



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	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										2
		NME23B1 / NME23A1	Basic Tamil I/ Advanced Tamil I	AEC	2	28	2	-	100	-	100	
		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

COUR SE 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, Pedicure Tools & 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. 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

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	2nd Edition 2014
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

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, Mehndhi. 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 Foundations Level 2	The	Cengage Learning	7 th Edition 2017
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Pedagogy: Teaching, discussions, hands on practice, and videos.

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	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	-	-	-	-	100	-	100	Gr
	IV	*NME23B2 / NME23A 2 NME23A 1	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 (12 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
Unit IV					
1	Skin Analysis	CLO1,CLO3	2	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	2	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 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 Learning 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 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/ Sterlization, 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	2	Demo/prac	Problem based

					Learning
Module No	Topic	CLO/CO	No. of Hours	Content Delivery Methods	Learning Methods
		4			
5	Exfoliation	CLO1,CLO3	3	Demo/prac	Participatory Learning
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					
					Experiential Learning
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	Demo/prac	Participatory Learning
Module No	Topic	CLO/CO	No. of Hours	Content Deliver y Method s	Learning Methods
		3			
3	Hair Spray	CLO1,CLO3	2	Demo/prac	Experiential Learning
4	Mousse	CLO1,CLO2	3	Demo/prac	Problem based Learning
5	Serum	CLO2,CLO3,CLO 4	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, fluorine)-sources, functions role in beauty, RDA, quality nutrients from food and supplements

Reference Books

	Author	Title of the Book	Publishers	Year and Edition
1.	Bamji MS, Krishnaswamy K, Brahmam GNV	Textbook of Human Nutrition	3rd Edition. 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,	CLO1,CLO2	7	T/Disc	Participatory Learning

	fluorine)- sources, functions role in beauty				
2	RDA, quality nutrients from food and supplements	CLO1,CLO3	5	T/ppt	Experiential Learning



BACHELOR OF SCIENCE - BEAUTY AND WELLNESS
CHOICE BASED CREDIT SYSTEM (CBCS) &
LEARNING OUTCOMES- BASED CURRICULAR FRAMEWORK (LOCF)
(2024-2027 Batch)
Semester III

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	Tamil Paper III/ Hindi Paper III/ French Paper III	L	4	58	2	3	25	75	100	3
	II	ENG2403A	English Paper III	E	4	58	2	3	25	75	100	3
	III	BW24C03	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	BW24P04	Hair Texture services Practical	CC	5	75	-	3	25	75	100	4
	III	BW23A03	Nutrition and Dietetics	GE	3	43	2	3	25	75	100	2
	III	BWINST3	Internship-III*	DSE	-	-	-	-	100	-	100	Gr
	III	CS23SBGP	Gen-AI	SEC	3	44	1	-	100	-	100	3
	IV	NM23DTG	Design Thinking	AEC	2	30	-	-	100	-	100	2
I-III	VI	COM23SER	Community Services 30 Hours	GC	-	-	-	-	-	-	-	
I - V	VI	24BONL 1 24BONL 2 24BONL 3	Online Course I Online Course II Online Course III	ACC	-	-	-	-	-	-	-	

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC-Additional Credit Course

* Outside class hours 60hrs

CA – Continuous Assessment

ESE - End Semester Examination

SEC- Skill Enhancement Course

AECC - Ability Enhancement Compulsory Course,

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW24C03	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 pH 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. **Hair Extension –types of hair extensions- general information on application of hair extensions, maintenance & aftercare, removal of extensions**

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 Edn 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 Edn 2015

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

Course Contents and Lecture Schedule

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1.	Unit I				
	History of Hair cutting	CLO 1, CLO 2	1	T-PPT	Participatory Learning
	Basic principles of hair cutting	CLO 2, CLO 3, CLO 4	2	Lecture – Chalk and talk	Participatory Learning
	Cutting line or Finger angles-Guideline-Over direction-Hair distribution.	CLO 1, CLO 2, CLO 3	3	Lecture – Chalk and talk	Experiential Learning
	Introduction-History of Texture services	CLO 1, CLO 2	2	T/ group discussion	Problem based Learning
	Importance of P ^H in texture service	CLO 1, CLO 2, CLO 3	2	T/ group discussion	Problem based Learning
	Keratin proteins Side bonds Disulfide bonds Salt bonds Hydrogen bond.	CLO 2, CLO 3, CLO 4	2	Lecture – Chalk and talk	Participatory Learning
2.	Unit II				

