



**PSGR
Krishnammal College for Women**



DEPARTMENT OF BEAUTY AND WELLNESS

**CHOICE BASED CREDIT SYSTEM &
OUTCOME BASED EDUCATION SYLLABUS**

B.SC BEAUTY AND WELLNESS

2023 – 2026 BATCH



**DEPARTMENT OF BEAUTY AND WELLNESS
CHOICE BASED CREDIT SYSTEM (CBCS) & LEARNING OUTCOMES- BASED
CURRICULAR FRAMEWORK (LOCF)**

B.SC BEAUTY AND WELLNESS (2023-2024)

Sem	Part	Subject Code	Title of the paper		Ins Hrs/ Week	Contact hrs	Tutorial hrs	Duration of Exam	Exam Marks			Credits
									CA	ES E	Tota l	
I	I	TAM2301A/ FRE2301A/ HIN2301A	Language Paper I (Tamil ,Hindi ,French)	La ngu age	4	58	2	3	25	75	100	3
	II	ENG2301A	English paper –I	E ng l i s h	4	58	2	3	25	75	100	3
	III	BW23C01	Aesthetic Treatment Level- I	CC	4	58	2	3	25	75	100	4
	III	BW23P01	Basic skin & hair services Practical	CC	12	180	-	3	25	75	100	8
	III	BW23A01	Anatomy and Physiology (Allied)	GE	4	58	2	3	25	75	100	4
	IV	NME23ES / NME23B1/ NME23A1	Foundation Course (Introduction to Entrepreneurship /	AE C	2	30	-	-	100	-	100	2
			Basic Tamil- I/Advanced Tamil-I									
	III	BWINSTI	Internship***					(60 Hrs)				Grade

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancing Course

CA – Continuous Assessment

ESE - End Semester Examination

BW23C01	AESTHETICS TREATMENT LEVEL -I	Category	L	T	P	Credit
		Theory	58	2		4

Preamble

Explain the methods of cleaning, disinfecting, and sterilizing. Give thorough knowledge on, Hair removal methods, Skin bleaching, Manicure, Pedicure, Hair draping, Shampooing and conditioning and basic colouring, Introduction to Industry 4.0

Course Outcomes

On the successful completion of the course, students will be able to

CLOs Number	CLO Statement	Knowledge Level
CLO1	List the types of Disinfectants, sanitizers and steps to use them properly.	K1
CLO2	Define standard safety precautions.	K2
CLO3	Explain professional responsibilities	K3
CLO4	Describe waxing, pedicure, manicure, hair wash methods Identify the basic requirements for scalp and skin care, Describe Introduction to Industry 4.0	K4

Mapping with Programme Outcomes

CLOs	PLO1	PLO2	PLO3	P04	P05
CLO1	S	S	M	S	S
CLO2	S	M	M	S	M
CLO3	S	M	M	M	S
CLO4	S	S	M	S	S

S- Strong; M-Medium; L-Low

UNIT I

(12hrs)

Cosmetology -Introduction ,History – Prospects –Personal health – Introduction to hygiene – Hygiene in work place – Infection control – Immunity – Prevention and control. Contamination – Decontamination – Cleaning- Disinfection – Sanitation, Sterilization. Disinfecting non electrical tools and implements- Electrical tools and equipments – Products-Work area maintenance- Storage of equipments – Health and safety.

Hair removal methods- Temporary and permanent – Eyebrow hair removal – Eyebrow shaping equipment – Eyebrow shapes – Contra indication, Contra actions –Eyebrow measurement – Correcting shapes

UNIT II

(12 hrs)

Waxing - types – Flavoured Wax- Waxing method - Contra indication, Contra actions – Wax ingredients – Safety precautions –Re growth- In growing hair.

Bleach- Types of bleaches –Patch test – Method- Side effect – Homemade bleaches – Contra indication – Contra action

UNIT III

(12 hrs)

Nail structures- The functions of the skin- The formation of the nail – Nail growth –The composition of the nail plate-The foot and lower leg- The hand and lower arm- Nail disorder and diseases.

Introduction to Manicure - Manicure Equipments– Materials – preliminaries - Nail shape and length- Varnishing- Additional treatments- Hands and Arms massage

UNIT IV

(12hrs)

Introduction to Pedicure- Preliminaries –Foot problems – Feet and Lower leg massage- Professional nail product- – Consultation –Importance of cuticle remover, Dead skin removal.Reflexology.

Hair-introduction, draping for wet hair services, shampooing, selection of shampoo, Effect of Shampoos, Conditioning-effect of conditioner

UNIT V

(10 hrs)

Introduction to Industry 4.0- Need – Reasons for Adopting Beauty Industry 4.0 - Definition – Goals and Design Principles - Technologies of beauty and wellness Industry 4.0-Skills required for of beauty and wellness Industry 4.0- Advancements in Industry 4.0- – Impact of Industry 4.0 on Society, Business, Government and People - Introduction to 5.0

Related Online Contents :

- 1.Introduction to Industry 4.0 and Industrial Internet of Things by Prof.Sudip Mishra,IIT Kharagpur.
2. A Complete Guide to Industry 4.0-Udemy

Pedagogy:

Lecture by chalk and talk, power point presentation, e-content, group discussion, assignment, quiz, peer learning, seminar

Reference Books

	Author	Title of the Book	Publishers	Year of publication
1.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2014
2.	Lorraine Norman	Beauty Therapy The Foundations Level One	Habia cengage, Uk	2010
3.	P. Kaliraj, T. Devi	Higher Education for Industry 4.0 and Transformation to Education 5.0		

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO'S
1.	Unit I			
	Cosmetology -Introduction ,History, Prospects , Personal	2	PPT	CLO 1, CLO 2, CLO 3

	health			
	Hygiene in work place , Infection control, Immunity , Prevention and control.	3	Lecture – Chalk and talk	CLO 2, CLO 3
	Sanitation, Sterilization. Disinfecting non Electrical tools	2	Lecture – Chalk and talk	CLO 1, CLO 2
	Electrical tools and equipments	3	T/ group discussion	CLO 1, CLO 2, CLO 3
	Storage of equipments – Health and safety.	2	T/ group discussio	CLO 1, CLO 2, CLO 3
2.	Unit II			
	Waxing - types – Flavoured Wax- Waxing method	4	Lecture – Chalk and talk	CLO 1, CLO 2
	Contra indication, Contra actions – Wax ingredients	4	T/ group discussion	CLO 1, CLO 2, CLO 3
	Safety precautions –Re growth- In growing hair.	4	T/quiz	CLO 1, CLO 2, CLO 3
3.	Unit III			
	Nail structures , The functions of the skin, The formation of the nail	4	Lecture – Chalk and talk	CLO 1, CLO 2, CLO 3
	The composition of the nail plate- The foot and lower leg-	4	T/ group discussion	CLO 2, CLO 3
	The hand and lower arm- Nail disorder and diseases.	4	T/quiz	CLO 1, CLO 2
4	Unit 4			
	Introduction to Pedicure , Preliminaries , Foot problem	4	PPT	CLO 2, CLO 3
	Feet and Lower leg massage, Professional nail product, Consultation	4	Lecture – Chalk and talk	CLO 1, CLO 2
	Importance of cuticle remover, Dead skin removal.Reflexology.	4	Lecture – Chalk and talk	CLO 1, CLO 2, CLO 3
5	Unit 5			
	Introduction to Industry 4.0- Need	2	PPT	CLO 1, CLO 2, CLO 3
	Reasons for Adopting Beauty Industry 4.0 , Definition, Goals and Design Principles	2	Lecture – Chalk and talk	CLO 2, CLO 3
	Technologies of beauty and wellness Industry 4.0	2	Lecture – Chalk and talk	CLO 1, CLO 2
	Skills required for of beauty and wellness Industry 4.0- Advancements in Industry 4.0	2	T/ group discussion	CLO 1, CLO 2, CLO 3
	Impact of Industry 4.0 on Society, Business, Government and People - Introduction to 5.0	2	T/quiz	CLO 1, CLO 2, CLO 3

BW23P01	BASIC SKIN AND HAIR SERVICE PRACTICAL-I	Category	L	T	P	Credit
		Practical	-	-	180	12

Preamble

This course aims to help the students to get practical knowledge on threading, waxing, manicure, pedicure, skin bleaching, Shampooing and conditioning, Head massage, Basic hair colouring and cutting and Nail art, Mehandhi. It also enables the students to perform various skin services to different type of clients.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	Identify and describe the methods of temporary hair removal	K1
CO2	Name and describe the three part procedure used in the performance of the basic manicure & Pedicure	K1
CO3	List and describe the procedure for a virgin single process colour service	K2
CO4	Perform and practice four basic haircuts	K3

Mapping with Programme Outcomes

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	M	S	M	S
CO2	M	M	M	M	M
CO3	M	S	S	S	S
CO4	M	S	S	S	M

S- Strong; M-Medium; L-Low

Syllabus

- Threading (15 Hrs)

Forehead, Chin, Upper lip
Full face
Eyebrows

- Waxing (15Hrs)

Full arms
Under arms
Full legs

- Manicure (20 Hrs)

Product and Material
Procedure

<ul style="list-style-type: none"> • Pedicure 	(20 Hrs)
Product and Material Procedure	
<ul style="list-style-type: none"> • Bleaching 	(15 Hrs)
Detan Cream Bleach	
<ul style="list-style-type: none"> • Hair Treatment 	(15 hrs)
Shampooing and conditioning Deep Conditioning	
<ul style="list-style-type: none"> • Indian Head Massage 	(15 hrs)
<ul style="list-style-type: none"> • Hair Coloring- 	(25 hrs)
Root Touch up Global Color	
<ul style="list-style-type: none"> • Basic Hair Cuts 	(25 Hrs)
Straight Cut U cut Forward Graduations	
<ul style="list-style-type: none"> • Nail Art- 	(15 hrs)
Basic Nail Polishing French polish Basic Nail Art Mehandhi Application	

Reference Books

	Author	Title of the Book	Publishers	Year of publication
1.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2014
2.	Lorraine Norman	Beauty Therapy The Foundations Level One	Habia cengage, Uk	2010

Pedagogy:. Teaching ,discussions, hands on practice, and videos.

