
	TUESDAY	9:00-9:45	D8
	SATURDAY	1:30-3:00	D8

H. Waha
6/7/2018
Coordinator



St. Bede's College Shimla

**TIME TABLE FOR VALUE ADDED COURSES-2019
SECOND YEAR**

COURSE	DAYS	TIMINGS	ROOM NO.
BEAUTY & FITNESS	THURSDAY	2:45-3:30	D8
	FRIDAY	2:45-3:30	D8
ADVANCED WEB PAGE DESIGNING WITH PHP PROGRAMMING	THURSDAY	2:45-3:30	COMPUTER LAB1
	FRIDAY	2:45-3:30	COMPUTER LAB1
ADVANCED COURSE IN FRENCH	THURSDAY	2:45-3:30	D9
	FRIDAY	2:45-3:30	D9
TALLY WITH GST	THURSDAY	2:45-3:30	COMPUTER LAB2
	FRIDAY	2:45-3:30	COMPUTER LAB2
CORE JAVA	THURSDAY	2:45-3:30	D2
	FRIDAY	2:45-3:30	D2
DANCE	THURSDAY	2:45-3:30	COMMON ROOM
	FRIDAY	2:45-3:30	COMMON ROOM

Nwalia
July 23, 2019
Coordinator



St. Bede's College Shimla

• TIME-TABLE FOR FIRST YEAR (2020-21)

COURSE NAME	DAY	TIME	ROOM
TALLY ACE	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
INTERNET TECHNOLOGY & WEB PAGE DESIGNING	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
FRENCH	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
BEAUTY & FITNESS	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
TRAVEL & TOURISM	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	MONDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS
	TUESDAY	2:00 PM -2:45 PM	ONLINE ON MS TEAMS

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St. Bede's College Shimla

Attendance (2018-2021)

Subject: GCANTY Faculty: Rupa Sood Class: -

Section: - Semester: Ist Year Session: 2018-19

ive Assessment (CC

S. No.	Regd. No.	Name	Univ. Roll No.	Phone No.	
				Parent	Student
1		DHARMA SHARMA	181001		
2		TENZIN KALSANG	181007		
3		ANISHA SHARMA	181010		
4		SUREYA THAKUR	181013		
5		ANKITA SHARMA	181039		
6		ANJALI SHARMA	181040		
7		ANUSHA BHATT	181053		
8		SARSHI KATOCH	181054		
9		NAMITA KANWAR	181056		
10		MUNISHA SHARMA	181057		
11		NIDHI SHARMA	181064		
12		ADITI CHAUDHAN	181065		
13		SHELANGI PANTA	181068		
14		ANISHA NEGI	181074		
15		ADITI	181081		
16		MADHU SHARMA	181082		
17		PREETI	181084		
18		PRIYA KASHYAP	181092		
19		TANYA DHARMA	181102		
20		TAMANNA	181107		
21		SAMRITIKA SHARMA	182002		
22		HARSHIKA	182004		
23		ANJALI DEVI BUN	182007		
24		PRAGATI PANWAR	182021		
25		MEENAI CHAUDHAN	182029		
26		PALVI KALTA	182036		
27		NOOREEN ZIA	182038		
28		SHIKHA RANI	182039		
29		ARYUSHI SHARMA	182046		
30		LATISHA VERMA	182047		
31		SALONI KANWAR	182053		
32		JHALAK VERMA	182055		
33		PREETI	182057		
34		NCHA	182100		

Month July to August, Year 2018

Previous Month	Month											
	1	2	3	4	5	6	7	8	9	10	11	12
1	P	PP	P	PP	P	PP	P	PP	P	PP	P	PP
2		P	PP	P	PP	P	PP	P	PP	P	PP	P
3		P	PP	P	PP	P	PP	P	PP	P	PP	P
4		P	P	PP	P	PP	P	PP	P	PP	P	PP
5			PP	P		P	PP	P	PP	P	PP	P
6		P	PP	P	PP	P	PP	P	PP	P	PP	P
7		P	PP	P	PP	P	PP	P	PP	P	PP	P
8		P	P	PP	P	PP	P	PP	P	PP	P	PP
9			P	PP	P	PP	P	PP	P	PP	P	PP
10		P	PP	P	PP	P	PP	P	PP	P	PP	P
11		P	PP	P	PP	P	PP	P	PP	P	PP	P
12		P		PP	P		PP	P		PP	P	
13			PP	P	PP	P	PP	P	PP	P	PP	P
14		P	P	PP	P	PP	P	PP	P	PP	P	PP
15		P	PP	PP	P	PP	P	PP	P	PP	P	PP
16			PP	P	PP	P	PP	P	PP	P	PP	P
17		P	P	PP	P	PP	P	PP	P	PP	P	PP
18		P	PP	P	PP	P	PP	P	PP	P	PP	P
19		P	P	PP	P	PP	P	PP	P	PP	P	PP
20			PP	P	PP	P	PP	P	PP	P	PP	P
21		P	P	PP	P	PP	P	PP	P	PP	P	PP
22		P	PP	P	PP	P	PP	P	PP	P	PP	P
23		P	PP	P	PP	P	PP	P	PP	P	PP	P
24		P	PP	P	PP	P	PP	P	PP	P	PP	P
25			PP	P	PP	P	PP	P	PP	P	PP	P
26			PP	P	PP	P	PP	P	PP	P	PP	P
27		P	P	PP	P	PP	P	PP	P	PP	P	PP
28		P	PP	P	PP	P	PP	P	PP	P	PP	P
29			PP	P	PP	P	PP	P	PP	P	PP	P
30		P	P	PP	P	PP	P	PP	P	PP	P	PP
31			PP	P	PP	P	PP	P	PP	P	PP	P
32		P	PP	P	PP	P	PP	P	PP	P	PP	P
33		P	PP	P	PP	P	PP	P	PP	P	PP	P
34		P	P	PP	P	PP	P	PP	P	PP	P	PP