	Hair analysis, Wave pattern	CLO 1, CLO 2,CLO3	2	Lecture – Chalk and talk	Participatory Learning
	Purchase of scissors, Different blade edges	CLO 1,CLO 2,CLO3	2	T/ group discussion	Problem based Learning
	Thio glycolic acid, Ammoniumthioglycolate	CLO 2,CLO3	3	T/quiz	Experiential Learning
	Stage two ,Permanent waving procedure , Preliminary test curls	CLO2, CLO3	2	T/ group discussion	Problem based Learning
	Safety precautions for permanent waving, Metallic salts.	CLO 1,CLO 2,CLO3	3	Lecture – Chalk and talk	Participatory Learning
3.	Unit III				
	Proper posture and body position	CLO 2,CLO3	2	T-PPT	Participatory Learning
	Chemical relaxing	CLO 1,CLO 2,CLO3	2	Lecture – Chalk and talk	Participatory Learning
	Thio neutralization	CLO 2,CLO3	3	Lecture – Chalk and talk	Experiential Learning
	Hydroxide neutralization	CLO2, CLO3, CLO 4	3	T/ group discussion	Problem based Learning
	Safety precautions for chemical hair relaxing services.	CLO 1,CLO 2,CLO3	2	T/ group discussion	Participatory Learning
4	Unit IV				
	Other cutting techniques, Cutting curly hair, Cutting bangs	CLO 1, CLO 2	3	T-PPT	Participatory Learning
	cutting-notching-Free hand notching-Slithering-Slicing- Carving	CLO 2, CLO 3,CLO 4	3	Lecture – Chalk and talk	Problem based Learning
	Effective use of clippers and trimmers	CLO 1, CLO 2, CLO3	2	Lecture – Chalk and talk	Experiential Learning
	Keratin Treatment	CLO 1, CLO 2	3	T/ group discussion	Problem based Learning
	Pros and cons of hair botox treatment	CLO 1, CLO 2, CLO3	2	T/ group discussion	Participatory Learning
5	Units V				
	Principle of hair design, Proportion	CLO 2, CLO 3,CLO 4	1	T-PPT	Participatory Learning
	Influence of hair type and texture on hairstyle, Harmony between hair style and facial structure	CLO 1, CLO 2, CLO3	2	Lecture – Chalk and talk	Problem based Learning

	top third of the face, middle third of the face- lower third of the face.	CLO 1, CLO 2	2	Lecture – Chalk and talk	Experiential Learning
	Different types of treatment, Products and its procedure	CLO 1, CLO 2, CLO3	2	T/ group discussion	Problem based Learning
	Treatment for damaged hair , chemically treated hair	CLO 1, CLO 2	1	T/ group discussion	Participatory Learning
	Hair Extension,	CLO 1, CLO 2, CLO3	2	Lecture – Chalk and talk	Participatory Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23P03	HAIR SHAPING PRACTICAL	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 Edn 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

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

Course Contents and Lecture Schedule

Mod ule No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1	0 degree cut	CLO 1, CLO 3	5	Demo/practice	Participatory Learning
2	U cut	CLO 1, CLO 2	5	Demo/practice	Problem based Learning
3	45 degree layers	CLO 2, CLO 3	5	Demo/practice	Experiential Learning
4	90 degree layers	CLO 1, CLO 3	5	Demo/practice	Problem based Learning
5	180 degree layers	CLO 2, CLO 3	5	Demo/practice	Participatory Learning
6	Long Layers	CLO 1, CLO 2	5	Demo/practice	Participatory Learning
7	Forward Graduation	CLO 1, CLO 2	5	Demo/practice	Experiential Learning
8	Square layers	CLO 2, CLO 3	5	Demo/practice	Problem based Learning
9	Pie Layers	CLO 2, CLO 3	5	Demo/practice	Participatory Learning
10	Butterfly cut	CLO 2, CLO 3	5	Demo/practice	Problem based Learning
11	Fringes	CLO 1, CLO 2	5	Demo/practice	Experiential Learning
12	Mushroom Cut	CLO 2, CLO 3	5	Demo/practice	Problem based Learning
13	Classical Bob	CLO 1, CLO 3	5	Demo/practice	Participatory Learning
14	Blunt cut	CLO 2, CLO 3	5	Demo/practice	Experiential Learning
15	Boy cut	CLO 1, CLO 2	5	Demo/practice	Problem based Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW24P04	HAIR TEXTURE SERVICES PRACTICAL	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 Smoothening - Hair analyzation, Hair Ironing, Cream Application, Neutralization	20 Hrs
4	Re- Touchup	10 Hrs
5	Hair Spa & Anti Dandruff Treatment	5Hrs
6	Hair extension	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 Edn 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

