



Office-Principal

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Towards Excellence...

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Report

Title of the Programme: 15 Days Certificate Course on “Beauty and Wellness”

The 15 Days Certificate Course was organized by the Department of Sociology under the guidance of the organizer of the programme Dr. Aradhna Dubey (Coordinator, IQAC). The honorable Principal of the institution, Dr. S.N. Khare was present on the inauguration day of the certificate course.

During the inauguration ceremony of the course the organizer added in her welcome speech that there is a vast scope of entrepreneurship in the domain of ‘Beauty and Wellness’. She also added that after accomplishing this course the enrolled students would be able to clearly understand the fundamentals of the Beauty and Wellness in our day-to-day life as well as adopting this as profession.

Further during the course, the trainer Dr. Anju Singh explained the following areas:

- Overview of beauty and Wellness concept.
- Importance of self-hygiene basic skin care routine.
- Basic skin care routine “Healthy caring habits for glowing skin and overall Wellness-care and personal hygiene”.
- Introduction to mindfulness and stress management techniques.
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During the course, the trainer of the course also explained the following information to the participants:

Beauty is more than skin deep. It begins inside with a body and mind that are healthy and well nourished. As a beautician, you'll improve clients' appearance through hairstyling, cosmetics, and nail care. But more so, you'll bridge the gap between beauty and wellness, helping clients feel good both inside and out.

The definition of beauty is a set of aesthetically pleasing characteristics. However, it's more than shiny hair, flawless nails and perfect make-up that make someone beautiful. It's bright eyes, a warm smile, and a posture that conveys confidence.

Difficult to define, the standard of beauty has evolved throughout history. However, more people today than ever say that beauty is an external manifestation of physical, emotional, and spiritual health, three of the six dimensions of wellness. Wellness is defined in different ways, but most experts agree it's a balanced, holistic lifestyle based on healthy habits.



**Govt. J.M.C. Mahila
Mahavidyalaya, Mandla, M.P.**



**Department of Sociology
organizes**

**15 days Skill Based Certificate Course
on "Beauty and Wellness"**

**Under the Guidance of Internal
Quality Assurance Cell**

Date:
18/01/2021-06/02/2021

Time:
12:00 Hrs-14:00 Hrs

Venue: Seminar Hall
(Room No. 10)



Trainer:
Dr. Anju Singh
Faculty Member (Sociology)



Coordinator:
Dr. Aradhna Dubey
IQAC Coordinator



Principal:
Dr. S.N. Khare

Importance of Beauty and Wellness:

Beauty and wellness are inseparable because wellness makes you feel good and feeling good makes you look beautiful. Beauty and wellness services:

Boost Self-Esteem:

Appearance isn't everything, but people are happiest when they look their best. Still, not everyone has the skill to cut their own hair and choose the right cosmetics. Cosmetologists are trained to help clients make the most of their natural beauty so they can feel good about themselves.

Enhance Confidence:

Physical appearance affects confidence. Most people perceive that they're judged personally and professionally by their appearance, so it's important to meet cultural standards at work and in social situations.

Feeling like you don't look as good as your friends and coworkers is a blow to anyone's confidence, but regular skin and nail care helps people hold their heads high and engage more with others. For professionals, it can make or break their careers.

Relieve Stress:

Working all week doesn't leave much time for self-care. Over time, people feel stuck in a rut. However, while not everyone can quit their jobs or upend their daily routine, they can take an hour or two for themselves once a month to get a new hair color or a facial. There's nothing like occasional pampering to relieve stress.

Following a beauty regimen is also proven to help busy women prioritize self-care. It's precious few minutes of "me time" that we can all claim. Following a skin care routine, for example, is oddly centering because it requires focus. Forgetting your worries for a few moments a day helps reduce stress and anxiety.

Inspire Positivity:

It's hard to be positive when you look in the mirror and don't like what you see. The job you love feels old. Colors look dull and enthusiasm for fun wanes. However, when you look and feel as good as the people and things around you, it changes your perspective. Suddenly, you feel more positive and want to share your joy with others. Beauty is contagious and motivating.

