

KANYA MAHAVIDYALAYA KHARKHODA



**Proceedings of Seminar
On the theme
“Wellness is Natural State of Body”
Organized By
Community College
on 14th December, 2015**

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**PROGRAMME SCHEDULE
OF
SEMINAR OF BEAUTY & WELLNESS
ON THE THEME**

“Wellness is Natural State of Body”



Date :14 December, 2015

Time :11.00 a.m.-5.35.p.m.

Venue :Seminar Hall

KANYA MAHAVIDYALAYA, KHARKHODA (SONEPAT) - 131001

RSVP:

Dr. Yogita, 9996960033, malik.yogita@ymail.com

Ms. Meenakshi, 9671822424, sendtomeenakshi@gmail.com

LUNCH BREAK : 1.30pm - 2.15pm

SESSION 02: ROLE OF NATUROPATHY & YOGA IN BEAUTY & WELLNESS (2.15pm- 3.15pm)

2.15pm- 2.30pm	Dr. Monika Dahiya (chief guest) BAMS and expert of Naturopathy & Yoga, Hoshiyar Singh Memorial Hospital, Kharkhoda.
2.30pm- 2.45pm	Dr. Suman, physiotherapist ,Kanya Mahavidyalaya, Kharkhoda
2.45pm- 3.00pm	Mrs. Sheetal , Yoga Instructor, Kanya Mahavidyalaya, Kharkhoda
3.00pm- 3.15pm	Mrs.Darshana Dahiya, Assistant Professor of sports science, Kanya Mahavidyalaya, Kharkhoda

Points for discussion:

- ❖ What is Naturopathy and its role in Beauty & wellness?
- ❖ How Yoga adds to the beauty of human body?
- ❖ Importance of exercise and food diet programme for fitness.
- ❖ Link of Physiotherapy with wellness.

SESSION 03: SALON or BEAUTY & WELLNESS CENTRE MANAGEMENT (3.15PM-4.15PM)

3.15pm- 3.30pm	Dr.Yogita, Associate Professor, Economics Department, Kanya Mahavidyalaya, Kharkhoda
3.30pm-3.45pm	Dr. Parmila ,Assistant Professor , Commerce Department, Kanya Mahavidyalaya, Kharkhoda
3.45pm -4.00pm	Dr. Sumita ,Assistant Professor , English Department, Kanya Mahavidyalaya, Kharkhoda
4.00pm-4.15pm	Mrs. Meenakshi, Assistant Professor , Commerce Department, Kanya Mahavidyalaya, Kharkhoda

Points for Discussion

- ❖ Hiring & training employees.
- ❖ Marketing: Advertising & promotions.

Monday 14 December, 2015

11.00 am-11.30am	Registration and welcome tea
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INAUGURAL SESSION: 11.30am -12.30pm

Welcoming Remarks: (11.30 am-11.40 am)	Mrs. Meenakshi, Assistant Professor ,commerce department; Nodal Officer of community College.
Introductory Remarks: (11.40 am -11.50 am)	Dr. Yogita , Associate Professor , Economics department.
Special Remarks: 11.50am-12.10pm	Dr. (Mrs.) Suresh Boora, Principal, Kanya Mahavidyalaya , Kharkhoda
12.10 pm-12.20pm	Dr. Monika Dahiya (chief guest) BAMS and expert of Naturopathy & Yoga, Hoshiyar Singh Memorial Hospital, Kharkhoda.
12.20pm-12.30pm	Dr. Ramesh Sethi (Key note Speaker) ,Dermatologist Hoshiyar Singh Memorial Hospital, Kharkhoda

SESSION 01: LATEST TECHNOLOGIES AND TECHNIQUES USED IN COSMETOLOGY (12.30 pm-1.30 pm)

12.30pm-12.45pm	Dr. Ramesh Sethi , Dermatologist, Hoshiyar Singh Memorial Hospital, Kharkhoda
12.45pm-1.00pm	Dr. Ramesh Saini, Assistant Professor, Computer Department, Kanya Mahavidyalaya, Kharkhoda
01.00pm- 1.15pm	Mrs. Rinki , Instructor , Beauty & Wellness, Kanya Mahavidyalaya, Kharkhoda
1.15pm- 1.30 pm	Mrs. Saroj, Instructor , Beauty & Wellness ITI, Rohtak

Points for Discussion:

- ❖ What are the skin diseases & what therapies do dermatologists apply to treat them?
- ❖ How technology (computer programs) helpful for clients in salon?
- ❖ Which type of equipments used by Beauty Professionals in routine in Beauty Salons?