Mod ule No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1.	Hair Straightening				
	Hair analyzation	CLO 1, CLO 2	5	Demo/practice	Participatory Learning
	Hair Ironing	CLO 2, CLO 3	5	Demo/practice	Experiential Learning
	Cream Application	CLO 1, CLO 3	5	Demo/practice	Experiential Learning
	Neutralization	CLO 2, CLO 3	5	Demo/practice	Experiential Learning
2.	Hair Perming				
	Hair analyzation	CLO 1, CLO 3	3	Demo/practice	Problem based Learning
	Perm rod setting	CLO 1, CLO 2	3	Demo/practice	Experiential Learning
	Lotion application	CLO 2, CLO 3	5	Demo/practice	Participatory Learning
	Neutralization	CLO 1, CLO 3	4	Demo/practice	Problem based Learning
3.	Hair Smoothening				
	Hair analyzation	CLO 1, CLO 2	5	Demo/practice	Participatory Learning
	Hair Ironing	CLO 2, CLO 3	5	Demo/practice	Experiential Learning
	Cream Application	CLO 1, CLO 3	5	Demo/practice	Experiential Learning
	Neutralization	CLO 2, CLO 3	5	Demo/practice	Participatory Learning
4	Re- Touchup	CLO 2, CLO 3	10	Demo/practice	Problem based Learning
5	Hair Spa & Anti Dandruff Treatment	CLO 1, CLO 3	5	Demo/practice	Participatory Learning
6	Hair extensions	CLO 2, CLO 3	5	Demo/practice	Problem based Learning

COURSE CODE	COURSE TITLE	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 Edn 1993
II.	Srilakshmi B.(2002)	Nutrition and Dietetics	New Age International	4 th Edn 2002

Course Contents and Lecture Schedule

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1.	Unit I				
	Introduction of Food and nutrition	CLO 2, CLO 3, CLO 4	2	PPT	Experiential Learning
	Relationship between food, nutrition and health	CLO 1, CLO 2, CLO 3	3	Lecture – Chalk and talk	Problem based Learning
	Food Plate, Groups	CLO 1, CLO 2	3	T/ group discussion	Experiential Learning
2.	Unit II				
	Balanced Diet	CLO 1, CLO 2, CLO 3	1	Lecture – Chalk and talk	Participatory Learning
	Guidelines For Food Selection	CLO 1, CLO 2, CLO 3	2	T/ group discussion	Experiential Learning
	Food Choices and Dietary Patterns,	CLO 2, CLO 3	2	T/quiz	Experiential Learning
	Interrelationship Between Nutrition	CLO 2, CLO 3	1	T/ group discussion	

	Beauty & Health	CLO 1, CLO 2, CLO 3	1	Lecture – Chalk and talk	Experiential Learning
3.	Unit III				
	Carbohydrates, Protein, Functions, Sources	CLO 1, CLO 2	4	T/quiz	Participatory Learning
	Deficiency Diseases and Requirements of protein & carbohydrate	CLO 1, CLO 2, CLO 3	3	PPT	Problem based Learning
	Fats:- Functions, Sources, Deficiency Diseases and Requirements	CLO 1, CLO 2	3	T/ group discussion	Experiential Learning
4.	Unit IV				
	Introduction – vitamins, lipids, minerals	CLO 2, CLO 3, CLO 4	3	Lecture – Chalk and talk	Participatory Learning
	Compositions and structure, functions	CLO 1, CLO 2, CLO 3	2	T/Assessment	Problem based Learning
	digestion and absorption functions	CLO 1, CLO 2	3	T/ group discussion	Experiential Learning
	deficiency diseases, and requirements	CLO 1, CLO 2, CLO 3	2	PPT	Experiential Learning
5.	Unit V				
	Physical fitness and nutrition	CLO 1, CLO 2, CLO 3	3	Lecture – Chalk and talk	Experiential Learning
	Prevent and management Weight control	CLO 1, CLO 2, CLO 3	2	PPT	Experiential Learning
	Obesity, diabetes mellitus	CLO 2, CLO 3	2	T/ group discussion	Participatory Learning
	Bone health	CLO 2, CLO 3	1	T/ group discussion	Problem based Learning