Module No.	Topic	No. Of periods	Content delivery methods	CLO's
1.	Unit I			
	Forehead, Chin, Upper lip	5	Demo/Practice	CLO 1, CLO 2
	Full face	5	Demo/Practice	CLO 2, CLO 3
	Eyebrows	5	Demo/Practice	CLO 1, CLO 2
2	Unit 2			
	Full arms	5	Demo/Practice	CLO 2, CLO 3
	Under arms	5	Demo/Practice	CLO 1, CLO 2

	Full legs	5	Demo/Practice	CLO 1, CLO 2
3	Unit 3			
	Manicure	7	Demo/Practice	CLO 2, CLO 3
	Product and Material	7	Demo/Practice	CLO 1, CLO 2
	Procedure	6	Demo/Practice	CLO 2, CLO 3
4	Unit 4			
	Pedicure	7	Demo/Practice	CLO 1, CLO 2
	Product and Material	7	Demo/Practice	CLO 2, CLO 3
	Procedure	6	Demo/Practice	CLO 1, CLO 2
5	Unit 5			
	Bleaching	5	Demo/Practice	CLO 2, CLO 3
	Detan	5	Demo/Practice	CLO 2, CLO 3
	Cream Bleach	5	Demo/Practice	CLO 1, CLO 2
6	Unit 6			
	Indian Head Massage	15	Demo/Practice	CLO 2, CLO 3
	Hair Coloring	9	Demo/Practice	CLO 1, CLO 2
	Root Touch up	7	Demo/Practice	CLO 1, CLO 2
	Global Color	9	Demo/Practice	CLO 1, CLO 2
7	Unit 7			
	Basic Hair Cuts	9	Demo/Practice	CLO 1, CLO 2
	Straight Cut	7	Demo/Practice	CLO 2, CLO 3
	U cut	9	Demo/Practice	CLO 1, CLO 2
	Forward Graduations		Demo/Practice	CLO 1, CLO 2
8	Unit 8			
	Nail Art-Basic Nail Polishing	5	Demo/Practice	CLO 2, CLO 3
			Demo/Practice	CLO 1, CLO 2
	Basic French polish Nail Art	5	Demo/Practice	CLO 1, CLO 2
	Mehandhi Application	5	Demo/Practice	CLO 1, CLO 2

BW 23A01	ALLIED -ANATOMY AND PHYSIOLOGY	Category	L	T	P	Credit
		ALLIED	58	2	-	4

Preamble

The Course aims at helping the students to understand the anatomy and physiology of the human body with relevance to beauty therapy. It also enables the students to apply the beauty treatments confidently to improve the particular functioning systems of the body.

Course Outcomes

On the successful completion of the course, students will be able to

CLOsNumber	CLO Statement	Knowledge Level
CLO1	Use the appropriate scientific terms in the subject to explain and interact with the client on the importance of a particular treatment.	K1 & K2
CLO2	Gain a fairly good knowledge on the general health condition of the client.	K1 & K2
CLO3	Assess and select the type of beauty treatment that is best suited for the client.	K3
CLO4	Apply the knowledge obtained from the subject to improvise the existing therapy methodology.	K3

Mapping with Programme Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	P05
CLO1	S	S	M	S	M
CLO2	S	S	M	S	M
CLO3	S	S	M	M	S
CLO4	S	S	M	M	S

S- Strong; M-Medium; L-Low

Syllabus

Unit-I

12 hrs

The Skin - Functions of Skin-Protection, Heat regulation, Excretion, Warning, Sensitivity, Nutrition, Moisture control. The Structure of Skin- The epidermis, Langerhan cells, Melanocyte cells, Stratum granulosum, Stratum lucidum, stratum corneum, The dermis

Unit-II

12hrs

The hair - Structure and Functions of Hair and the surrounding Tissues, The three types of hair, Hair growth, factor affecting the growth rate and quantity of hair.

Unit-III

12hrs

The nails - The structure and functions of nails, nail plate, free edge, the matrix, nail bed, the lunula, the Hyponychium the nail grooves, the perionychium, the nail walls, the eponychium, the cuticle nail growth

Unit IV

12hrs

The bones- Bones of the hand and the forearm, the foot and the lower leg. The muscular system- Facial muscles, muscles of facial expression. Lymphatic system -parts of lymphatic system - Functions of the lymphatic system –Conditions that affect the lymphatic system

Unit-V

10hrs

Skin Diseases and Disorders- -bacterial infection, viral infection, fungal disease, sebaceous gland disorders, pigmentation disorder and skin allergies.

Reference Books

S. No.	Author	Title of the Book	Publishers	Year of publication
I.	Lorraine Nordmann	Beauty Therapy The Foundations - Level three	Habia cengage, UK	2012

Pedagogy:. Teaching – Lecturing, discussions, seminar and power point presentations

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO LEVELS
1.	Unit I			
	The Skin - Functions of Skin-	4	PPT	CLO1
	The Structure of Skin	4	Lecture – Chalk and talk	CLO1,CLO2
	Stratum granulosum	4	T/ group discussion	CLO2,CL3
2.	Unit II			
	Structure and Functions of Hair and the surrounding Tissues	4	Lecture – Chalk and talk	CLO1,CLO2
	The three types of hair	3	T/ group discussion	CLO1,CLO3
	Hair growth	2	T/quiz	CLO1,CLO2,CLO3
	factor affecting the growth rate and quantity of hair	3	T/ group discussion	CLO2,CLO3
3.	Unit III			
	The structure and functions of nails, nail plate, free edge, the matrix, nail bed, the lunula	4	Lecture – Chalk and talk	CLO1,CLO2
	the Hyponychium the nail grooves, the perionychium, the nail walls	4	T/ group discussion	CLO1,CLO2,CLO3
	the eponychium, the cuticle nail growth	4	T/quiz	CLO1,CLO2,CLO3
4.	Unit IV			

	The bones- Bones of the hand and the forearm, the foot and the lower leg	3	PPT	CLO1,CLO2
	The muscular system- Facial muscles, muscles of facial expression	3	Lecture – Chalk and talk	CLO1,CLO2,
	Lymphatic system -parts of lymphatic system -Functions of the lymphatic system –	3	T/ group discussion	CLO2,CLO3
	Conditions that affect the lymphatic system	3	Lecture – Chalk and talk	CLO1,CLO2,CLO3
5.	Unit V			
	Skin Diseases and Disorders	4	PPT	CLO1,CLO2
	bacterial infection, viral infection, fungal disease,	3	Lecture – Chalk and talk	CLO1,CLO2,CLO3
	pigmentation disorder and skin allergies	3	T/ group discussion	CLO2,CLO3

NME23ES	INTRODUCTION TO ENTREPRENEURSHIP	Category	L	T	P	Credit
			30	-	-	2

UNIT 1:(6 hrs)

Nature of Entrepreneurship: (3 hrs)

Meaning –Need for Entrepreneurship –Qualities of Successful Entrepreneurs - Myths of Entrepreneurship

Activity: Assignment, Discussion (2 hrs)

Unit 2: (6 hrs)

Role of Entrepreneurs (4 hrs)

Significance of Entrepreneurship to the nation –Environmental Factors influencing Entrepreneurship – Entrepreneurial Process and Functions- Challenges faced by Entrepreneurs

Activity: Quiz / Role Play (2 hrs)

Unit 3: (6 hrs)

Formulation of Business Idea: (4 hrs)

Business Idea Generation - Entrepreneurial Imagination and Creativity – Role of Innovation – Opportunity Evaluation

Activity: Business Idea Pitch (2 hrs)

Unit 4: (6 hrs)

Business Planning: (4 hrs)

Need for Market Study – Securing Finance from various Sources - Significance of Business plan – Components of Business plan

Activity: Schemes available for Entrepreneurs (2 hrs)

Unit 5: (7 hrs)

(7 hrs)

Project:

Interface with Successful Entrepreneurs – 4 hrs

Business Plan Presentation – 3 hrs

Reference Books

1. D.F. Kuratko and T.V. Rao, *Entrepreneurship - South Asian Perspective*, 2016, Cengage Learning India Pvt. Ltd. Delhi.
2. Arya Kumar, *Entrepreneurship: Creating and Leading an Entrepreneurial Organization*, 2012, Pearson Education India

DEPARTMENT OF BEAUTY AND WELLNESS
CHOICE BASED CREDIT SYSTEM (CBCS) & LEARNING OUTCOMES- BASED
CURRICULAR FRAMEWORK (LOCF)

B.SC BEAUTY AND WELLNESS(2023-2024)