- ❖ Understanding customer behaviour.
- ❖ Maintaining good customer relations.

SESSION 04: JOB OPPORTUNITIES IN BEAUTY & WELLNESS SECTOR (4:30pm-5:30pm)

4.30pm-4.45pm	Mrs. Alka Gulati, Associate professor of Political Science & Incharge of 'Placement & Career Counselling cell' Kanya Mahavidyalaya, Kharkhoda
4.45pm- 5.00pm	Dr. Asha Khatri, Associate professor of History & Member of Placement & Career Counselling Cell, Kanya Mahavidyalaya, Kharkhoda
5.00pm-5.30pm	Dr. Seemant, Assistant Professor of English & former incharge of 'cosmetology & Beauty Care' add on course, Kanya Mahavidyalaya, Kharkhoda
5.15pm-5.30pm	Mrs. Shalu ,Instructor of Apparel & Dress Designing Course, Kanya Mahavidyalaya, Kharkhoda

Points for Discussion

- ❖ Organized & unorganized beauty sectors.
- ❖ Career in fashion & beauty.
- ❖ Types of jobs in beauty & wellness Industry.

Votes of Thanks

5.30pm-5.35pm- Mrs. Meenakshi, Nodal Officer, Community college, Kanya Mahavidyalaya, Kharkhoda



Sh. Ved Prakash Dahiya (President)

Strategic Intent of the College

Vision:

Empowerment of women through holistic learning and make them efficient through professional programmes so that they won't lag behind in any sphere of life.

Mission:

To provide value based, quality based, skill based and innovative education to the girls.

Motto:

“Strive for perfection and settle for excellence.”

Aims/Objectives:

- To create, preserve & dissemination of knowledge not only to make students educated rather capable.
- To give vocational training to the students.
- To impart knowledge with the help of new teaching methods.
- To give practical knowledge to the students through skill development programmes which enhance their employability.
- To meet the demand of the industry in present scenario by providing them skilled workforce.
- To take care of physical & mental health of the students through sports & yoga.
- To inculcate moral values in the students.
- To take every necessary step towards welfare of the community.
- To protect & preserve natural environment.



Dr. (Mrs.) Suresh Boora, Principal

About the College

Kanya Mahavidyalya, Kharkhoda (KMK) was established in 1993 with great vision of girls' education especially to cater the need of education of rural girls. Earlier Kharkhoda block was deprived of any institution which can provide higher education to the girls of this region and nearby villages. So, with missionary zeal and enthusiastic objective many great people established this institution where the **purpose of education is to equip the students with the most excellent technological proficiency, to empower them with the skills in order to realize their potential, to create the right environment in order to make them good human beings and responsible citizens.** KMK is continuously moving on the path of development, touching new heights of success because of hard work of all teaching & non teaching staff and cooperation of our wonderful students.

At present college is running many UG and PG courses namely B.A, B.Com, B.C.A, M.Com, M.A (Hindi), M.A (Geography), P.G. Diploma in yoga, M.Sc (Computer Science) and skill development courses namely **One year diploma in Beauty & Wellness under Community College, Apparel & Dress Designing.** From the next session college is going to start two new courses namely B.Voc. in **“Catering technology & Hotel Management”** and B.Voc in **“Sports & Nutrition and Physiotherapy”**. With the obvious choice of subjects & streams KMK is providing the students what they want in the present competitive scenario.

About the Community College

Presently, the country faces a demand – supply mismatch, as the economy needs more ‘skilled’ workforce and also the managers and entrepreneurs than created annually. In fact, majority of the contemporary institutions of higher learning remain almost disconnected with the requirements of the workplace. The skill oriented courses so called vocational courses available in the market have low credibility and acceptability with the employers. The traditional higher education system in the country is also rigid in terms of duration of courses, timings for teaching – learning, place of study and choice of subjects.