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

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
CS23SBGP	SBS I - Gen-AI	Practical	-	1	44	3

Preamble

The objective of this course is to understand the breadth and depth of Generative Artificial Intelligence (Gen AI) and to impart knowledge on its ethical implications, practical applications, and emerging trends.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	Understand the fundamental concepts and ethical considerations of Generative AI.	K2
CLO2	Apply AI principles in practical settings using basic AI tools and platforms	K3
CLO3	Develop advanced skills in specialized AI applications such as text analysis, natural language processing, and image recognition.	K3
CLO4	Explore emerging trends in AI, integrating advanced AI tools into diverse professional practices.	K4

Mapping with Programme Outcomes

CLOs	PO1	PO2	PO3	PO4	PO5
CLO1	S	S	S	S	M
CLO2	S	S	S	S	S
CLO3	S	S	M	S	S
CLO4	S	M	S	M	S

S- Strong; M-Medium; L-Low.

SBS I: Gen-AI - CS23SBA1

(45 Hrs)

Unit 1: Introduction to Gen AI

(9 hours)

Understanding Gen AI: Definition and scope of Gen AI - Overview of its applications in various fields - Introduction to essential skills needed for Gen AI. Ethical Considerations: Discussion on ethical guidelines and responsible use of AI - Understanding the impact of AI on society and individuals.

Hands-on Activity: Exploring AI Tools

- Working with appropriate content creation Gen-AI tools to engage with ChatGPT to explore various subjects, simulate interviews, or create imaginative written content.
- Working with appropriate writing and rephrasing Gen-AI tools to drafting essays on designated topics and refining the content with improved clarity, coherence, and correctness.

Unit 2: Basic AI Concepts

(8 hours)

Introduction to AI: Basic concepts and terminology of artificial intelligence - Examples of AI in everyday life - Real-world examples of AI applications in different domains. Machine Learning Basics: Understanding the principles of machine learning - Overview of supervised and unsupervised learning.

Hands-on Activity: Simple AI Projects

- Working with appropriate educational content creation Gen-AI tools to generate quizzes and flashcards based on classroom material.
- Working with appropriate language learning Gen-AI tools to practice and enhance language skills through interactive exercises and games across multiple languages.

Unit 3: AI in Practice

(9 hours)

Text Analysis and Natural Language Processing (NLP): Introduction to NLP concepts and techniques - Hands-on exercises analyzing text data and extracting insights. Image Recognition and Processing: Basics of image recognition algorithms and techniques - AI Tools for Text and Image Processing

Hands-on Activity: Text and Image Projects

- Working with appropriate image processing Gen-AI tools to experiment with AI-generated images.
- Working with appropriate object recognition Gen-AI tools to identify various objects such as text, images, products, plants, animals, artworks, barcodes, and QR codes.

Unit 4: AI for Productivity and Creativity

(9 hours)

AI-enhanced Productivity and creativity Tools: Overview of productivity and creativity tools enhanced with AI capabilities - Tips for integrating AI into daily tasks and workflows. AI and Jobs: Exploring how AI impacts jobs and industries - Discussion on opportunities and challenges - Exploration of AI-powered creative tools and applications.

Hands-on Activity: Productivity and Creativity

- Working with appropriate content creation Gen-AI tools to generate interactive videos / blog posts / art / drawing / music and storytelling experience.
- Working with appropriate resume generation Gen-AI tools to create professional resumes efficiently.

Unit 5: Future of Gen AI and Final Project

(9 hours)

Emerging Trends in Gen AI - Applications of Generative AI - Ethical and Societal Impact of Gen AI - Future Directions and Challenges - Case Studies in Generative AI.

Hands-on Activity: Trends in Gen AI

- Working with appropriate speech generation Gen-AI tools to customize synthetic speech for virtual assistance across different applications.
- Working with appropriate data analysis Gen-AI tools to perform data analysis, visualization, and predictive modeling tasks.
- Working with appropriate Gen-AI design tools to simplify the creation of visually appealing presentations.
- Working with appropriate website builder Gen-AI tools to develop professional websites with AI assistance.

Pedagogy

Demonstration of AI Tools, Lectures and Case studies.