Sem	Part	Subject Code	Title of the paper		Ins Hrs/ Week	Contact hrs	Tutorial	Duration of Exam	Exam Marks			Credits
									CA	ES E	Total	
II	I	TAM2302 / HIN2302/ FRE2302	Language Paper II (Tamil, Hindi, French)	GE	4	58	2	3	25	75	100	3
	II	ENG2302	English II	GE	4	58	2	3	25	75	100	3
	III	BW23C02	Aesthetic Treatment Level- II	CC	4	58	2	3	25	75	100	4
	III	BW23P02	Basic skin & hair services Practical II	CC	12	180	-	3	25	75	100	8
	III	BW23A02	Fundamental of food science and Nutrition	CC	4	58	2	3	25	75	100	4
	IV	NME23B2/ NME23A2	Basic Tamil-II/Advanced Tamil-II (Outside Classes)		2	-	-	-	100	-	100	Grade
	IV	23PELS1	Professional English for life science	AEC	2	25	5	-	100	-	100	2
		NM23GAW	General Awareness			Self study			100	-	100	Grade
	III	BWINST2	Internship***					(60 Hrs)				Grade
CC – Core Courses				CA – Continuous Assessment								
GE – Generic Elective				ESE - End Semester Examination								
AEC – Ability Enhancing Course												

BW 23C02	AESTHETIC TREATMENT LEVEL II	Category	L	T	P	Credit
		Theory	58	2	-	4

Preamble

The course aims to give thorough knowledge on Hair structure, Growth pattern, Scalp problems, Uses of thermal tools. It also enables the students to analyze various skin types and various type of cosmetics and their uses for facial and Makeup.

Course Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Describe Hair structure, Hair growth pattern, and the uses of thermal tools. Classification of skin and Hair types.	K1
CLO2	Identify different skin types and summarize basic makeup techniques to alter them	K2
CLO3	Gain a fairly good knowledge on different hair styles, facial and Makeup	K3
CLO4	Identify different make up product knowledge	K4

Mapping with Programme Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	L	S	S	M	S
CLO2	S	M	M	S	S
CLO3	M	S	S	S	S
CLO4	M	S	S	S	S

S- Strong; M-Medium;

Syllabus

UNIT-I

(12 Hrs)

Hair structure of root- shaft- chemical composition – Bonds of the cortex – pigments- hair shape- distribution-wave pattern-types of hair-growth cycle-myths and facts about hair growth – normal hair shedding-natural replacement of hair-hair loss causes and treatment-emotional impact of hair loss- types of abnormal hair loss- disorders of hair-scalp- dandruff- fungal infections-parasitic infection- bacterial infections.

UNIT-II

(12Hrs)

Hair analysis -ph- texture-density – porosity- elasticity- scalp analysis- dry hair and scalp- oily hair and scalp- scalp care- scalp manipulation. Hair styling basics- removing tangles- making a part of pin curls- part of a curl-roller curls- barrel curls- back combing- back brushing- braiding- artistry in hair styling- face shapes- profiles- nose shapes- eyes and head shapes-special considerations- hair partings- partings for bangs.

UNIT-III

(10Hrs)

Equipments and materials for hair styling- combs- types- brushes-role of brushing-types of bristles-types of brushes-pins and clips- styling products- thermal hair styling- flat irons- curling

irons-crimping irons- combs used with thermal irons –manipulation-temperature-care analysis of hair and scalp before ironing-hair texture-scalp condition-reminders and hints for all processing procedure- special considerations-hot rollers-hood dryer

UNIT-IV

(10 Hrs)

Introduction – Consultation – Skin analysis- Skin types – Magnifying lamp- Skin care products –Cleanser – Toner – Exfoliator – Moisturizer – Sunscreen – Serum- Massage cream – Mask -Massage – Physiological effect-Nerve point of face and neck- Guide lines for facial treatments Facial benefits- Problematic skin- Dry skin – Oily skin – Acne prone skin - Consultation and Homecare.

UNIT-V

(12 Hrs)

Introduction, Tools and accessories, skin colour analysis, skin preparation, Different types of Primer, Foundation, Concealer, Face powder, Eye Makeup product, blusher, Lip colour, Analysing the face shape. Removing Techniques– Foundation – Face powder –Eye shadow- Eye liner – Blusher – Lip colour – mascara. Skin Make up for Occasions and Cosmetics - Casual, Interview, Professional, Party. Colour Wheel- Eye shadow, Blushers, Lipstick, Contour cosmetics, Foundation, Primer, Concealer.

Reference Books

S.NO	Author	Title of the Book	Publishers	Year of publication
1.	Helene Sunnydale,	The complete Book of Beauty	Anness publishing, Leicestershire	2011
2.	Lorraine Norman	Beauty Therapy The Foundations Level One	Habia cengage, Uk	2010

Pedagogy:. Teaching – Lecturing, discussions and power point presentations

Module No.	Topic	No. of periods	Content delivery methods	CLO's
Unit I				
1	Hair structure	2	T/ppt	CLO2, CLO3
2	Hair growth cycle	2	T/ppt	CLO1,CLO3
3	Hair loss causes	2	T/ppt	CLO1,CLO2
4	Hair and scalp disorders	2	T/Disc	CLO2,CLO3,CLO4
5	Bacterial infections	2	T/Disc	CLO1,CLO3
6	Greying of hair	2	T/Disc	CLO1,CLO2
Unit II				
1	Hair growth pattern	2	T/ppt	CLO1,CLO3
2	Hair and scalp care	3	T/ppt	CLO2,CLO3
3	Hair styling basics	2	T/ppt	CLO2,CLO3,CLO4
4	Back combing and Back brushing	3	T/ppt	CLO1,CLO2
5	Artistry in hair styling	2	T/Disc	CLO1,CLO2
Unit III				
1	Equipments and Materials for hair styling	3	T/ppt	CLO2, CLO3
2	Styling products	2	T/ppt	CLO1,CLO2
3	Thermal Hair Styling	1	T/ppt	CLO2,CLO3
4	Thermal irons manipulation	2	T/ppt	CLO2,CLO3,CLO4
5	Hair texture , Scalp condition	2	T/Disc	CLO1,CLO3
Unit IV				
1	Skin Analysis	1	T/ppt	CLO1,CLO3

Module No.	Topic	No. of periods	Content delivery methods	CLO's
2	Skin care products	2	T/Disc	CLO1,CLO2
3	Massage effects	2	T/Mock	CLO2,CLO3,CLO4
4	Guide lines for facial treatments	2	T/Disc	CLO2,CLO3
5	Problematic skin	2	T/ppt	CLO1,CLO2
6	Consultation and homecare	1	T//Disc	CLO1,CLO2,CLO3
Unit V				
1	Introduction to Makeup	2	T/Disc	CLO1,CLO3
2	Make up products	3	T/ppt	CLO1,CLO2
3	Make up for occasion	2	T/ppt	CLO2,CLO3,CLO4
4	Traditional Brides of India	3	T/ppt	CLO2,CLO3
5	Corrective make up	2	T/Disc	CLO1,CLO2

BW 23P02	BASIC SKIN AND HAIR SERVICES PRACTICAL II	Category	L	T	P	Credit
		Practical	-	-	180	8

Preamble

This course aims to help the students to get practical knowledge on Facial, Make up and saree drape. It also enables the students to perform the Facial and Make up to enhance skin texture. and Hair styling and Hair setting. It also enables the students to perform various Hair setting and Hair styling for different type of hair.

Course Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CO1	Name the different categories of skin care products used in facial treatments.	K1
CO2	Conduct a consultation and skin analysis	K2
CO3	Explain the importance of preparation, sectioning, pinning, and balance with regard to up dos	K2
CO4	Perform and practice various hair setting methods	K3

Mapping with Programme Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	L	L	S	S
CLO2	M	L	L	S	S
CLO3	S	L	L	S	S
CLO4	M	M	M	S	S

S- Strong; M-Medium; L-Low

Syllabus

- I. Facial (30 hrs)
- Skin type Analysis
 - Cleansing
 - Toning
 - Exfoliation
 - Steaming
 - Removal of Skin Blockage
 - Facial Massage
 - Pressure point
 - Application of face mask

- II. Make up Basics Level- I (30 hrs)
- Tools & Accessories of make up
 - Preparing skin for make up
 - Application technique
 - Party Makeup
 - Casual Makeup
 - Interview Makeup
- III. Ear Piercing (5 hrs)
- IV. Thermal Hair Setting (20 hrs)
- Blow drying
 - Hair Ironing
 - Tong and Twist
 - Hot Rollers
- V. Hair Setting (20 hrs)
- Pony Tail
 - Pin Curls
 - Stand up curls
 - Puff or Bum pits
 - Braiding
 - Hair up Dos
- VI. Hair Styles (15 Hrs)
- Gels
 - Hair spray
 - Mousse
 - Serum
 - Waxes/ Pomade

Reference Books

	Author	Title of the Book	Publishers	Year and Edition
1.	Helene Sunnydale,	The complete Book of Beauty	Anness publishing, Leicestershire	2011
2.	Lorraine Norman	Beauty Therapy The Foundations Level One	Habia cengage, Uk	2010

Pedagogy:.. Teaching, discussions, hands on practice, and videos.

