

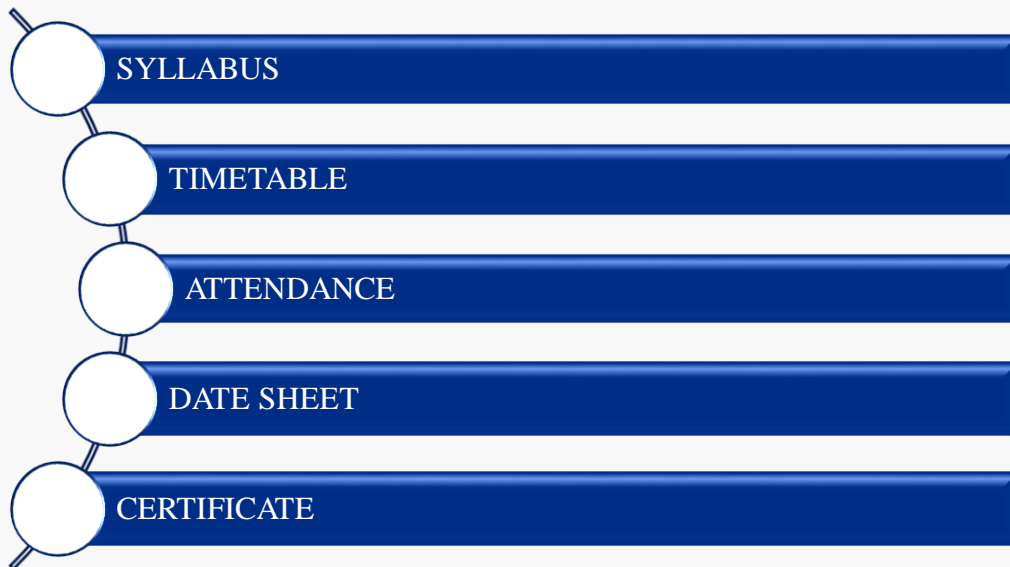


St. Bede's College Shimla
(UGC-NAAC "A+" Grade Re-Accredited)

CRITERION 1

1.2.1&1.2.2

ADVANCED BEAUTY & FITNESS





St. Bede's College Shimla

Syllabus

ST. BEDE'S COLLEGE ,SHIMLA
COURSE OUTLINE FOR SEMESTER 3
BEAUTY AND FITNESS

BEAUTY –

MODULE 1: HAIR CARE	Number of lectures
<ol style="list-style-type: none">1. About Hair2. Types of Hair- Normal , Oily, Dry3. Reasons for Hair Problems4. Hair Treatments-Hair Fall treatment, Dandruff Treatment, Split Ends Treatment, Mehendi Conditioning, Foods for hair , Hot Oil Massage & Hair Spa5. Hair Styles	5
MODULE 2: NAIL TREATMENT	
<ol style="list-style-type: none">1. Manicure2. Pedicure3. French Manicure	3
MODULE 3: MAKE UP	
<ol style="list-style-type: none">1. Products used in Make Up2. Application of base3. Eyes & Eye brows4. Cheeks and Highlighting5. Lip color	5
MODULE 4: SAREE DRAPING	
<ol style="list-style-type: none">1. Basic Draping of Saree2. Different Styles for Saree	3
MODULE 5: PERSONAL STYLING	
<ol style="list-style-type: none">1. Knowing the Body Types: Triangle, Inverted Triangle, Hour Glass, Lean Rectangle, Wide rectangle2. Types of Clothes according to body types3. Colors according to Body Types	4
TOTAL NO. OF LECTURES	20

Principal
St Bede's College
Shimla 171002

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St. Bede's College Shimla

Time Table (2018-2020)

**TIME TABLE FOR VALUE ADDED COURSES-2018
IIRD SEMESTER**

COURSE	DAYS	TIMINGS	ROOM NO.
ADVANCED COURSE IN BEAUTY & FITNESS	MONDAY-THURSDAY	3:30-4:15	D4
ADVANCED WEB PAGE DESIGNING WITH PHP	MONDAY-THURSDAY	3:30-4:15	COMPUTER LAB1
ADVANCED TALLY WITH GST(GROUP I)	TUESDAY	2:45-3:30	COMPUTER LAB2
	WEDNESDAY	2:00-3:30	COMPUTER LAB2
	FRIDAY	2:00-2:45	COMPUTER LAB2
ADVANCED TALLY WITH GST(GROUP II)	MONDAY-THURSDAY	3:30-4:15	COMPUTER LAB2
FRENCH	MONDAY-THURSDAY	3:30-4:15	D9
DANCE	MONDAY-THURSDAY	3:30-4:15	COMMON ROOM
CORE JAVA	MONDAY-THURSDAY	3:30-4:15	D6