Course Designer

Mrs. S. Ponmalar

valuation pattern for Gen-AI

Quiz	: 50 Marks (5 quizzes with each 10 marks)
Case study	: 25 Marks
Online Exam	: 25 Marks (Departments to plan and conduct the exam)
Total	: 100 Marks



**BACHELOR OF BEAUTY AND
WELLNESS CHOICE BASED CREDIT
SYSTEM (CBCS) &
LEARNING OUTCOMES - BASED CURRICULUM FRAMEWORK (LOCF)
SCHEME & SYLLABUS OF EXAMINATION**

**2024-2027 BATCH
SEMESTER IV**

Sem	Part	Course Code	Title of the Course	Course Type	Instruction Hours/Week	Contact Hours	Tutorial Hours	Duration of Examination	Exam i nation Mark			Credits
									CA	ESE	TO TAL	
IV	I	TAM2304A / HIN2304A / FRE2304A	Tamil Paper IV/ Hindi Paper IV/ French Paper IV	L	4	58	2	3	25	75	100	3
	II	ENG2404A	English Paper IV	E	4	58	2	3	25	75	100	3
	III	BW23C04	Hair Colouring theory	CC	4	58	2	3	25	75	100	3
	III	BW23P05	Hair Colouring Practical	CC	5	75	-	3	25	75	100	3
	III	BW24P06	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*IV	DSE	-	-	-	-	100	-	100	Gr
	III	BW23SCE1	Nutrition and Fitness	SEC	3	45	-	-	100	--	100	3
	IV	NM23EII	Entrepreneurship and Innovation (IgniteX)	AEC C	2	30	-	-	100	-	100	2

	IV	NM24EVS	Environmental studies	AEC C	SS	-	-	-	100	-	100	Gr
	V	COCOACT	Co-Curricular Activity	AEC	--	--	-	-	- 100	-	- 100	1
	VI	24BONL1 24BONL2 24BONL3	Online Course I Online Course II Online Course III	ACC	-	-	-	-	-	-	-	-

L-Language

SS – Self study

CA – Continuous Assessment

AEC – Ability Enhancement Course

GE – Generic Elective

GC-General Course

* Outside class hours 60hrs

E-English

CC – Core Courses

ESE–End Semester Examination

ACC – Additional Credit Course

AECC-Ability Enhancement Compulsory Courses

DSE-Discipline Specific Elective

BW23C04	HAIR COLOURING THEORY	THEORY	58	2	-	3
COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT

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.

Prerequisite

- Basic Knowledge in advance hair coloring techniques

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 (12 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 (12 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 balayage technique.

Unit-V (12 hrs)

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

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
I.	Louise Hockings	The City & Guilds Textbook: Level 3 VRQ Diploma in Hairdressing: includes Barbering	City & Guilds	2013& 1 st Edition
II.	Jason Backe	Milady standard Cosmetology	Cengage	2016 & 13 th Edition

CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (10 Hours)				
1	Review of hair facts	CLO2,CL O3,CLO4	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	hair structure-structure of hair shaft	CLO1,CL O2,CLO3	2	Board, Chalk and Talk, PDF,	Participatory Learning

				PPT	
3	chemical composition of hair-	CLO1,CL	2	Chalk and Talk,	Experiential
Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
		O2		PDF, PPT	Learning
4	side bonds of the cortex-hair pigment-	CLO2,CL O3,CLO4	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
5	behavior of bonds and pigments during coloring.	CLO2,CL O3	2	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit II- (11 Hours)				
6	Hair coloring -introduction-why people color their hair	CLO1,CL O2	2	Chalk and Talk, PDF, PPT	Participatory Learning
7	identify natural hair color and tone	CLO2, CLO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
8	the level system-natural level- previously colored hair level	CLO1,CL O3	3	Chalk and Talk, PDF, PPT	Experiential Learning
9	coloring theory- color wheel-the law of color-primary-secondary-territory -complementary-tone or tone	CLO1,CL O2	4	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit III- (11 Hours)				
10	Types of hair color-temporary-semi permanent-demi permanent-permanent-natural hair colors	CLO1,CL O2	3	Chalk and Talk, PDF, PPT	Problem based Learning
11	metallic hair colors-hydrogen peroxide developers-volume and uses	CLO1,CL O2	4	Board, Chalk and Talk, PDF, PPT	Participatory Learning
12	lighteners-activators-decoloring process-toners-consultations.	CLO1,CL O2	4	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit IV- (12 Hours)				
13	Hair coloring application-patch test-pre lightening, strands test-single processing permanent color	CLO1,CL O2	4	Chalk and Talk, PDF, PPT	Problem based Learning
14	double process -hair color processing time-hair color retouch-	CLO1,CL O2	4	Board, Chalk and Talk, PDF, PPT	Participatory Learning