Module No.	Topic	No. of periods	Content delivery methods	
Unit I				
1	Sanitation/ Sterlization, Trolley setting, cleaning method	1	Demo/ppt	CLO2, CLO3
2	Skin Analysis	2	Demo/prac	CLO1,CLO3
3	Cleansing	3	Demo/prac	CLO1,CLO2

Module No.	Topic	No. of periods	Content delivery methods	
4	Toning	2	Demo/prac	CLO2,CLO3,CLO4
5	Exfoliation	3	Demo/prac	CLO1,CLO3
6	Steaming	2	Demo/prac	CLO1,CLO2
7	Removal of skin blockage	2	Demo/prac	CLO2,CLO3,CLO4
8	Facial Massage	6	Demo/prac	CLO2,CLO3
9	Pressure points	4	Demo/prac	CLO1,CLO2
10	Application of Face mask	5	Demo/prac	CLO2,CLO3
Unit II				
1	Sanitation/ Sterlization, Trolley setting, cleaning method	2	Demo/ppt	CLO1,CLO3
2	Tools and Accessories of Makeup	10	Demo/prac	CLO1,CLO2
3	Preparing skin for Makeup	10	Demo/prac	CLO2,CLO3,CLO4
4	Application Techniques	13	Demo/prac	CLO2,CLO3
				CLO1,CLO2
Unit III				
1.	Ear Piercing	5	Demo/prac	CLO2,CLO3
Unit IV				
1	Sanitation/ Sterlization, Trolley setting, cleaning method	2	Demo/ppt	CLO1,CLO3
2	Straight Blow dry	5	Demo/prac	CLO1,CLO2
3	Flip in and out Blow dry	5	Demo/prac	CLO2,CLO3,CLO4
4	Hair Ironing	3	Demo/prac	CLO2,CLO3
5	Tong and Twist	3	Demo/prac	CLO1,CLO2
6	Hot Rollers	2	Demo/prac	CLO1,CLO2,CLO3
UnitV				
1	Sanitation/ Sterlization, Trolley setting, cleaning method	1	Demo/ppt	CLO1,CLO3
2	Ponytail	1	Demo/prac	CLO1,CLO2
3	Pincurls	1	Demo/prac	CLO2,CLO3,CLO4
4	Stand up Curls	2	Demo/prac	CLO2,CLO3
5	Puff or Bumpits	2	Demo/prac	CLO1,CLO2
6	Braiding	3	Demo/prac	CLO1,CLO2,CLO3
7	Hair up dos	2	Demo/prac	CLO1,CLO3
8	French Braid	5	Demo/prac	CLO1,CLO2
9	French plait	3	Demo/prac	CLO2,CLO3,CLO4
UnitVI				
1	Sanitation/ Sterlization, Trolley setting, cleaning method	1	Demo/ppt	CLO1,CLO2
2	Hair Gel	3	Demo/prac	CLO1,CLO2,CLO3
3	Hair Spray	2	Demo/prac	CLO1,CLO3
4	Mousse	3	Demo/prac	CLO1,CLO2
5	Serum	3	Demo/prac	CLO2,CLO3,CLO4
6	Waxes/Pomade	3	Demo/prac	CLO2,CLO3

Course Designers:

BW23A02	FUNDAMENTAL OF FOOD SCIENCE AND NUTRITION	Category	L	T	P	Credit
		ALLIED	58	2	-	4

Preamble

This course aims to help the students to gain knowledge about nutrition and malnutrition, learn the sources and functions of vitamins and minerals. Understand the effect of dry & moist heat methods of cooking.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	classify food groups and explain the scope & importance of nutrition	K1
CLO2	calculate and interpret the energy values of food & explain the functions, digestion and absorption of carbohydrates, proteins and fats	K2
CLO3	classify the food into five groups and to understand the different methods of cooking	K2
CLO4	calculate the energy value of foods and the energy requirements of individual	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	M	M	S	S
CLO2	M	M	S	S	S
CLO3	S	M	S	S	S
CLO4	M	M	M	S	S

UNIT I: INTRODUCTION TO FOOD SCIENCE AND NUTRITION (12 lectures)

Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Malnutrition, BMI and Nutritional Status, Understanding relationship between food, nutrition and health. **Balanced Diet:** Functions of food- physiological, psychological and social, Concept of Balanced Diet, Basic five food groups, Food Pyramid.

UNIT II: COOKING METHODS AND MEAL PLANNING (10 lectures)

Methods Of Cooking: Dry, moist, frying and microwave cooking, Advantages, disadvantages and the effect of various methods of cooking on foods. **Concepts of Meal**

Planning: Factors affecting meal planning, understanding specific considerations for planning meal for different groups of people.

UNIT III : Introduction to Food Groups

(12 lectures)

Cereals and cereal products – composition and nutritive value. Specific cereals –wheat, rice – nutritional composition Millets – maize, jowar, ragi, bajra -nutritive value , **Pulses** – nutritive value, . **Nuts & oil seeds** – nutritional composition, health benefit of nuts and oil seeds **Vegetables** – classification – nutritive value, selection of vegetables, vegetable cookery, loss of nutrition during cooking and its prevention.. **Fruits** – classification – nutritive value, selection of fruits,

Egg- Structure, nutritive value, egg quality grading, , functions of egg in cookery. **Meat** – classes of meat and related products, nutritive value, meat cookery,. **Fish-** classification, nutritive value, selection of fish, fish products,. **Poultry** – classification, nutritive value. **Milk-** nutritive value, , role of milk and milk products in cookery, , indigenous milk products.

Sugar- sugar and related products, role of sugar in cookery.. **Spices** – general function, specific species & their medicinal values – Aniseed, asafoetida, cardamom, chillies, cinnamon, clove, coriander seed, cumin seed, fenugreek, garlic, ginger, nutmeg, mustard, onion, pepper, poppy seeds, saffron, turmeric, role of spices in cookery.

UNIT IV: MACRO NUTRIENTS

(10 lectures)

Carbohydrate, Protein, Fat- Classification, functions, requirements and sources. Deficiency diseases, Functions of water and dietary fiber.

UNIT V: MICRO NUTRIENTS

(12 lectures)

Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)-sources, classification, functions requirements and deficiencies of these nutrients.

Recommended Readings

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd Edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.
3. Srilakshmi,(2005), Dietetics, Revised 5th edition. New Age International Ltd.
4. Wardlaw MG, Paul M Insel Mosby 1996). Perspectives in Nutrition, Third Edition.
5. Gopalan, C., (1990). NIN, ICMR. Nutritive Value of Indian Foods. Seth V, Singh K (2005). Diet planning through the Life Cycle: Part 1. Normal Nutrition

Module No.	Topic	No. of periods	Content delivery methods	CLO's
Unit I				
1	Definition of Food, Nutrition	1	T/ppt	CLO1,CLO3
2	Nutritional status, Dietetics, Malnutrition	2	T/ppt	CLO1,CLO2
3	BMI and Nutritional Status	2	T/ppt	CLO2,CLO3, CLO4
4	Understanding relationship between food, nutrition and health	2	T/Disc	CLO2,CLO3
5	Balanced Diet: Functions of food-	1	T/Disc	CLO1,CLO2
6	physiological ,psychological and social, Concept of Balanced Diet	2	T/ppt	CLO1,CLO2, CLO3
	Basic five food groups, Food Pyramid.	2	T/ppt	CLO1,CLO2, CLO3
Unit II				
1	Methods Of Cooking: Dry, moist, frying and microwave cooking, Advantages, Disadvantages and the effect of various methods of cooking on foods.	5	T/Disc	CLO1,CLO3
2	Concepts of Meal Planning: Factors affecting meal planning, understanding specific considerations for planning meal for different groups of people.	2	T/ppt	CLO1,CLO2
Unit III				
1	Cereals and cereal products – composition and nutritive value. Specific cereals –wheat, rice – nutritional composition Millets – maize, jowar, ragi, bajra -nutritive value	2	T/ppt	CLO1,CLO2, CLO3
2	Pulses – nutritive value, . Nuts & oil seeds – nutritional composition, health benefit of nuts and oil seeds	2	T/ppt	CLO1,CLO3
3	Vegetables – classification – nutritive value, selection of vegetables, vegetable cookery, loss of nutrition during cooking and its prevention.	2	T/ppt	CLO1,CLO2
4	Fruits – classification – nutritive value, selection of fruits, Egg- Structure, nutritive value, egg quality grading, , functions of egg in cookery. Meat – classes of meat and related products, nutritive value, meat cookery	2	T/ppt	CLO2,CLO3, CLO4
5	Fish- classification, nutritive value, selection of fish, fish products,. Poultry – classification, nutritive value. Milk- nutritive value, , role of milk and milk products in cookery, , indigenous milk products	2	T/ppt	CLO2,CLO3

6	Sugar- sugar and related products, role of sugar in cookery.. Spices – general function, specific species & their medicinal values – Aniseed, asafoetida, cardamom, chillies, cinnamon, clove, coriander seed, cumin seed, fenugreek, garlic, ginger, nutmeg, mustard, onion, pepper, poppy seeds, saffron, turmeric, role of spices in cookery	2	T/ppt	
Unit IV				
1	Carbohydrate- classification, functions, requirements and sources	3	T/Disc	CLO1,CLO2, CLO3
2	Protein- classification, functions, requirements and sources	3	T/Disc	CLO1,CLO2, CLO3
3	Fat- classification, functions, requirements and sources		T/ppt	
4	Deficiency diseases Functions of water and dietary fiber.	4	T/ppt	CLO1,CLO3
Unit V				
1	Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)-	7	T/Disc	CLO1,CLO2
2	functions requirements and deficiencies of these nutrients	5	T/ppt	CLO1,CLO3