Improve Physical Health:

Cosmetologists aren't doctors, but they learn about the medical conditions that affect the hair and nails. In fact, it's often a beautician who first spots problems like hair loss and nail abnormalities.

Beauty is also linked to stronger immunity. In a recent study, participants who were told they had attractive faces had healthier immune responses to bacterial infection. Being complimented for your looks appears to have tangible benefits.

The relationship between beauty and health seems vague, yet the connections are hard to ignore. Ultimately, we know that beauty services complement health services, bringing aesthetics and wellness full circle.

Cosmetology:

The hair, facials, makeup, and nail care services cosmetologists offer more than aesthetic value. Each has a physical, emotional, and mental health dimension that you'll learn to address in cosmetology school. You'll learn the finer points of:

Hair Cutting:

Haircuts are the most sought-after beauty service. Quick and affordable, just a few minutes in the chair can give someone a whole new look.

First, you'll learn about the anatomy and physiology of hair and the impact of various hair care products. Topics include scalp health, hair growth patterns and how to work with split ends and thinning hair.

Next, you'll move to aesthetics, learning how to frame locks to enhance the client's facial features. Before you start cutting, you'll be well-prepared for most challenges.

Initially, you'll work on wigs, practicing the scissors and razor techniques required for modern haircuts from pixies to bobs. However, before you graduate, you'll have the opportunity to serve clients in either a school-run salon or during externships.

Hairstyling:

Most clients ask their hairstylist for everyday styling advice. As the professional, they'll want you to show them the products and techniques that will help them look their best. However, there's also a market for special occasion styling, so you'll learn everything from curling to wedding updos. Topics include drying, curling, straightening, extensions and more.

Hair Coloring:

Most women and some men color their hair regularly. It's a form of self-expression to some clients and an affordable adventure to others. Second only to haircuts, it's among a salon's most popular and profitable services. A form of art, it's a creative endeavor. So, like an artist, you'll learn to work with different shades to achieve the perfect color. The course begins with color theory which explains how hair absorbs color based on its texture and pigment. Other topics include hair color formulations and safety concerns. You'll learn to patch test skin for allergies.

Once you know the basics, you'll experiment with coloring and decoloring hair until you're confident that you can create the right shade. And since each client is unique, you'll discover how to disguise flaws and enhance facial features with highlights and lowlights.

Manicures:

According to the U.S. Bureau of Labor Statistics, demand for manicurists and pedicurists is projected to grow 33 percent in the coming decade. You'll learn both of these valuable skills in a cosmetology program.

Instruction in manicures begins with basic sanitation and health precautions. Knowing how to keep your workstation clean is critical to preventing the spread of disease. Bacteria, for example, can build up on nail clippers. Topics include infection control procedures and equipment care.

You'll learn how to soak, massage, and moisturize hands and how to deal with ragged cuticles before applying enhancements like tips, wraps, and polish. It's both a creative and technical process.

Pedicures:

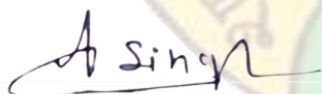
Pedicures are similar to manicures but on toenails. Working with feet, however, requires even more caution. Because so many health conditions, such as diabetes, affect circulation and skin health, students are taught the same handling techniques as podiatrists. What will you learn?

Subjects include age-related changes in the feet and nails, safety strategies, and how to handle problems like ingrown nails. You'll then learn the same finishing methods from buffing to polishing.

Facials

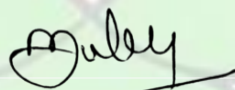
The skin is your largest organ. It keeps you hydrated and protects your muscles and organs from UV rays, but when damaged, it's physically uncomfortable and challenging to live with emotionally. A beautician's approach to skin care addresses both considerations.

The course was wrapped up on 06.02.2021 after the certificate distribution among the 82 enrolled students.



Trainer:

Dr. Anju Singh
Faculty Member,
Sociology



Organizer:

Dr. Aradhna Dubey
Coordinator, Internal
Quality Assurance Cell



Principal:

Govt. Jagdamba Prasad Jodhary
Mahila Mahavidyalaya, Mandla (M.P.)
Govt. J.M.C. Mahila
Mahavidyalaya,
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