"Dissemination of Education through Knowledge, Science and Culture".

--Shikshanmaharshi Dr. Bapuji Salunkhe

#### Shri. Swami Vivekananda Shikshan Sanstha's

## Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya, Tasgaon

# WOMEN EMPOWERMENT CELL

### REPORT ON

# Training Course in Beauty Gulture

Event	Training Course in Beauty Culture
Date	27 <sup>th</sup> January to 5 <sup>th</sup> February 2020
Duration	10 Days
Time	08.00 to 10.30 am
Venue	Room No 28
<b>Total Participants</b>	Female: 54

Women Empowerment Cell of the College has organized such a training to develop the personality of the girl students and to become much more confident as well as to watch herself in each and every aspect of the self.

#### Why this Training is important.....

Beautiful things change the one's emotion in a very positive way, they just act as mood changing catalyst in the mind of person. Beauty of a person gives a feeling of magnificent happiness. Beauty is a unique expression of any person which reflects the personality of the person in the true manner. In today's era, we all want to look beautiful as well as like to get attention by somebody else also. However, beauty is just like the garden which must be maintained and should be take care from time to time by the beauty professionals. Therefore, why we should hesitate or feel shy for making our appearance beautiful and confident.

Beauty is a joy forever, and skin is the biggest contributor to beauty. The feminine beauty ideal is "the socially constructed notion that physical attractiveness is one of women's most important assets, and something all women should strive to achieve and maintain".

The feminine beauty ideal, which also includes female body shape, varies from culture to culture. Pressure to conform to a certain definition of "beautiful" can have psychological effects, such as depression, eating disorders, and low self-esteem, starting from an adolescent age and continuing into adulthood.

Trainers	Dr. Swati Walimbe
	Mrs. Snehal Jagdhane
Organizer	Dr. Alka Inamdr

Dr. Alka Inamdr, Convener of the Women Empowerment Cell introduced Guests, Dr. Swati Walimbe and Mrs. Snehal Jagdhane in the beginning of the programme.



Dr. Swati Walimbe and Mrs. Snehal Jagdhane explained each and every aspect related to beauty....

It is a Diploma level Home Science course. Beauty is not only a work but it has much deeper significance. Everyone wants an attractive appearance and it has become a prerequisite to move forward in life. The theoretical and practical training imparted to the girls help in establishing themselves. The course starts with the zero knowledge of beauty culture and hair dressing and converts the students into professionals. The course focuses on hairstyling and other diverse sections of beauty treatments like facials, manicure, pedicure, shampooing, hair cutting and styling, etc. There are so many career options available to the students after successful completion of this Diploma course, especially in private sector.





They also gave some tips to prepare the facial packs, masks, creams and shampoo preparation by using household material and as a ayurvedic products.

#### 1. Relaxing yourself:

It is the time for relaxation and enjoys the feeling of being pampered by pedicure, manicure, facial and other beauty treatments. It is going to be an extremely pleasure feeling of massage as well as water and heat treatment on your skin by applying a gentle pressure on the skin.

#### 2. Healthy Skin:

In this hectic and busy schedule, we all forget about ourselves and we do not take care of our skin which is the most important part of body. Our skin reflects our personality so ignoring the skin means we are not considering our personality as important as it should be in our life.

#### 3. Massage:

First of all, you should understand that the massage is just not only a beauty treatment but also a necessity of body along with mind for keeping them healthy. It is very important in our daily life to relax our muscles and free our mind from daily tensions.

The massage helps in restoring the lost energy by restoring the energy levels and it is a very good method in relaxing the mind and body.

#### 4. Haircut and hair style:

There is a famous quote that first impression is the last impression. In the appearance of person, hair style has its own importance as it also reflects the person's personality. It is basically a representation of the person's look.

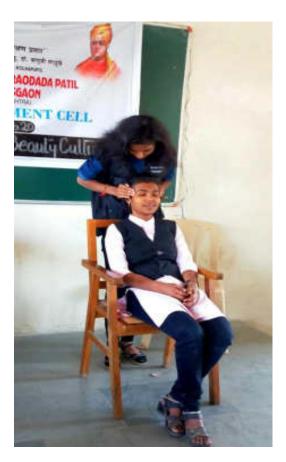
#### 7. Quality Products:

The beauty experts in beauty parlors often suggest some treatments and products for your beauty problems and offer some useful advice and treatment for getting rid of them. These advices are very important for you as these will help you in treating your problems and giving you a healthy skin and life. However, they also offer some

treatments which are available in their stores only; therefore, one should go for these beauty treatments.

Dr. Swati Walimbe learnt various hairstyles, Facial, various make up styles, Saree drapery as per state.

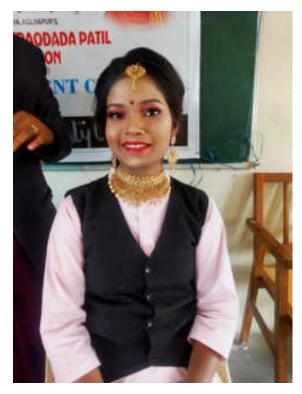
#### **GLIMPSES OF THE EVENT.....**















Dr. Alka Inamdr Convener

Women Empowerment Cell

"Dissemination of Education for Knowledge, Science and "ulture" -Shikshanmaharashi Dr. BapujiSalunkhe Shri Swami VivekanandShikshanSanstha Kolhapur

Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya, Tasgaon

# Women Empowerment Cell Vocational Education Training On

#### Personality Development and Beauty Culture NOTICE

27/12/2019

All the girl students of the Senior College have noticed that, Vocational Education Training On Personality Development and Beauty Culture will be organized on 28<sup>th</sup> January 2020 to 06<sup>th</sup> February 2020 at 8.00 am to 10.30 am. Admission will be on first come first basis. Enroll your name on College Website.

Alka Inamdr Dr. Alka Inamdr Chairperson

Women Empowerment Cell

Dr. Millind Hujare

Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya, Tasgaon (Sangli).

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