III Semester

Sem	Part	Course Code	Title of the Course	Course Type	Instruction hours/week	Contact hours	Tutorial	Duration of Examination	Examination Marks			Credits
									CA	ESE	TOTAL	
III	I	TAM2303A/ HIN2303A/ FRE2303A	Language III – Tamil Paper III/ Hindi Paper III/ French Paper III	L	4	58	2	3	25	75	100	3
	II	ENG2303A	English Paper III	E	4	58	2	3	25	75	100	3
	III	BW23C03	Hair shaping & Hair Texture services	CC	4	58	2	3	25	75	100	3
	III	BW23P03	Hair shaping Practical	CC	5	75	-	3	25	75	100	4
	III	BW23P04	Hair Texture services Practical	CC	5	75	-	3	25	75	100	4
	III	BW23A03	Nutrition and Dietetic	GE	3	43	2	3	25	75	100	2
	III	BWINST3	Internship***	DSE	-	-	-	-	-	-	-	Gr
	III	BW22SBCE/ CS23SBGP	Skill Based Course Coursera – Nutrition and Fitness / GEN-AI	SEC	3	45/44	-/1	-	100	--	100	3
	IV	NM23DTG	Design Thinking	AEC	2	0	-	-	00	-	00	2
	IV	NM22UHR	Universal Human Values and Human Rights	AECC			-	-	00	-	00	Gr
I - V	VI	16BONL1 16BONL2	Online Course 1 Online Course 2	ACC			-	-		-		

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC-Additional Credit Course

- Self Study

CA – Continuous Assessment

ESE - End Semester Examination

SEC- Skill Enhancement Course

AECC - Ability Enhancement Compulsory Course,

*** Outside class hours 60hrs

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW23C03	HAIR SHAPING & HAIR TEXTURE SERVICES	THEORY	58	2	-	3

Preamble

This course aims to help the student about the proper understanding of scalp and professional hair cutting methods and fundamental of chemical treatments and gives knowledge on advance hair chemical treatments. It also enables the students to conduct an effective haircutting techniques and hair treatments.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Identify the reference points on the head and understand their role in haircutting and chemical service.	K1 & K2
CLO2	List the factors involved in a successful client consultation.	K2
CLO3	Discuss and explain three different texturizing techniques performed with shears and wrapping techniques in Hair Perming.	K3
CLO4	Analyze face shapes and suggest haircut and categories of hair relaxers	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	S	S	M	S
CLO2	S	S	S	S	S
CLO3	S	S	S	M	M
CLO4	M	S	S	L	M

S- Strong; M-Medium; L-Low

Syllabus

Unit-I

(11 hrs)

History of Hair cutting - Basic principles of hair cutting-Reference points-Areas of the head-Lines-Section-Angles-Elevation-Cutting line or Finger angles-Guideline-Over direction- Hair distribution.

Hair Texture services- Introduction-History of Hair Texture services- How it affects the structure of hair- Importance of P^H in texture service- Basic building blocks of hair- Amino

acids- Peptide bonds- Poly peptide chains- Keratin proteins – Side bonds- Disulfide bonds- Salt bonds – Hydrogen bond.

Unit-II

(12 hrs)

Client consultation for hair cutting-Face shape-Hair analysis-Wave pattern-Hair cutting tools and their proper uses-shears/scissors-parts of a shear-maintenance-Purchase of scissors-Different blade edges-Types of texture scissors-Holding the scissors correctly-Holding the scissors and comb- Palming -Transferring the comb-Holding razor-Holding comb-Tension.

Permanent waving – Chemistry of Permanent Waving - Reduction reaction – Thio glycolic acid- Ammonium thioglycolate- Glycerol Mono thioglycolate- types of permanent Waves-Selecting the right type of perm- Permanent wave processing- Over processed hair – Under processed hair – Thio neutralization – Stage one - Stage two - Permanent waving procedure - Preliminary test curls – Types of rods – End papers- End wrap techniques – Wrapping techniques – Partial perms – Safety precautions for permanent waving- Metallic salts.

Unit-III

(12 hrs)

Proper posture and body position-Hand position for different cutting angles-Safety in hair Cutting-Basic hair cutting techniques-Blunt cut-Graduated-Uniform layered- Club cut technique-Long layered-Tips for graduated and layered cuts.

Chemical hair relaxers– Thio relaxer – Thio neutralization – Hydroxide relaxers-Hydroxide neutralization- Selecting the correct relaxers – Base and no - base relaxers- Strength of relaxers – Periodic strand testing-Normalizing lotions – Safety precautions for chemical hair relaxing services.

Unit-IV

(13 hrs)

Other cutting techniques-Cutting curly hair-Cutting bangs-Asymmetric bang-Versatile bang-Short texture bang-Sequence bang-Razor cutting¹²-Slide cutting-Scissor over comb-texturing-Point cutting-notching-Free hand notching-Slithering-Slicing-Carving -Texturizing with razor-Texturizing with thinning shears razor-Thinning-Removing weight from the ends-scissor-over-Comb with thinning shears-Other thinning shears techniques-Free hand sling with razor-Razor over-comb-Razor rotation-Effective use of clippers and trimmers-Tools for clipper cutting-Basic clipper techniques-Clipper cutting attachments-Using trimmers.

Keratin Treatment –How it works - its advantages and disadvantages – Potential Benefits and its risks – side effects – Formaldehyde and its side effects - Hair Botox Treatment – How it works – Pros and cons of hair botox treatment – its advantages and disadvantages.

Unit-V

(10 hrs)

Principle of hair design, Proportion- Body proportion- Balance (Symmetrical, Asymmetrical) –Rhythm- emphasis- Harmony- Influence of hair type and texture on hairstyle, Harmony between hair style and facial structure, Profiles, Special consideration-top third of the face, middle third of the face-lower third of the face.

Hair spa- Definition, Identification of hair problems. Different types of treatment, Products and its procedure. Treatment for damaged hair –chemically treated hair – Maintenance of chemically treated hair.

Text Books

S. No.	Author	Title of the Book	Publishers	Year and Edition
I.	Lorraine Norman	Beauty Therapy- The Foundation: The Official Guide to Beauty Therapy VRQ Level 2	Cengage Learning	5 th Edition 2012
II.	John Amstrang and Louise hemmings	The city and guilds textbook entry 3 Level 1 VRQ in Hair	City & Guilds U.K	9 th may 2012
III.	Ted Gibson	Milady Standard cosmetology	Milady Publishing Co	13 th Edition 2015

Pedagogy: Teaching – Lecturing, discussions, seminar and power point presentations

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO'S
1.	Unit I			
	History of Hair cutting	1	T-PPT	CLO 1, CLO 2
	Basic principles of hair cutting	2	Lecture – Chalk and talk	CLO 2, CLO 3, CLO 4
	Cutting line or Finger angles- Guideline-Over direction- Hair distribution.	3	Lecture – Chalk and talk	CLO 1, CLO 2, CLO3
	Introduction-History of Texture services	2	T/ group discussion	CLO 1, CLO 2
	Importance of P ^H in texture service	2	T/ group discussion	CLO 1, CLO 2, CLO3
	Keratin proteins Side bonds Disulfide bonds Salt bonds Hydrogen bond.	2	Lecture – Chalk and talk	CLO 2, CLO 3, CLO 4
2.	Unit II			
	Hair analysis, Wave pattern	2	Lecture – Chalk and talk	CLO 1, CLO 2, CLO3
	Purchase of scissors, Different blade edges	2	T/ group discussion	CLO 1, CLO 2, CLO3
	Thio glycolic acid, Ammoniumthioglycolate	3	T/quiz	CLO 2, CLO3

	Stage two , Permanent waving procedure , Preliminary test curls	2	T/ group discussion	CLO2, CLO3
	Safety precautions for permanent waving, Metallic salts.	3	Lecture – Chalk and talk	CLO 1,CLO 2,CLO3
3.	Unit III			
	Proper posture and body position	2	T-PPT	CLO 2,CLO3
	Chemical relaxing	2	Lecture – Chalk and talk	CLO 1,CLO 2,CLO3
	Thio neutralization	3	Lecture – Chalk and talk	CLO 2,CLO3
	Hydroxide neutralization	3	T/ group discussion	CLO2, CLO3, CLO 4
	Safety precautions for chemical hair relaxing services.	2	T/ group discussion	CLO 1,CLO 2,CLO3
4	Unit IV			
	Other cutting techniques, Cutting curly hair, Cutting bangs	3	T-PPT	CLO 1, CLO 2
	cutting-notching-Free hand notching-Slithering-Slicing-Carving	3	Lecture – Chalk and talk	CLO 2, CLO 3,CLO 4
	Effective use of clippers and trimmers	2	Lecture – Chalk and talk	CLO 1, CLO 2, CLO3
	Keratin Treatment	3	T/ group discussion	CLO 1, CLO 2
	Pros and cons of hair botox treatment	2	T/ group discussion	CLO 1, CLO 2, CLO3
5	Units V			
	Principle of hair design, Proportion	2	T-PPT	CLO 2, CLO 3,CLO 4
	Influence of hair type and texture on hairstyle, Harmony between hair style and facial structure	2	Lecture – Chalk and talk	CLO 1, CLO 2, CLO3
	top third of the face, middle third of the face-lower third of the face.	2	Lecture – Chalk and talk	CLO 1, CLO 2
	Different types of treatment, Products and its procedure	2	T/ group discussion	CLO 1, CLO 2, CLO3
	Treatment for damaged hair , chemically treated hair	2	T/ group discussion	CLO 1, CLO 2