ive Assessment (CC	Min	Max
Year, Quizzes,	(15)	(15)
Tests	(15)	(15)
Mid	(15)	(15)
Term	(15)	(15)

Dated: _____ Teacher's Signature _____ Principal Signature _____

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St. Bede's College Shimla

Date Sheet (2018-2021)

**DATE SHEET FOR VALUE ADDED COURSES
SESSION-2018
THIRD SEMESTER**

COURSE	DATE	TIMINGS	ROOM NO.
DANCE	SEPTEMBER 27, 2018	10:30 AM & 1:30 PM	B8
BEAUTY & FITNESS	SEPTEMBER 29, 2018	1:30-3:00	D2
CORE JAVA	SEPTEMBER 29, 2018	1:30-2:15	COMPUTER LAB1
FRENCH	SEPTEMBER 29, 2018	1:30-3:00	D9
TALLY (GROUP I)	OCTOBER 3, 2018	10:00- 3:00	COMPUTER LAB2
TALLY (GROUP II)	OCTOBER 4, 2018	10:00- 3:00	COMPUTER LAB2
INTERNET DESIGNING WITH PHP PROGRAMMING	OCTOBER 3 & 4, 2018	3:10-4:10	COMPUTER LAB1

Nuzia
September 22, 2018
Coordinator

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St. Bede's College Shimla

DATE SHEET FOR VALUE ADDED COURSES

SESSION-2019-20

DATED: FEBRUARY 24, 2020

COURSE	CLASS	DATE	TIMING	ROOM NO.
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	IST YEAR	FEBRUARY 28, 2020	9:00-10:00	B9
BEAUTY & FITNESS	IST YEAR	FEBRUARY 29, 2020	1:30-3:00	D2
FRENCH	IST YEAR	MARCH 7, 2020	1:30-2:30	D9
INTERNET TECHNOLOGY AND WEB PAGE DESIGN	IST YEAR	MARCH 7, 2020	1:30-3:00	COMPUTER LAB
ADVANCE COURSE IN BEAUTY & FITNESS	IIND YEAR	FEBRUARY 29, 2020	1:30-3:00	D2
FRENCH	IIND YEAR	MARCH 7, 2020	1:30-2:30	D9
PHP PROGRAMMING	IIND YEAR	MARCH 7, 2020	1:30-3:00	COMPUTER LAB

Nwalia
24/2/2020

COORDINATOR

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St. Bede's College Shimla

COURSE NAME	TIME	MODE
TALLY ACE	MAY 7, 2021	ONLINE ON MS TEAMS
INTERNET TECHNOLOGY & WEB PAGE DESIGNING	APRIL 10, 2021	ONLINE ON MS TEAMS
FRENCH	APRIL 10, 2021	ONLINE ON MS TEAMS
BEAUTY & FITNESS	APRIL 10, 2021	ONLINE ON MS TEAMS
TRAVEL & TOURISM	APRIL 10, 2021	ONLINE ON MS TEAMS
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	APRIL 10, 2021	ONLINE ON MS TEAMS

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St. Bede's College Shimla

Certificate (2018-2021)



St. Bede's College

SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to
Ritam Khileri
D/o Sh. Arun Khileri
student of B.A. IIIrd Semester
for successfully completing
Beauty & Fitness Course
acquiring Grade **A**

Reg. No. : 171040

Certificate No. : 181041

Dated : 29/3/2019

Banajal
Principal

Principal
St. Bede's College
Shimla - 171 002

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St. Bede's College Shimla



St. Bede's College

SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to
Jaisal Shekhawat
D/o Sh. Vikram Singh Shekhawat
student of B.A. English (H) 1st Year
for successfully completing
Beauty & Fitness Course
acquiring Grade **A**

Reg. No. : 194006

Certificate No. : 190032

Dated : 29/3/2021


Principal

Officiating Principal
St. Bede's College
Shimla - 2



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St. Bede's College Shimla



St. Bede's College

SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to
Archana Mullick
D/o Sh. Ashok Kumar Mullick
student of B.Sc. Biotechnology (H) 1st Year
for successfully completing
Beauty & Fitness Course
acquiring Grade **A+**

Reg. No. : 204413

Certificate No. : 200115

Dated : 16/11/2021

Principal

Principal
St. Bede's College
Shimla - 171 002