



**PSGR
Krishnammal College for Women**



DEPARTMENT OF BEAUTY AND WELLNESS

**CHOICE BASED CREDIT SYSTEM (CBCS) & LEARNING OUTCOMES- BASED
CURRICULAR FRAMEWORK (LOCF)**

B.SC BEAUTY AND WELLNESS

2024 – 2027 BATCH

B.SC BEAUTY AND WELLNESS (2024-2025 Batch & Onwards)
CHOICE BASED CREDIT SYSTEM (CBCS) & LEARNING OUTCOMES- BASED CURRICULAR
FRAMEWORK (LOCF)

I 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	
I	I	TAM2301A/ FRE2301A/ HIN2301A	Language Paper I (Tamil ,Hindi ,French)	L	4	58	2	3	25	75	100	3
	II	ENG2301A	English paper –I	E	4	58	2	3	25	75	100	3
	III	BW24C01	Aesthetic Treatments Level- I	CC	4	58	2	3	25	75	100	4
	III	BW24P01	Basic Skin & Hair services Practical	CC	12	180	-	3	25	75	100	8
	III	BW24A01	Anatomy and Physiology	GE	4	58	2	3	25	75	100	4
	III	BWINST1	Internship***	DSE	-	-	-	-	-	-	-	Grade
	IV	Non Tamil Students										
		NME23B1 / NME23A1	Basic Tamil I/ Advanced Tamil I	AEC	2	28	2	-	100	-	100	2
		Students with Tamil as Language										
		NME23ES	Introduction to Entrepreneurship	AEC	2	30	-	-	100	-	100	
I-V	VI	24BONL1 24BONL2 24BONL3	Online Course 1 Online Course 2 Online Course 3	ACC	-	-	-	-	-	-	-	

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC – Additional Credit Course

*CA conducted for 25 and converted into 15, ESE conducted for 75 and converted into 35

*** Outside class hours 60hrs.

CA – Continuous Assessment

ESE–End Semester Examination

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW24C01	AESTHETIC TREATMENTS LEVEL -I	THEORY	58	2	-	4

Preamble

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

Course Learning 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, procedure of hair wash Identify the basic requirements for scalp and skin care, Describe Introduction to Industry 4.0	K4

Mapping with Programme Learning Outcomes

CLOs	PLO 1	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

UNIT I

(12hrs)

Cosmetology components of cosmetology (Hair, Skin, Nail, Make up and Fitness etc) -

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 –Work area maintenance- Storage of equipments – Health and safety.

Hair removal methods- Temporary and Permanent – Eyebrow hair removal – Eyebrow shaping equipment – Eyebrow shapes – Contra indications & Contra actions –Eyebrow measurement – Correcting shapes

UNIT II

(12 hrs)

Waxing - Types of Wax is used to remove the hair growth & its Pros and cons- Waxing method - Contra indications, Wax ingredients – Safety precautions –Re growth- In growing hair.

Bleach- Types of bleaches,Patch test – Methods- Side effects –Contra indications – De-tan, Cream bleach.

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- Nail disorder and diseases.

Introduction to Manicure – Consultation - Manicure Tools &Equipments–Products – Preliminaries the hand and lower arm–Types of Nail shapes and Hand Reflexology massage- Nail Varnishing- Nail polish application techniques.

UNIT IV

(12hrs)

Introduction to Pedicure– Consultation, PedicureTools &Equipments- Products –Preliminaries the foot and lower leg –Foot problems –Nail Shaping,Dead skin Removal-Leg Reflexology Massage Techniques- Nail Varnishing-Nail polishing application techniques

Hair- Hair Structure, Hair Appearance, Types of Hair, Texture of Hair, Hair mask, Common Hair Problems, Draping for wet hair services, shampooing, selection of shampoo according to the hair types, Effect of Shampoos, Conditioning-effect of conditioner in the hair

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.SudipMishra,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

Text Books

	Author	Title of the Book	Publishers	Year and edition
1.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2 nd Edition2014
2.	Lorraine Norman	Beauty Therapy The Foundations Level One	Thomson Learning	3 rd 2004

3.	P. Kaliraj, T. Devi	Higher Education for Industry 4.0 and Transformation to Education 5.0	Bharathiar University	Edition 2020
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Course Contents and Lecture Schedule