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW23P03	HAIR SHAPING	PRACTICAL	-	-	75	4

Preamble

This course aims to help the student to get the practical knowledge on haircuts, and also it enables the student to perform haircut to various type of customers.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Identify the reference points on the head and understand their role in haircutting.	K1 & K2
CLO2	Explain the uses of the various tools of haircutting	K2
CLO3	Perform and practice haircuts	K3
CLO4	Demonstrate various hair cutting methods.	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	S	S	L	M
CLO2	M	S	S	M	M
CLO3	L	S	S	L	M
CLO4	L	S	S	M	M

S- Strong; M-Medium; L-Low

Syllabus

S.NO	PRACTICALS	HOURS
1	0 degree	5 Hrs
2	U Cut	5 Hrs
3	45 degree	5 Hrs
4	90 degree	5 Hrs
5	180 degree	5 Hrs
6	Long Layers	5 Hrs
7	Forward Graduation	5 Hrs
8	Multiple Layers-Square layer,	5 Hrs
9	Pie Layer	5 Hrs
10	Butterfly cut	5 Hrs
11	Fringes	5 Hrs

12	Classic Bob	5 Hrs
13	Mushroom Cut	5 Hrs
14	Blunt cut	5 Hrs
15	Boy cut	5 Hrs

Text Books

S. No.	Author	Title of the Book	Publishers	Year and Edition
I.	Lorraine Norman	Beauty Therapy- The Foundation: The Official Guide to Beauty Therapy VRQ Level 2	Cengage Learning	5 th Edition 2012
II.	John Amstrang and Louise hemmings	The city and guilds textbook entry 3 Level 1VRQ in Hair	City & Guilds U.K	9 th may 2012

Pedagogy: Teaching – Lecturing, discussions, seminar and power point presentations

Course Contents and Lecture Schedule

Module No.	Topic	No. of periods	Content delivery methods	CLO'S
1	0 degree cut	5	Demo/practice	CLO 1, CLO 3
2	U cut	5	Demo/practice	CLO 1, CLO 2
3	45 degree layers	5	Demo/practice	CLO 2, CLO 3
4	90 degree layers	5	Demo/practice	CLO 1, CLO 3
5	180 degree layers	5	Demo/practice	CLO 2, CLO 3
6	Long Layers	5	Demo/practice	CLO 1, CLO 2
7	Forward Graduation	5	Demo/practice	CLO 1, CLO 2
8	Square layers	5	Demo/practice	CLO 2, CLO 3
9	Pie Layers	5	Demo/practice	CLO 2, CLO 3
10	Butterfly cut	5	Demo/practice	CLO 2, CLO 3
11	Fringes	5	Demo/practice	CLO 1, CLO 2
12	Mushroom Cut	5	Demo/practice	CLO 2, CLO 3
13	Classical Bob	5	Demo/practice	CLO 1, CLO 3
14	Blunt cut	5	Demo/practice	CLO 2, CLO 3
15	Boy cut	5	Demo/practice	CLO 1, CLO 2

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW23P04	HAIR TEXTURE SERVICES	PRACTICAL	-	-	75	4

Preamble

This course aims to give thorough knowledge on hair chemical treatment –hair straightening, hair rebonding, hair perming.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CO Statement	Knowledge Level
CLO1	Explain the chemical reactions that takes place during chemical treatment	K1
CLO2	Understand how chemical services work in the structure of hair.	K 1 & K2
CLO3	Describe how hydroxide relaxers straighten the hair.	K 3
CLO4	Demonstrate safe and effective hydroxide relaxing techniques.	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4
CLO1	M	S	S	S
CLO2	M	S	S	S
CLO3	L	S	S	M
CLO4	L	S	S	M

S- Strong; M-Medium; L-Low

Syllabus

S.NO	PRACTICALS	HOURS
1	Hair Straightening(Rebonding) - Hair analyzation, Hair Ironing, Cream Application,Neutralization	20 Hrs
2	Hair Perming - Hair analyzation, Perm rod setting, Lotion application,Neutralization	15Hrs
3	Hair Smoothing - Hair analyzation, Hair Ironing, Cream Application, Neutralization	20 Hrs
4	Re- Touchup	10 Hrs

5	Hair Spa & Anti Dandruff Treatment	10Hrs
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Text Books

S. No.	Author	Title of the Book	Publishers	Year and Edition
I.	Lorraine Norman	Beauty Therapy- The Foundation: The Official Guide to Beauty Therapy VRQ Level 2	Cengage Learning	5 th Edition 2012
II.	Louise Hockings	The City & Guilds Textbook: Level 3 VRQ Diploma in hairdressing: includes Barbering	City&Guilds	1 st Feb 2013

Pedagogy: Teaching, discussion, live demo, Video's, Hands on Practice

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO'S
1.	Hair Straightening			
	Hair analyzation	5	Demo/practice	CLO 1, CLO 2
	Hair Ironing	5	Demo/practice	CLO 2, CLO 3
	Cream Application	5	Demo/practice	CLO 1, CLO 3
	Neutralization	5	Demo/practice	CLO 2, CLO 3
2.	Hair Perming			
	Hair analyzation	3	Demo/practice	CLO 1, CLO 3
	Perm rod setting	3	Demo/practice	CLO 1, CLO 2
	Lotion application	5	Demo/practice	CLO 2, CLO 3
	Neutralization	4	Demo/practice	CLO 1, CLO 3
3.	Hair Smoothing			
	Hair analyzation	5	Demo/practice	CLO 1, CLO 2
	Hair Ironing	5	Demo/practice	CLO 2, CLO 3
	Cream Application	5	Demo/practice	CLO 1, CLO 3
	Neutralization	5	Demo/practice	CLO 2, CLO 3
4	Re- Touchup	10	Demo/practice	CLO 2, CLO 3
5	Hair Spa & Anti Dandruff Treatment	10	Demo/practice	CLO 1, CLO 3

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW23A03	NUTRITION AND DIETETICS	THEORY	43	2	-	2

Preamble

To understand the role of dietician and to gain knowledge about diet therapy and varied therapeutic diets. Learning the rich sources of various nutrients. Understand basic principles of meal planning and uses of food exchange list.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Relate the food and nutrition	K1&K2
CLO2	Identify – balanced diet food	K1&K2
CLO3	Understanding minerals and its requirements	K 3
CLO4	Analysing the principles of therapeutic diet	K4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4
CLO1	S	S	S	S
CLO2	S	S	S	S
CLO3	S	S	M	M
CLO4	S	M	S	M

S- Strong; M-Medium; L-Low

Syllabus

UNIT I:

(8hrs)

Introduction to Food And Nutrition- Relationship Between Food, Nutrition and Health, Functions of Food Balanced Diet, Food Groups, Food Plate and Meal Planning.

UNIT II:

(7hrs)

Balanced Diet, Rainbow Diet, Guidelines For Food Selection, Food Choices and Dietary Patterns, Interrelationship Between Nutrition, Beauty & Health.

UNIT III:

(10 Hrs)

Carbohydrates, Protein, - Functions, Sources, Deficiency Diseases and Requirements.
Fats:- Functions, Sources, Deficiency Diseases and Requirements

UNIT IV**(10 Hrs)**

Vitamins and Minerals- Functions, Sources, Deficiency Diseases and Requirements.
Vitamin D

UNIT V**(8 Hrs)**

Significance of Physical Fitness and Nutrition In The Prevention and Management of
Weight Control, Obesity, Diabetes Mellitus, Bone Health.

Text Books

S. No.	Author	Title of the Book	Publishers	Year and Edition
I.	Sue Rodwell Williams	Nutrition and diet therapy	Mosby	7 th Edition 1993
II.	Srilakshmi B.(2002)	Nutrition and Dietetics	New Age International	4 th Edition . 2002

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO'S
1.	Unit I			
	Introduction of Food and nutrition	2	PPT	CLO 2, CLO 3, CLO 4
	Relationship between food, nutrition and health	3	Lecture – Chalk and talk	CLO 1, CLO 2, CLO 3
	Food Plate, Groups	3	T/ group discussion	CLO 1, CLO 2
2.	Unit II			
	Balanced Diet	1	Lecture – Chalk and talk	CLO 1, CLO 2, CLO 3
	Guidelines For Food Selection	2	T/ group discussion	CLO 1, CLO 2, CLO 3
	Food Choices and Dietary Patterns,	2	T/quiz	CLO 2, CLO 3
	Interrelationship Between Nutrition	1	T/ group discussion	CLO 2, CLO 3
	Beauty & Health	1	Lecture – Chalk and talk	CLO 1, CLO 2, CLO 3
3.	Unit III			
	Carbohydrates, Protein, - Functions, Sources	4	T/quiz	CLO 1, CLO 2
	Deficiency Diseases and Requirements of protein & carbohydrate	3	PPT	CLO 1, CLO 2, CLO 3

	Fats:- Functions, Sources, Deficiency Diseases and Requirements	3	T/ group discussion	CLO 1, CLO 2
4.	Unit IV			
	Introduction –vitamins,lipids,menerals	3	Lecture – Chalk and talk	CLO 2, CLO 3,CLO 4
	Compositions and stricture, functions	2	T/Assessm ent	CLO 1, CLO 2, CLO3
	digestion and absorption functions	3	T/ group discussion	CLO 1, CLO 2
	deficiency diseases, and requirements	2	PPT	CLO 1, CLO 2, CLO3
5.	Unit V			
	Physical fitness and nutrition	3	Lecture – Chalk and talk	CLO 1, CLO 2,CLO3
	Prevent and management Weight control	2		CLO 1,CLO 2,CLO3
	Obesity,diabetes mellitus	2	T/ group discussion	CLO 2,CLO3
	Bone health	1	T/ group discussion	CLO2, CLO3