With a view to make the skills acquired by the learners acceptable nationally, the curriculum and system of certification should align with National Occupation Standards (NOS). In order to facilitate offering of nationally standardized skill related programmes, the govt. of India has notified the National Skills Qualification Framework (NSQF). It is a nationally integrated education and competency based skill framework which provide for multiple pathways, both within vocational education and between general and vocational education, to link one level of learning to another higher level and enables learners to progress to higher levels from any starting point in the education and/or skill system. It permits individuals to accumulate their knowledge and skills and convert them, through testing and certification by the competent authorities, into higher level of certification which could be a certificate, diploma, advanced diploma, a degree or PG Diploma in common parlance.

The 12th five year plan recommends setting up of Community College (CC) to expand skill based programmes in higher education. Community College (approved by UGC) serve multiple needs including

- (i) Career Oriented Education and skills to students interested in directly entering the workforce.
- (ii) Training and education programmes for local employers.
- (iii) High touch remedial education for secondary school graduates not ready to enroll in traditional colleges.
- (iv) General interest courses to the community for personal development and interest like Beauty & Wellness, Apparel & Dress Designing for girls.

Kanya Mahavidyalaya, Kharkhoda has been allotted Community College by UGC, New Delhi in June 2015. The purpose of taking CC scheme is to facilitate easy access to underprivileged girl students of local community to the skill based education in which they are interested.

About the Seminar

Many of us (women and men) spend the entire day in consultations or administrating or having beauty treatments, but often we don't get the time to ask: What does 'Beauty & Wellness' mean? What is the link of 'Beauty & Wellness'? Types of Wellness? What type of role is played by Nature to make human beings beautiful? What is the role of yoga, good food habits & exercise to make a sound body & mind? In order to find out the answer of these questions, a one day seminar is needed on the theme '**Wellness is Natural state of Body**'. The seminar aims to promote a meaningful interaction on ideas to Beauty & Wellness among academicians, industry professionals, Beauty Instructors, Yoga Instructors, Physiotherapists, Nutrition experts, Skin & Hair Expert, Research scholars and students. Such an interaction among persons from different walks of 'Beauty & Wellness sector' sharing their experiences, expertise, knowledge, ideas, innovations and researches will provide the participants useful content in the concerned area. During the seminar panel debates on prominent sub themes will be organized. (Name of Panelists is given in programme schedule).

Invitees speak about wellness.....

1. Beauty is the natural reflection of well being, a feeling that comes from the body and the spirit. Wellness represents the beneficial balance of both these elements. Everyone must put forth effort to maintain a healthy life style, because it not only impacts you, but also your environment.

– Dr.(Mrs.) Suresh Boora, Principal

2. Wellness refers to individual's emotional, psychological, intellectual well being your natural state of mind can be measured by looking at how effectively and successfully you are functioning in your every day life. Without doubt happiness is one of the contributor to one's beauty & wellness your ability to bounce back from challenging situation and events are all signs of your natural state of mind.

– Mrs. Alka Gulati, Associate Professor of Political Science

3. Natural beauty & wellness is contemporary substitute to each other. Natural beauty is greatest gift of God and wellness is a part of life style management. Do your best to protect and care what the creator of this planet has gifted you. Make-up is a part of female personality but it should be remembered that one should make up just to enhance herself and not to be something you are not.

– Dr. Asha Khatri, Associate Professor of History

4. I believe beauty is the true nature of all creation. When we wisely eliminate inner and outer pollution, clean our bodies and our minds, the remaining thing is glowing health, peace and bliss. I believe that a healthy, confident, balanced woman is a beautiful one.

– Dr. Yogita, Associate Professor of Economics

5. Someone has aptly said that: "Health is Wealth". So, the most valuable and prized possession is our health without our health, we would not be able to achieve the things we want to achieve in our life. I have been interested in healthy living and getting my back into its natural state. Everyone must invest time, energy and resources into taking back control of your health and getting on the path of wellness.