Module No.	Topic	No. Of periods	Content delivery methods	CLO'S
1.	Unit I			
	Cosmetology -Introduction ,History, Prospects , Personal health	2	PPT	CLO 1, CLO 2, CLO 3
	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
	Sanitation, Sterilization &DisinfectingElectrical tools and equipments	3	T/ group discussion	CLO 1, CLO 2, CLO 3
	Storage of equipments – Health and safety.	2	T/ group discussion	CLO 1, CLO 2, CLO 3
2.	Unit II			
	Waxing - types – of Waxes- Waxing method	4	Lecture – Chalk and talk	CLO 1, CLO 2
	Contra indication– 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-	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 Reflexology massage, Professional nail products, 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

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW24P01	BASIC SKIN AND HAIR SERVICES PRACTICAL-I	PRACTICAL	-	-	180	8

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 Learning Outcomes

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

CLOs Number	CLO Statement	Knowledge Level
CLO1	Identify and describe the methods of temporary hair removal	K1
CLO2	Describe the part procedure of the basic manicure & Pedicure	K1
CLO3	List and describe the procedure of single process colour service in virgin hair	K2
CLO4	Perform and practice four basic haircuts	K3

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PL05
CLO1	S	M	S	M	S
CLO2	M	M	M	M	M
CLO3	M	S	S	S	S
CLO4	M	S	S	S	M

S- Strong; M-Medium

Syllabus

S.NO	PRACTICALS	HOURS
1	Threading- Forehead, Chin, Upper lip, Full face, Eyebrows	15 Hrs
2	Waxing – Full hands, Half hands, under arms, Full legs, Half legs, Full face ,Upper lips, Chin,	15Hrs
3	Basic Manicure - Products, Procedure	20 Hrs
4	Basic Pedicure - Products, Procedure	20 Hrs
5	Bleaching –Types of Bleaches uses for Face	15Hrs
6	Hair Treatment - Shampooing and conditioning, Deep Conditioning	15Hrs

7	Indian Head Massage	15Hrs
8	Hair Coloring - Root Touch up, Global Color	15Hrs
9	Basic Hair Cuts - Straight Cut, U cut. Forward Graduation	25Hrs
10	Basic Nail art - Nail Polish application, French polish application	15Hrs
11	Mehandhi cone Preparation & Application Techniques	10Hrs

Text Books

	Author	Title of the Book	Publishers	Year and edition
1.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2 nd Edition 2014
2.	Lorraine Norman	Beauty Therapy The Foundations Level 2	Cengage Learning	7 th Edition 2017

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

Module No.	Topic	No. Of periods	Content delivery methods	CLO's
1.	Unit I			
	Threading- 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			
	Waxing-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
	Products, Tools and Equipments	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 Tools and Equipments	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		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	7	Demo/Practice	CLO 1, CLO 2
	Straight Cut	9	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	8	Demo/Practice	CLO 2, CLO 3
	Basic French polish Nail Art	7	Demo/Practice	CLO 1, CLO 2
9	Mehandhi cone preparation &Application	10	Demo/Practice	CLO 1, CLO 2

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
BW234A01	ANATOMY AND PHYSIOLOGY	THEORY	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 Learning 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 subject to explain and interact with the client explaining 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 Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
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

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 affects the lymphatic system

Unit-V

10hrs

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

Text Books

S. No.	Author	Title of the Book	Publishers	Year and edition
I.	Lorraine Nordmann	Beauty Therapy The Foundations Level-3	Cengage Learning	3 rd Edition 2016

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
	factors 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	3	T/ group discussion	CLO2,CLO3

	system –			
	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

COURSE CODE	COURSE NAME	CATEGORY	L	T	P	CREDIT
NME23ES	INTRODUCTION TO ENTRENEURSHIP	THEORY	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

Text Books:

S. No.	Author	Title of the Book	Publishers	Year and edition
I.	D.F. Kuratko and T.V. Rao	Entrepreneurship - South Asian Perspective	Cengage Learning India Pvt. Ltd. Delhi.	1 st Edition 2012
II.	Arya Kumar	Entrepreneurship: Creating and Leading an Entrepreneurial Organization	Pearson Education India	2012

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

B.SC BEAUTY AND WELLNESS
Scheme of Examination (2024-2025 Batch)