Pedagogy: Teaching – Lecturing, discussions, seminar and power point presentations

DEPARTMENT OF BEAUTY AND WELLNESS
Scheme of Examination (2023-2026 Batch)
IV Semester

Sem	Part	Course Code	Title of the Course	Course Type	n	hours/week	Contact hours	Tutorial Duration	of Examination	Examination Marks			Credits
										CA	ESE	TOTAL	
IV	I	TAM2304A/ HIN2303A/ FRE2303A	Language III – Tamil Paper IV/ Hindi Paper IV/ French Paper IV	L	4	58	2	3		25	75	100	3
	II	ENG2304A	English Paper IV	E	4	58	2	3		25	75	100	3
	III	BW22C04	Hair Colouring theory	CC	4	58	2	3		25	75	100	3
	III	BW22P05	Hair Colouring Practical	CC	5	75	-	3		25	75	100	3
	III	BW22P06	Ayurvedic Healing Treatment Practical	CC	5	75	-	3		25	75	100	3
	III	BW23A04	Aesthetics and psychological wellbeing	GE	3	43	2	3		25	75	100	2
	III	BWINST4	Internship***	DSE	-	-	-	-		-	-	-	Gr
	III	BW22SBCE/ CS23SBGP	Coursera – Nutrition and Fitness / GEN-AI		3	45	-	-		100	--	100	3
	IV	NM23E11	Entrepreneurship and Innovation (IgniteX)	AECC	2	30	-	-		100	-	100	2
	IV	NM23EVS	Environmental studies	AECC	SS		-	-		100	-	100	Gr
	III	COM15SER	Community services	GC	-	-	-	-		-	-	-	
I	- V	COCOACT	Co-Curricular Activity	AEC	-	-	-	-		-	-	-	1
I	- V	16BONL1 16BONL2	Online Course 1 Online Course 2	ACC			-	-					

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC-Additional Credit Course

- Self Study

*Outside Class Hours

CA – Continuous Assessment

ESE - End Semester Examination

SEC- Skill Enhancement Course

AECC-Ability Enhancement Compulsory Course,

*** Outside class hours 60hrs

COURSE CODE BW22C04	COURSE TITLE HAIR COLOURING THEORY	CATEGORY	L	T	P	CREDIT
		THEORY	58	2	-	3

Preamble

This course aims at helping the students to understand the fundamental of coloring and gives knowledge on advance hair coloring techniques. It also enables the students to apply the hair coloring treatments confidently.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Identify primary, secondary, and tertiary colors	K1 & K2
CLO2	Define and identify levels and their role in formulating hair color.	K1 & K2
CLO3	Explain the action of hair lighteners.	K2
CLO4	Demonstrate the categories of hair color	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	S	M	S	S
CLO2	L	S	M	S	S
CLO3	L	S	L	M	S
CLO4	L	S	M	M	S

S- Strong; M-Medium; L-Low

Unit-I

(10hrs)

Review of hair facts-hair structure-structure of hair shaft-chemical composition of hair-side bonds of the cortex-hair pigment-behavior of bonds and pigments during coloring.

Unit-II

(11 hrs)

Hair coloring -introduction-why people color their hair-identify natural hair color and tone-the level system-natural level- previously colored hair level--coloring theory- color wheel-the law of color-primary-secondary- territory -complementary-tone or tone

Unit-III

(11 hrs)

Types of hair color-temporary-semi permanent-demi permanent-permanent-natural hair colors- metallic hair colors-hydrogen peroxide developers-volume and uses-lighteners-activators-decoloring process-toners-consultations.

Unit-IV

(12 hrs)

Hair coloring application-patch test-pre lightening, strands test- single processing permanent color -double process -hair color processing time-hair color retouch-lightening retouch- high lightening - low lightening -cap technique-foil technique-free form or ballade technique.

Unit-V

(12 hrs)

Gray hair -determining the percentage of gray hair - challenges -solution- yellowes hair-formulating for gray hair -gray coverage - pre-softening - rules for effective color correction-damaged hair-fillers-hair coloring safety precautions.

Reference Books

S. No.	Author	Title of the Book	Publishers	Year of publication
I.	Louise Hockings	Diploma in Hair dressing Level3	City & Guilds	2014
II.	Jason Backe	Milady standard Cosmetology	Cengage	2016

Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO
Unit I				
1	Hair structure	2	T & PPT	CLO2,CLO3,CLO4
2	Chemical composition of hair	2	T & Disc	CLO1,CLO2,CLO3
3	Cortex –detail	2	T & Sem	CLO1,CLO2
4	Hair pigment	2	T & Disc	CLO2,CLO3,CLO4
5	Bonds and pigments during coloring.	2	T & Disc	CLO2,CLO3
Unit II				
1	Introduction –hair colouring	2	T & PPT	CLO1,CLO2
2	Identify natural hair colour and tone-the level system-	3	T & Disc	CLO2, CLO3
3	Colouring theory-	4	T & Disc	CLO1,CLO3
4	The law of colors	2	T & Disc	CLO1,CLO2
Unit III				
1	Types of hair colour	3	T & PPT	CLO1,CLO2
2	Hydrogen peroxide developers-volume and uses	4	T & Disc	CLO1,CLO2
3	Discoloring process	4	T & Disc	CLO1,CLO2
Unit IV				
1	Hair coloring application- process	4	T & Disc	CLO1,CLO2
2	Single and double process- hair coloring	4	T & Sem	CLO1,CLO2

3	Technique of hair lightening	4	T & Disc	CLO2, CLO3
Unit V				
1	Determining the percentage of gray hair	3	T & PPT	CLO2, CLO3
2	Grey coverage	3	T & Disc	CLO2,CLO3
3	Rules for effective color correction	3	T & Disc	CLO2,CLO3,CLO4
4	Hair coloring safety precautions	3	T & Disc	CLO1,CLO3

COURSE CODE BW 22P05	COURSE TITLE HAIR COLOURING PRACTICAL	CATEGORY	L	T	P	CREDIT
		PRACTICAL	-	-	75	3

Preamble

This course aims to help the students to get practical knowledge on grey coverage, fashion coloring and pre lightening. It also enables the students to perform different type of application method.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	Identify natural hair color and tone	K1
CLO2	Define and identify levels and their role in formulating hair color.	K 2
CLO3	Create special effects using hair coloring techniques	K 3
CLO4	List and describe the procedure for a virgin single process color service.	K 4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	L	S	S	L	S
CLO2	L	S	S	L	S
CLO3	M	S	M	L	S
CLO4	M	S	S	M	S

Syllabus

- 1 Grey coverage (20 hrs)
 - Root touch up
 - Global coverage
- 2 Fashion coloring (20 hrs)
 - High lighting
 - Crown Streaks, Global Streaks
 - Global fashion
 - Streaks with global color fashion
- 3 Pre lightening (10 hrs)
- 4 Color wash (10 hrs)
- 5 Neutralization (10 hrs)
- 6 Botox Treatment (10 hrs)
- 7 Nano plastia Treatment (10 hrs)

Reference Books

S. No.	Author	Title of the Book	Publishers	Year of publication
I.	Martin green and leo palladino	Professional hairdressing and barbering	VTCT	2014
II.	Louise Hockings	The city and guilds textbook of level 3	CITY & GUILDS	2013

Pedagogy: Teaching discussion live demo, Video's, hands on Practice

Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO
1	Client consultation	2	T/ mock	CLO2,CLO3,CLO4
	Patch test	2	Demo/Prac	CLO1,CLO2,CLO3
	Draping of client	2	Demo /prac	CLO1,CLO2
	Various type of application method	4	Demo/Prac	CLO2,CLO3,CLO4
	Root touch up	5	Demo/Sem	CLO2,CLO3
	Global coverage	5	Demo/Prac	CLO1,CLO2,CLO3
2	Foiling technique	5	Demo/video	CLO1,CLO2
	High lighting techniques	15	Demo /prac	CLO2, CLO3
	Washing methods	10	Demo /prac	CLO1,CLO3
3	Pre lightening method	5	Prac /video	CLO2,CLO3,CLO4
	Processing	3	Demo /prac	CLO1,CLO2
	After care	2		CLO1,CLO2
4	Removal of colour coating	2	Demo /prac	CLO1,CLO2
	Colour wash method	3	Demo /prac	CLO1,CLO3
5	Under tone	5	Demo /prac	CLO1,CLO2
	Neutralization	5	Demo /prac	CLO1,CLO3

COURSE CODE BW 22P06	COURSE TITLE AYURVEDIC HEALING TREATMENTS PRACTICAL	Category	L	T	P	Credit
		PRACTICAL	-	-	75	3

Preamble

This course aims to help the students to get practical knowledge on Ayurvedic body massage and treatments.