15	lightening retouch- high lightening - low lightening -cap technique-foil technique-free form or ballade technique	CLO2, CLO3	4	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit V- (12 Hours)				
16	Gray hair -determining the	CLO2,	3	Chalk and Talk,	Participatory
Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	percentage of gray hair	CLO3		PDF, PPT	Learning
17	challenges -solution- yellowes hair-formulating for gray hair - gray coverage	CLO2,CL O3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
18	pre-softening - rules for effective color correction-damaged hair- fillers	CLO2,CL O3,CLO4	3	Chalk and Talk, PDF, PPT	Experiential Learning
19	-hair coloring safety precautions	CLO1,CL O3	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

BW23P05	HAIR COLOURING PRACTICAL	PRACTICAL	-	-	75	3
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COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDI T
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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.

Prerequisite

- Basic Knowledge in advance hair coloring techniques

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

(15 hrs)

- Root touch up
- Global coverage

- 2 Fashion coloring (15 hrs)
 - High lighting
 - Crown Streaks, Global Streaks
 - Global fashion
 - Streaks with global color fashion
- 3 Pre lightening (10 hrs)
- 4 Color wash (5 hrs)
- 5 Neutralization (10 hrs)
- 6 Botox Treatment (10 hrs)
- 7 Nano plastia Treatment (10 hrs)

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
I.	Martin green and leo palladino	Professional Hairdressing & Barbering: The Official Guide to Level 3	Cengage Learning EMEA	2014 & 7 th Edition
II.	Louise Hockings	The City & Guilds Textbook: Level 3 VRQ Diploma in Hairdressing: includes Barbering	City & Guilds	2013 & 1 st Edition

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

COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (15 Hours)				
1	Client consultation	CLO2,CLO3, CLO4	2	Demo, Video	Participatory Learning
2	Grey coverage	CLO1,CLO2, CLO3	4	Demo, Video	Participatory Learning
3	Root touch up	CLO1,CLO2	4	Demo, Video	Experiential Learning
4	Global coverage	CLO2,CLO3,	5	Demo,	Problem

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
		CLO4		Video	based Learning
	Unit II- (15 Hours)				
5	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
6	Fashion coloring	CLO1,CLO2, CLO3	3	Demo, Video	Problem based Learning
7	High lighting	CLO2, CLO3	3	Demo, Video	Participatory Learning
8	Crown Streaks, Global Streaks	CLO1,CLO2	2	Demo, Video	Experiential Learning
9	Global fashion	CLO2, CLO3	3	Demo, Video	Problem based Learning
10	Streaks with global color fashion	CLO1,CLO3	2	Demo, Video	Participatory Learning
	Unit III- (10 Hours)				
11	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
12	Pre lightening	CLO2,CLO3, CLO4	8	Prac /video	Participatory Learning
	Unit IV- (5 Hours)				
13	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
14	Color wash	CLO1,CLO2	3	Demo /prac	Problem based Learning
	Unit V- (10 Hours)				
15	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
16	Neutralization	CLO1,CLO2	8		Participatory Learning
	Unit VI- (10 Hours)				
17	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
18	Botox Treatment	CLO1,CLO2	8	Demo /prac	Problem based

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
					Learning
	UnitVII- (10 Hours)				
19	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
20	Nano plastia Treatment	CLO1,CLO3	8	Demo /prac	Experiential Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

COURSE CODE BW24P06	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

- Abhyangam (6 hrs)
- Sirodhara (7 hrs)
- Navarakizhi (6 hrs)
- Manual Lymphatic Drainage (8 hrs)
- Udwartana (6hrs)

- **Ayurvedic Exfoliation for Face, Hand, Legs and Back** (10hrs)
- **Body wrap** (6hrs)
- **Mud pack** (6hrs)
- **Peel off pack** (6hrs)
- **Spa pedicure** (7hrs)
- **Spa manicure** (7hrs)