II 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	
II	I	TAM2302A/ FRE2302A/ HIN2302A	Language III – Tamil Paper II/ Hindi Paper II/ French Paper II	L	4	58	2	3	25	75	100	3
	II	ENG2302A	English paper –II	E	4	58	2	3	25	75	100	3
	III	BW23C02	Aesthetic Treatments 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	BW24A02	Fundamental of food science and Nutrition	GE	4	58	2	3	25	75	100	4
	III	BWINST2	Internship***	DSE	-	-	-	-	-	-	-	Gr
	IV	*NME23B2/ NME23A2 NME23A1	Basic Tamil II/ Advanced Tamil II	AEC	-	-	-	-	100	-	100	Gr
		NM24UHR	Universal Human Values and Human Rights	AECC	2	30	-	-	100	-	100	2
		NM23GAW	General Awareness	AEC	SS	-	-	-	-	-	-	Gr
I - V	V	COCOACT	Co-Curricular Activity	AEC	-	-	-	-	-	-	-	
I-V	VI	24BONL1 24BONL2 24BONL3	Online Course 1 Online Course 2 Online Course 3	ACC	-	-	-	-	-	-	-	Gr

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC – Additional Credit Course

*Outside Class hours

*** Outside class hours 60hrs.

CA – Continuous Assessment

ESE–End Semester Examination

COURSE CODE BW23C02	COURSE TITLE 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 Learning 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 Learning 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; L-Low

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	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
Unit I					
1	Hair structure	CLO2, CLO3	2	T/ppt	Participatory Learning
2	Hair growth cycle	CLO1,CLO3	2	T/ppt	Participatory Learning
3	Hair loss causes	CLO1,CLO2	2	T/ppt	Experiential Learning
4	Hair and scalp disorders	CLO2,CLO3,CLO4	2	T/Disc	Problem based Learning
5	Bacterial infections	CLO1,CLO3	2	T/Disc	Participatory Learning
6	Greying of hair	CLO1,CLO2	2	T/Disc	Participatory Learning
Unit II					
1	Hair growth pattern	CLO1,CLO3	2	T/ppt	Problem based Learning
2	Hair and scalp care	CLO2,CLO3	3	T/ppt	Experiential Learning
3	Hair styling basics	CLO2,CLO3,CLO4	2	T/ppt	Problem based Learning
4	Back combing and Back brushing	CLO1,CLO2	3	T/ppt	Participatory Learning
5	Artistry in hair styling	CLO1,CLO2	2	T/Disc	Experiential Learning
Unit III					
1	Equipments and Materials for hair styling	CLO2, CLO3	3	T/ppt	Participatory Learning
2	Styling products	CLO1,CLO2	2	T/ppt	Experiential Learning
3	Thermal Hair Styling	CLO2,CLO3	1	T/ppt	Problem based Learning
4	Thermal irons manipulation	CLO2,CLO3,CLO4	2	T/ppt	Experiential Learning
5	Hair texture, Scalp condition	CLO1,CLO3	2	T/Disc	Problem based Learning

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
Unit IV					
1	Skin Analysis	CLO1,CLO3	1	T/ppt	Experiential Learning
2	Skin care products	CLO1,CLO2	2	T/Disc	Experiential Learning
3	Massage effects	CLO2,CLO3,CLO4	2	T/Mock	Problem based Learning
4	Guide lines for facial treatments	CLO2,CLO3	2	T/Disc	Experiential Learning
5	Problematic skin	CLO1,CLO2	2	T/ppt	Problem based Learning
6	Consultation and homecare	CLO1,CLO2,CLO3	1	T//Disc	Participatory Learning
Unit V					
1	Introduction to Makeup	CLO1,CLO3	2	T/Disc	Experiential Learning
2	Make up products	CLO1,CLO2	3	T/ppt	Problem based Learning
3	Make up for occasion	CLO2,CLO3,CLO4	2	T/ppt	Experiential Learning
4	Traditional Brides of India	CLO2,CLO3	3	T/ppt	Problem based Learning
5	Corrective make up	CLO1,CLO2	2	T/Disc	Participatory Learning

COURSE CODE BW23P02	COURSE TITLE BASIC SKIN AND HAIR SERVIES 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 Learning Outcomes

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

CLO Number	CLO Statement	Knowldge 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 Learning 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 (40 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 (40 hrs)
 - Tools & Accessories of make up
 - Preparing skin for make up
 - Application technique