– **Dr. Seemant, Assistant Professor of English**

6. Someone has aptly said that: 'The natural healing force in each one of us is the greatest force in getting well'. Natural state of wellness is like the foundation of a well built house; if it is strong and deeply rooted in the earth, it can support a life of being happy, healthy, clear minded and peaceful. With this foundation you will feel more relaxed, energy will flow naturally through your body and your mind will be clear.

– **Dr. Sumita, Assistant Professor of English**

7. To me wellness means healthy body & mind and to keep the same healthy and sound we should take care of our self. Few tips to keep our body & mind sound:

- i) Rise early
- ii) Be positive
- iii) Be observant
- iv) Lead an active life
- v) Sleep well and develop a positive approach to life
- vi) Meditation and Exercise
- vii) Drink water a lot & eat fresh fruits

viii) Take time to review your life's purpose and goals

ix) Last but not the least be grateful to almighty for your beauty & health.

- Dr. Sushma, Assistant Professor of Mathematics

8. "Beauty lies within" Beauty is completely individual and there are so many different types of beauty. It is a reflection of how you feel about yourself, your emotional, physical, mental and spiritual balance, your internal sense of wholeness- all the aspects of 'you'. This is the wisdom of acceptance, learning and growth that shines from within and becomes your beauty, wellness, wisdom.

- Mrs. Meenakshi, Assistant Professor of Commerce

9. True beauty encompasses both healthy, beautiful skin on the outside and a happy, confident personality on the inside- so that inner beauty shines through.

- Mrs. Shalu, Apparel & Dress Designing Instructor

Outcomes of Panel discussions

Speakers from Panel 1 :

Technologies & Techniques used in Cosmetology & Beauty Care



Dr. Ramesh Sethi
Dermatologist
Keynote Speaker

Dermatology is an area of medicine concerned with the health of the skin, as well as diseases of the hair, nails and mucous membranes (such as those lining the eyelids, mouth and nose) common conditions which are treated by dermatologists are acne, eczema, fungal infection, hair loss, nail problems, Sunburn etc. Many of the conditions seen by dermatologists can be treated with medication and non-invasive therapy. However, some conditions may require surgical intervention or other more aggressive therapy. Most common procedures performed by dermatologists are: Biopsies, Chemical peels, Cosmetic injections, Cryotherapy, immunotherapy, radiotherapy, hair removals and restoration, Laser surgery etc.



Dr. Ramesh Saini
Assistant Professor
of Computer Science

Technology is becoming an important element in the field of Cosmetology. Now Computers are used in Salon to help the clients to decide which hair style is right. I, explain how it is done. The Client brings in a picture and the same is copied it into the computer. The Client's picture then appears on the computer monitor. Then, hairdresser can do experiment with the picture to show how the client would look in different hair styles.



Mrs. Saroj
Instructor
ITI, Rohtak

The beauty industry is expanding rapidly. Like all the industries, this industry has also welcomed the technological advancement. Many types of skin care, hair care and nail care equipments or electrical/electronic machines are used by beauty professionals in their routine functions. These equipments include: Epilator, High Frequency, Galvanic machines, electrical facial massager, hair streamers, curling iron, hair straightener, hair dryers, hot rollers, sterilizers & nail filers in nail care etc.



Mrs. Rinki
Instructor
Beauty & Wellness

A beauty Salon is an establishment that provides men & Women with services to improve their beauty, such as hair dressing, manicuring, facial treatment & massage etc. So, it is inevitable for a person who wants to start his/her own beauty salon to have knowledge of all equipments used in skin care, hair care & nail care.

Speakers from Panel 2 : Role of Naturopathy & Yoga in Beauty & Wellness



Dr. Monika Dahiya
Naturopathist

Ayurveda is Indian's traditional natural system of medicine that has been practiced for more than 500 years. Ayurveda believes that everything in this universe is made up of five great elements namely earth, water, fire, air and ether. Naturopathy believes in two things:

1. All healing powers are within our body.
2. The treatments in naturopathy remove the cause of the systems not only
treat the symptoms.

Naturopathy includes mudtherapy, hydrotherapy etc. Naturopathy is a correct positive practical and permanent way to achieve healthy, happy, holy creative and peacefull life.