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1	List out various massage techniques	K1 & K2
CLO2	Discuss Ayurveda's history and treatments.	K2
CLO3	Demonstrate Abhyangam, Sirodhara, and Navarakizhi	K3
CLO4	Manipulate Lymphatic Drainage	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	M	M	S	S
CLO2	S	L	M	S	S
CLO3	S	M	L	M	S
CLO4	S	L	M	M	S

S- Strong; M-Medium; L-Low

Syllabus

- Ayurvedic Body massage (10 hrs)
- Abhyangam (10 hrs)
- Sirodhara (10 hrs)

- Navarakizhi (10 hrs)
- Manual Lymphatic Drainage (30 hrs)
- Udwardhana (20 hrs)

Reference Books

S. No.	Author	Title of the Book	Publishers	Year of publication
I.	Tanushree podder	The magic of massage	V&S PUBLISHERS	2004
II.	Neena khanna	Body and beauty care	PUSTAK MAHAL	1989
III.	Maya Tiwari	Ayurveda a life of balance	Healing Arts Press	1994
IV.	Judith culp	Milady standard advance esthetics	Cengage Learning	2013
V.	Parvesh Handa	A complete book on Beauty, Body, Make-up and Hairstyles	Goodwill	2014

Pedagogy: Teaching – Lecturing, discussions, seminar and power point presentations

Module No.	Topic	No. Of periods	Content delivery methods	CLO
Unit I				
1	Sanitation, sterlization	5	Demo / Prac	CLO1,CLO2
2	Trolley setting	3	Demo / Prac	CLO2, CLO3
3	Client drapping	7	Demo / Prac	CLO1,CLO3
4	Massage sequence	15	Demo / Prac	CLO1,CLO2
5	After care	7	Demo / Prac	CLO2, CLO3
6	Post cleaning	3	Demo / Prac	CLO1,CLO3

Unit II				
1	Sanitation, sterilization	5	Demo / Prac	CLO1,CLO2
2	Trolley setting	5	Demo / Prac	CLO2, CLO3
3	Client drapping	3	Demo / Prac	CLO1,CLO3
4	Hands on training	10	Demo / Prac	CLO1,CLO2
5	After care	3	Demo / Prac	CLO2, CLO3
6	Post cleaning	4	Demo / Prac	CLO1,CLO3
Unit III				
1	Sanitation, sterilization	3	Demo / Prac	CLO1,CLO2
2	Trolley setting	2	Demo / Prac	CLO2, CLO3
3	Client drapping	2	Demo / Prac	CLO1,CLO3
4	Potli making	5	Demo / Prac	CLO1,CLO2
5	Skin polishing	3	Demo / Prac	CLO2, CLO3
6	After care	2	Demo / Prac	CLO1,CLO3
7	Post cleaning	3	Demo / Prac	

COURSE CODE BW23A04	COURSE TITLE AESTHETIC AND PSYCHOLOGICAL WELLBEING	CATEGORY	L	T	P	CREDIT
		ALLIED	43	2	-	2

Preamble

To enable the students

1. To understand the human physical structure and postures for the health and psychological well being
2. To understand the type of equipments and exercises that promotes health and fitness.
3. To identify and recommend diets in terms of calories considering the balanced diet concept and adapting to different climatic seasons.
4. To analyse the perfect postures and the required corrective methods using techniques and yoga asanas.
5. Explore the relationship between mental health and psychosomatic disorders related to skin and learn effective assessment techniques

Course Learning Outcomes

On the successful completion of the course, students will be able to

CLO Number	CLO Statement	Knowledge Level
CLO1.	To understand the proportion of the body and the body perfection methods	K1
CLO2.	To associate the importance of Aesthetic methods, the equipments used for correction and different types of baths	K2
CLO3.	To identify the diet in terms of calories and for different age groups, balanced diet during various climatic season and recognize malnutrition and associated diseases	K2
CLO4.	To learn the yoga principles, different types of yoga and its importance and identify the benefits of yoga asana on different systems of the body	K3
CLO5.	To understand the basic concepts of mental health and psychosomatic disorder related to skin and assessment in psychological wellbeing	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	M	M	S	S
CLO2	S	M	M	S	S
CLO3	S	M	M	M	S
CLO4	S	M	M	M	S

S- Strong; M-Medium

UNIT I (10Hrs)

Body perfection: Natural construction and function of human body. Body postures: feet, knees, pelvic, abdominal, viba cafe, shoulders, ears, chin. Poor postures and corrective methods: Posture while standing, sitting and walking, Techniques for improving alignment while standing, sitting, and walking. Client Treatment: Assessment of body mass index (BMI), types of diet and exercises related to age and body requirement (individual needs).

UNIT II (9Hrs)

Aesthetic Methods: Isometrics Science - corrective exercises for sagging muscles, including the abdomen and bust. Electrical equipments and gadgets for figure correction - Overview of various equipment, their functions, benefits, and precautions. Different types of baths - steam, bubble and sauna bath.

UNIT III (8Hrs)

Diet and its Effect: Balanced diet - across various weight categories and in different climatic conditions - ill balanced diet on health - effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail. Diet to maintain normal health: Diet calculation in terms of calories - Calorie needs for different age groups. **Cost-Effective Diet Planning:** Diet chart based on high food value and low cost.

UNIT IV (9Hrs)

YOGA : Introduction to Yoga: overview of yoga and ashtanga yoga - benefits of practicing yoga - essential qualities of yoga - significance of yoga in contemporary life. **Understanding Asanas:** definition and explanation of asanas - key considerations for practicing yogic exercises - benefits of yoga asanas. **Surya Namaskar (Sun Salutation):** study of surya namaskar and its exercises. **Nabhichakra (Navel Center):** assessment of the navel - self-treatment techniques for

navel issues - diagnosis and correction of displaced navel - relevant asanas and their benefits.

Body Purification: introduction to the six purificatory processes (shatkarmas) - importance of purification in yoga practice.

UNIT V (9Hrs)

Mental Health: Introduction - Need for mental health - Relationship to physical health. Basic concepts: Flourishing - Languishing - Happiness Vs Wellbeing - Eudaimonia Vs Hedonic happiness. Psychosomatic disorder related to skin disease like atopic dermatitis. Psychological Wellbeing: Definition, Components of psychological wellbeing: Positive emotion - Engagement - Relationships - Meaning - Accomplishment. Assessment and Research: Methods of Assessing psychological wellbeing - Current research trends in the field of mental health

Reference Books

Author	Title of the Book	Publishers	Year of publication
Antia, F.P.	Clinical Nutrition and Dietetics,	Oxford University Press, Delhi	2005
Judith culp	Milady standard advance Aesthetics	Cengage Learning	2013
Shubhangini A Joshi	Nutrition and Dietetics	Tata Mc Graw-Hill	(2002): 2nd edition

Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	
Unit I				
1	Body perfection: Natural construction and function of human body	2	T & PPT	CLO2,CLO3,CLO4
2	Body postures: feet, knees, pelvic, abdominal, vibe cafe, shoulders, ears, chin.	2	T & Disc	CLO1,CLO2,CLO3
3	Poor postures and corrective methods: Posture while standing, sitting and walking	2	T & Sem	CLO1,CLO2
4	Techniques for improving alignment while standing, sitting, and walking. Client Treatment	2	T & Disc	CLO2,CLO3,CLO4

5	Assessment of body mass index (BMI), types of diet and exercises related to age and body requirement	2	T & Disc	CLO2,CLO3
Unit II				
1	Aesthetic Methods: Isometrics Science - corrective exercises for sagging muscles, including the abdomen and bust.	2	T & PPT	CLO1,CLO2
2	Electrical equipments and gadgets for figure correction	3	T & Disc	CLO2, CLO3
3	Overview of various equipment, their functions, benefits, and precautions.	4	T & Disc	CLO1,CLO3
4	Different types of baths - steam, bubble and sauna bath	2	T & Disc	CLO1,CLO2
Unit III				
1	Diet and its Effect: Balanced diet - across various weight categories and in different climatic conditions	3	T & PPT	CLO1,CLO2
2	ill balanced diet on health - effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail. Diet to maintain normal health:	4	T & Disc	CLO1,CLO2
3	Diet calculation in terms of calories - Calorie needs for different age groups. Cost-Effective Diet Planning: Diet chart based on high food value and low cost	4	T & Disc	CLO1,CLO2
Unit IV				
1	YOGA : Introduction to Yoga: overview of yoga and ashtanga yoga - benefits of practicing yoga - essential qualities of yoga - significance of yoga in contemporary life.	3	T & Disc	CLO1,CLO2
2	Understanding Asanas: definition and explanation of asanas - key considerations for practicing yogic exercises - benefits of yoga asanas. Surya Namaskar (Sun Salutation): study of surya namaskar and its exercises	3	T & Sem	CLO1,CLO2
3	Nabhichakra (Navel Center): assessment of the navel - self-treatment techniques for navel issues - diagnosis and correction of displaced navel - relevant asanas and their benefits	3	T & Disc	CLO2, CLO3
4	Body Purification: introduction to the six purificatory processes (shatkarmas) - importance of purification in yoga practice.	3	T & Sem	CLO1,CLO2
Unit V				
1	Mental Health: Introduction - Need for mental health - Relationship to physical health.	3	T & PPT	CLO2, CLO3
2	Basic concepts Flourishing - Languishing - Happiness Vs Wellbeing - Eudaimonia Vs	3	T & Disc	CLO2,CLO3

	Hedonic happiness.			
3	Psychosomatic disorder related to skin disease like atopic dermatitis. Psychological Wellbeing: Definition, Components of psychological wellbeing	3	T & Disc	CLO2,CLO3,CLO4
4	Positive emotion - Engagement - Relationships - Meaning - Accomplishment. Assessment and Research: Methods of Assessing psychological wellbeing - Current research trends in the field of mental health	3	T & Disc	CLO1,CLO3