- Party Makeup
- Casual Makeup
- Interview Makeup

III. Ear Piercing (10 hrs)

IV. Thermal Hair Setting (30 hrs)

- Blow drying
- Hair Ironing
- Tong and Twist
- Hot Rollers

V. Hair Setting (30 hrs)

- Pony Tail
- Pin Curls
- Stand up curls
- Puff or Bum pits
- Braiding
- Hair up Dos

VI. Hair Styles (30 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, Demonstration, Hands on practice, and Videos.

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
Unit I					
1	Sanitation/ Sterilization, Trolley setting, cleaning method	CLO2, CLO3	1	Demo/ppt	Participatory Learning
2	Skin Analysis	CLO1,CLO3	2	Demo/prac	Participatory Learning
3	Cleansing	CLO1,CLO2	3	Demo/prac	Experiential Learning
4	Toning	CLO2,CLO3,CLO 4	2	Demo/prac	Problem based Learning
5	Exfoliation	CLO1,CLO3	3	Demo/prac	Participatory Learning

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
6	Steaming	CLO1,CLO2	2	Demo/prac	Participatory Learning
7	Removal of skin blockage	CLO2,CLO3,CLO 4	2	Demo/prac	
8	Facial Massage	CLO2,CLO3	6	Demo/prac	Problem based Learning
9	Pressure points	CLO1,CLO2	4	Demo/prac	Experiential Learning
10	Application of Face mask	CLO2,CLO3	5	Demo/prac	Problem based Learning
Unit II					
1	Sanitation/ Sterlization, Trolley setting, cleaning method	CLO1,CLO3	2	Demo/ppt	Participatory Learning
2	Tools and Accessories of Makeup	CLO1,CLO2	10	Demo/prac	Participatory Learning
3	Preparing skin for Makeup	CLO2,CLO3,CLO 4	10	Demo/prac	Experiential Learning
4	Application Techniques	CLO2,CLO3	13	Demo/prac	Problem based Learning
Unit III					
1.	Ear Piercing	CLO2,CLO3	5	Demo/prac	Problem based Learning
Unit IV					
1	Sanitation/ Sterlization, Trolley setting, cleaning method	CLO1,CLO3	2	Demo/ppt	Experiential Learning
2	Straight Blow dry	CLO1,CLO2	5	Demo/prac	Problem based Learning
3	Flip in and out Blow dry	CLO2,CLO3,CLO 4	5	Demo/prac	Experiential Learning
4	Hair Ironing	CLO2,CLO3	3	Demo/prac	Problem based Learning
5	Tong and Twist	CLO1,CLO2	3	Demo/prac	Participatory Learning
6	Hot Rollers	CLO1,CLO2,CLO 3	2	Demo/prac	Experiential Learning
Unit V					
1	Sanitation/ Sterlization, Trolley setting, cleaning method	CLO1,CLO3	1	Demo/ppt	Problem based Learning
2	Ponytail	CLO1,CLO2	1	Demo/prac	Experiential Learning
3	Pincurls	CLO2,CLO3,CLO 4	1	Demo/prac	Problem based Learning
4	Stand up Curls	CLO2,CLO3	2	Demo/prac	Participatory Learning
5	Puff or Bumpits	CLO1,CLO2	2	Demo/prac	Participatory Learning
6	Braiding	CLO1,CLO2,CLO 3	3	Demo/prac	Participatory Learning
7	Hair up dos	CLO1,CLO3	2	Demo/prac	Experiential Learning
8	French Braid	CLO1,CLO2	5	Demo/prac	Problem based Learning
9	French plait	CLO2,CLO3,CLO 4	3	Demo/prac	Participatory Learning
UnitVI					
1	Sanitation/ Sterlization, Trolley setting, cleaning method	CLO1,CLO2	1	Demo/ppt	Participatory Learning
2	Hair Gel	CLO1,CLO2,CLO 3	3	Demo/prac	Participatory Learning
3	Hair Spray	CLO1,CLO3	2	Demo/prac	Experiential Learning

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
4	Mousse	CLO1,CLO2	3	Demo/prac	Problem based Learning
5	Serum	CLO2,CLO3,CLO4	3	Demo/prac	Participatory Learning
6	Waxes/Pomade	CLO2,CLO3	3	Demo/prac	Participatory Learning

Course Designers:

COURSE CODE BW24A02	COURSE TITLE 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

S- Strong; M-Medium

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

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 hours)