Mrs. Darshana
Assistant Professor of
Sports Science

'Health is Wealth', 'sound mind lives in sound body' these proverbs show the importance of health in our life. To keep our health good should be the primary function of life. Beauty & Wellness is linked with sound health. If you take balanced diet which includes all the nutrients namely carbohydrates, protein, fat, vitamins, minerals & water in right composition, then your skin, hair, nails will reflect your inner soundness. If you are physically and mentally sound, you are naturally beautiful.



Dr. Sunan
Physiotherapist

Physiotherapy maintains physical wellness of a person. Physiotherapy is a branch of rehabilitative medicine aimed at helping patients maintain, recover or improve their physical abilities. Physiotherapists help the people recover from injury, reduce pain and stiffness and increase mobility through different types of exercises or therapies.



Mrs. Sheetal
Yoga Instructor

Yoga is the need to maintain holistic wellness. Yoga is necessary to make up for all the physical activity that we have lost out. We have so many tensions in present Competitive world. When, there is no way of releasing tension, then yoga comes to rescue. Thus, yoga maintains our physical and mental wellness. It keeps us fresh everyday and prepares our mind to take up challenges.

Speakers from Panel 3 : Salon Management



Dr. Yogita
Associate Professor
of Economics

Salon Management basically includes hiring & training employees, understanding customer's behaviour, maintaining good relation with customers, keeping record of all operating costs and revenues, keeping record of customers, rendering services as per requirement of the customers, advertising & promotion of salon etc.



Dr. Parmila
Assistant Professor
of Commerce

As a salon manager you will become the heart and soul of salon operations. Be prepared to deal with all things good and bad when it comes to managing your staff and the clients they care to you will be dealing with client questions and complaints, managing product orders and sales and most important the role of an HR person while you are managing a salon. Becoming a salon manager is a big responsibility.



Dr. Sumita
Assistant Professor
of English

'Communication' It's a buzz marketing word these days. Especially when it comes to salon customer service. Yet there is one important aspect of salon communication that often get neglected in training sessions- salon body language, Actions speak louder than words in successful salons. When we communicate with salon clients we use a combination of words, tone of voice & Gestures. These 3 elements are not of equal importance, Research reveals that words account for 7%, tone of voice for 38% and body language accounts for 55% of the overall message. Thus, it is necessary to understand the significance of non-verbal communication in training sessions.



Mrs. Meenakshi
Assistant Professor
of Commerce

Some of the most important factors that clients consider in choosing a particular salon are the sanitation & hygiene of the salon, good relations with customers so keep in mind the following marketing ideas:-

- Offer value added services
- Facility of appointment
- Offer personalized discount based on events
- Understand the customer needs first and then start treatment
- Give after treatment home care advice

Always keep in mind "The more trust they have in you, the more likely they will keep coming back and be opened to try out new things".

Speakers from Panel 4 : Job opportunities in Beauty & Wellness sector.



Mrs. Alka Gulati
Associate Professor
of Political Science
&
Incharge of
Career Counselling Cell

In our contemporary, aspirational India, beauty products have become affordable to many. This along with increasing urbanisation and the impact of TV commercials, has made these products accessible. Even male grooming is on the rise with products like male creams becoming popular- in urban India. Women, in particular, feel they can earn a few thousand more rupees to support their families by becoming beauticians. All these reasons have made beauty & Wellness sector a major job creator.



Dr. Asha Khatri
Associate Professor
of History &
Member of
Career Counselling Cell

As the nation acquires more skilled workers to realise its “Make in India” dream, the largest employing sector of agriculture is expected to lose about 2.5 crore skilled farmers by 2022, while Beauty & Wellness sector is expected to witness the maximum growth in next 6-7 years, in terms of skilled workforce according to a survey conducted by the National Skill Development Corporation (NSDC).



Dr. Seemant
Assistant Professor
of English
&
Former Incharge of
Cosmetology &
Beauty Care Course

According to NSDC, skilled workforce in beauty & wellness sector would grow thrice as much, from 40 lakh in 2013 to 1.42 crore in 2022, making it the fastest growing job creator. Jobs under various job roles are available in this sector. Few of those are: Assistant Beautician, Beauty therapist, Senior Beauty Therapist, Spa Therapist, Nail technician, Hair stylist, Hair advisor, Bridal makeup artist etc.