Coordinator

N. N. N.
19/7/18



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

Gwalio
July 23, 2019
Coordinator



St. Bede's College Shimla

Attendance (2018-2020)

Subject: BEAUTY & FITNESS Faculty: Roopa Sood Class: -
Section: - Semester: Ist Year Session: 2018-19

Table with columns: S.No, Regd. No., Name, Univ. Roll No., Parent, Phone No., Student. Lists 34 students including Dharma Sharma, Tanzin Kalsang, Anusha Sharma, etc.

Attendance grid for months July and August, Year 2018. Includes columns for Previous Months (1-12) and rows for students 1-34. Includes signatures for Teacher and Principal.



St. Bede's College Shimla

Sr. No.	Name	Roll No.	Date							Date															
			July 25	Aug 1	16	31	2	14	22	Oct 1	8	15	22	29	Nov 5	12	19	26	Dec 3	10	17	24	31		
1	Kanika	181105		P		PP	PP	PP																	
2	Munisha Sharma	181057		P	P		PP	PP	PP	PP															
3	Reshika Chauhan			P	P	PP	PP	PP	PP	PP															
4	Mehak Azad			P	P	PP	PP	PP	PP	PP															
5	Monika Bhengra	181097		P	P	PP	PP	PP	PP	PP															
6	Mehak Rajta	184118		P	P		PP	PP																	
7	Kashish Chauhan	184121		P	P		PP	PP																	
8	Atulya Sharma	184108		P	P		PP																		
9	Jyoti Kumari	184107		P	P	PP																			
10	Nandita	184126		P	P																				
11	Shikha Bhardwaj	181100	P	P	P	PP	PP	PP	PP																
12	Swati Verma	181095		P	P	PP	PP	PP	PP	PP															
13	Ankita Negi	181094		P			PP	PP	PP	PP															
14	Alisha Chauhan	181019		P	P	PP	PP	PP	PP	PP															
15	Priya Kashyap	181092	P	P	P	PP	PP	PP	PP	PP															
16	Heena Verma		P	P	P	PP	PP	PP	PP	PP															
17	Vibhuti Parmar	181048	P	P	P	PP	PP																		
18	Preeti	182057		P	P		PP	PP																	
19	Neha Thakur	182061		P	P	PP																			
20	Sakshi Katoch	181054		P	P	PP	PP	PP	PP	PP															
21	Jyoti Chauhan	184031		P	P		PP	PP	PP																
22	Amushka	182126		P	P	PP	PP	PP																	
23	Palvi	182036		P			PP																		
24	Ankita Karki	181104		P			PP	PP																	
25	Preeti Chauhan	181108		P	P	PP	PP	PP	PP	PP															
26	Tanya Dharma	181102		P	P	PP	PP																		
27	Shriya Thakur	181101		P	P	PP	PP	PP	PP	PP															
28	Anusha Bhatt		P	P	P	PP	PP	PP	PP	PP															
29	Aditi		P	P	P	PP	PP	PP	PP	PP															

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Date Sheet (2018-2020)

**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



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



St. Bede's College Shimla

Certificate (2018-2020)



St. Bede's College
SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to
Ilma Ansari
D/o Sh. Mohd Shahid Ansari
student of B.Sc. IIIrd Semester
for successfully completing
Advanced Course in Beauty & Fitness
acquiring Grade **A+**

Reg. No. : 172035
Certificate No. : 181038
Dated : 29/3/2019

Beena Jaiswal
Principal
Principal
St. Bedes 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
Priya Kashyap
D/o Sh. Dhani Ram Kashyap
student of B.A. IInd Year
for successfully completing
Advanced Course in Beauty & Fitness
acquiring Grade **A+**

Reg. No. : 181092
Certificate No. : 190020
Dated : 29/3/2021

A. K. Sharma
Principal

Officiating Principal
St. Bede's College
Shimla 171 001