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 hours)

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, Meat, Fish, Poultry, Milk-** nutritive value. **Sugar-**sugar and related products, role of sugar in cookery. **Spices** – general function, specific species & their medicinal values – Aniseed, asafetida, 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 hours)

Carbohydrate, Protein, Fat, fiber - functions, role in beauty, RDA, high biological value nutrients from food and supplements

UNIT V: MICRO NUTRIENTS

(12 hours)

Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluoride)-sources, functions role in beauty, RDA, quality nutrients from food and supplements

Reference Books

	Author	Title of the Book	Publishers	Year and Edition
1.	Banji MS, Krishnaswamy K, Brahmam GNV	Textbook of Human Nutrition	3rdEdition. Oxford and IBH Publishing Co. Pvt. Ltd.	2009
2.	Srilakshmi	Food Science	4th Edition. New Age International Ltd	2007
3.	Srilakshmi	Dietetics	Revised 5th edition. New Age International Ltd	2005
4.	Wardlaw MG, Paul M Insel Mosby	Perspectives in Nutrition	Third Edition	1996

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

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
Unit I					
1	Definition of Food, Nutrition	CLO1,CLO3	1	T/ppt	Participatory

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
					Learning
2	Nutritional status, Dietetics, Malnutrition	CLO1,CLO2	2	T/ppt	Participatory Learning
3	BMI and Nutritional Status	CLO2,CLO3, CLO4	2	T/ppt	Experiential Learning
4	Understanding relationship between food, nutrition and health	CLO2,CLO3	2	T/Disc	Problem based Learning
5	Balanced Diet: Functions of food-	CLO1,CLO2	1	T/Disc	Participatory Learning
6	physiological ,psychological and social, Concept of Balanced Diet	CLO1,CLO2, CLO3	2	T/ppt	Participatory Learning
	Basic five food groups, Food Pyramid.	CLO1,CLO2, CLO3	2	T/ppt	Problem based Learning
Unit II					
1	Methods Of Cooking: Dry, moist, frying and microwave cooking, Advantages, Disadvantages and the effect of various methods of cooking on foods.	CLO1,CLO3	5	T/Disc	Experiential Learning
2	Concepts of Meal Planning: Factors affecting meal planning, understanding specific considerations for planning meal for different groups of people.	CLO1,CLO2	2	T/ppt	Problem based Learning
Unit III					
1	Cereals and cereal products – composition and nutritive value. Specific cereals –wheat, rice –nutritional composition Millets – maize, jowar, ragi, bajra -nutritive value	CLO1,CLO2, CLO3	2	T/ppt	Experiential Learning
2	Pulses – nutritive value, . Nuts & oil seeds – nutritional composition, health benefit of nuts and oil seeds	CLO1,CLO3	2	T/ppt	Participatory Learning
3	Vegetables – classification – nutritive value, selection of vegetables, vegetable cookery, loss of nutrition during cooking and its prevention.	CLO1,CLO2	2	T/ppt	Participatory Learning
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	CLO2,CLO3, CLO4	2	T/ppt	Experiential Learning
5	Fish- classification, nutritive value, selection of fish, fish products,. Poultry – classification, nutritive value. Milk-	CLO2,CLO3	2	T/ppt	Problem based Learning

Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
	nutritive value, , role of milk and milk products in cookery, , indigenous milk products				
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	CLO1,CLO2, CLO3	2	T/ppt	Experiential Learning
Unit IV					
1	Carbohydrate- functions, role in beauty, RDA, high biological value nutrients from food and supplements	CLO1,CLO2, CLO3	3	T/Disc	Experiential Learning
2	Protein- functions, role in beauty, RDA, high biological value nutrients from food and supplements	CLO1,CLO2, CLO3	3	T/Disc	Experiential Learning
3	Fat- functions, role in beauty, RDA, high biological value nutrients from food and supplements	CLO1,CLO2, CLO3		T/ppt	Problem based Learning
4	Fiber- functions, role in beauty, RDA, high biological value nutrients from food and supplements Deficiency diseases Functions of water and dietary fiber.	CLO1,CLO3	4	T/ppt	Experiential Learning
Unit V					
1	Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)- sources, functions role in beauty	CLO1,CLO2	7	T/Disc	Participatory Learning
2	RDA, quality nutrients from food and supplements	CLO1,CLO3	5	T/ppt	Experiential Learning