Mrs. Shalu
Apparel & Dress Designing
Instructor

“If you are innovative and ambitious there is no limit to your potential”. You can choose to work behind the scenes in a movie, on a play, at a fashion show, or in your own salon or as an instructor in ITI’s, Schools, Colleges and inspire other to enter into the Fashion & Beauty business with the right training you can convert your dream into realty.

Report of the Seminar

A One day seminar on the theme, "Wellness is Natural state of body" was organized by Community College on 14th Dec. 2015. The seminar provided an ideal forum for the interaction of different view-points on the theme and information among academicians, research scholars, Beauty & Wellness instructors, Yoga instructors, Nutrition experts, Physiotherapists, Dermatologists, Naturopathist etc. to understand the concept of beauty and wellness.

To initiate the seminar, Mrs. Meenakshi, Nodal officer of Community College welcomed the guests. Mr. Ved Prakash Dahiya, President of the College introduced the gathering about the vision and mission of the college and Dr. Suresh Boora, Principal of the College informed the invitees about the progress made by the college. She also shared her views regarding relevance of holding the seminars on the theme of Beauty and Wellness.

Dr. Yogita, seminar co-coordinator informed the gathering about the course of Beauty and Wellness under the scheme of Community College which is approved by UGC and the same was allotted to Kanya Mahavidyalaya, Kharkhoda in the year 2015.

Mrs. Meenakshi, seminar coordinator informed the gathering about the need and purpose of organising the seminar on the theme Wellness is natural state of body. She put light on the concept of Wellness and its types.

The seminar was inaugurated by Dr. Monika Dahiya, BAMS & Naturopathist, Hoshiyar Singh Memorial Hospital, Kharkhoda. She highlighted the importance of natural elements i.e. Sun, Water, Air etc. in keeping our health sound.

The keynote speaker was Dr. Ramesh Sethi, ex-civil surgeon & at present Dermatologist in Hoshiyar Singh Memorial Hospital, Kharkhoda. He discussed about various skin problems like acne problem, sunburn etc. and their treatment. He also shared his views regarding technologies used by dermatologists in skin, hair & nail treatments.

Apart from chief guest and keynote speaker other invitees also present their views about Beauty & Wellness, Health & Beauty & Wisdom. These invitees included Mrs. Saroj, instructor B&W Course ITI Rohtak, Mrs. Sheela instructor B&W course ITI Kharkhoda, Mrs. Rinki instructor B&W course KMK, staff members from KMK including Mrs. Alka Gulati , Dr. Asha Khatri, Dr. Yogita, Mrs. Darshana , Dr. Parmila, Dr. Seemant, Dr. Sumita, Dr. Ramesh Saini, Mrs. Meenakshi, Dr. Sushma, Mrs. Shalu, Dr. Suman, Mrs. Sheetal,.

In the seminar Penal discussion were held on the topics **Latest technologies & techniques used in Cosmetology; Role of Naturopathy & Yoga in Beauty & Wellness; Salon Management; Job opportunities in Beauty & Wellness Sector** (Details of penalist in programme schedule). Students presented in the seminar learnt many things from seminar related to Skin & Hair Care, importance of Yoga & healthy food, role of nature in keeping our mind & body healthy as well as things related to their career i.e. placement in beauty industry & salon management.

Mrs. Meenakshi, Nodal officer of Community College delivered a Vote of thanks to all the people presented in the seminar.

Photo Gallery of Seminar



Wellness is Natural State of Body


INTELLECTUAL WELLNESS

Be open to new ideas, be creative, think critically, and seek out new challenges.




SPIRITUAL WELLNESS

Find meaning in life events, demonstrate individual purpose, & live a life that reflects your values and beliefs.




EMOTIONAL WELLNESS

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.



PHYSICAL WELLNESS

Take care of your body for optimal health and functioning.



ENVIRONMENTAL WELLNESS

Be aware of the interactions between the environment, community and yourself and behave in ways that care for each of these responsibly.