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

COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (6 Hours)				
1	Client consultation	CLO2,CLO3,CLO4	3	Demo, Video	Participatory Learning
2	Abhyangam	CLO1,CLO2,CLO3	3	Demo, Video	Participatory Learning
	Unit II- (7 Hours)				
	Client consultation	CLO2, CLO3	2	Demo, Video	Experiential Learning
	Sirodhara	CLO1,CLO3	5	Demo, Video	Problem based Learning
5	Unit III- 6 Hours)				
6	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
7	Navarakizhi	CLO2, CLO3	4	Demo, Video	Participatory Learning
8	Unit IV- (8 Hours)				
	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
9	Manual Lymphatic	CLO2, CLO3	6	Demo, Video	Participatory Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Drainage				
10	Unit V- (6 Hours)				
11	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
12	Udwardhana	CLO2, CLO3	4	Demo, Video	Participatory Learning
	UnitVI- (10 Hours)				
13	Ayurvedic Exfoliation for Face, Hand, Legs and Back	CLO1,CLO2	10	Demo, Video	Participatory Learning
14	Unit VII- (6 Hours)				
15	Body wrap	CLO2, CLO3	6	Demo, Video	Experiential Learning
17	UnitVIII- (6 Hours)				
	Mud pack	CLO2, CLO3	6	Demo, Video	Experiential Learning
18	Unit IX- (6 Hours)				
19	Peel off pack	CLO1,CLO2	6	Demo, Video	Participatory Learning
20	Unit X- (7 Hours)				
21	Spa pedicure	CLO2, CLO3	7	Demo, Video	Experiential Learning
	Unit XI- (7 Hours)				
	Spa manicure	CLO2, CLO3	7	Demo, Video	Experiential Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDI
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BW23A04	AESTHETICS PSYCHOLOGICAL WELLBEING	AND	THEROY	43	2	-	2
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Preamble

- To understand the human physical structure and postures for the health and psychological well being
- To understand the type of equipments and exercises that promotes health and fitness.
- To identify and recommend diets in terms of calories considering the balanced diet concept and adapting to different climatic seasons.
- Explore the relationship between mental health and psychosomatic disorders related to skin and learn effective assessment techniques

Prerequisite

- Basic Knowledge in 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 .	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, vibrate, 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

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
I.	Antia, F.P.	Clinical Nutrition and Dietetics,	Oxford University Press, Delhi	2002 & 4 th Edition
II.	Judith culp	Milady standard advance Aesthetics	Cengage Learning	2013 & 1st Edition

III.	Shubhangini Joshi	A	Nutrition and Dietetics	Tata Mc Graw-Hill	2002 & 2nd edition
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COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (10 Hours)				
1	Body perfection: Natural construction and function of human body	CLO2,C LO3,CL O4	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Body postures: feet, knees, pelvic, abdominal, vibrate, shoulders, ears, chin.	CLO1,C LO2,CL O3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Poor postures and corrective methods: Posture while standing, sitting and walking	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Techniques for improving alignment while standing, sitting, and walking. Client Treatment	CLO2,C LO3,CL O4	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
5	Assessment of body mass index (BMI), types of diet and exercises related to age and body requirement	CLO2,C LO3	2	T & Disc	Problem based Learning
	Unit II- (9Hours)				
Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
1	Aesthetic Methods: Isometrics Science - corrective exercises for sagging muscles, including the abdomen and bust.	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Electrical equipments and gadgets for figure correction	CLO2, CLO3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Overview of various equipment, their functions, benefits, and precautions.	CLO1,C LO3	2	Chalk and Talk, PDF, PPT	Experiential Learning

4	Different types of baths - steam, bubble and sauna bath	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
	Unit III- (8 Hours)				
1	Diet and its Effect: Balanced diet - across various weight categories and in different climatic conditions	CLO1,C LO2	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
2	ill balanced diet on health - effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail. Diet to maintain normal health:	CLO1,C LO2	3	Chalk and Talk, PDF, PPT	Participatory Learning
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	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Experiential Learning
	Unit IV- (9 Hours)				
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.	CLO1,C LO2	3	Chalk and Talk, PDF, PPT	Participatory Learning
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	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Nabhichakra (Navel Center): assessment of the navel - self-treatment techniques for navel issues - diagnosis	CLO2, CLO3	2	Chalk and Talk, PDF, PPT	Experiential Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	and correction of displaced navel - relevant asanas and their benefits				
4	Body Purification: introduction to the six purificatory processes (shatkarmas) - importance of purification in yoga practice.	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit V- (9 Hours)			Board, Chalk and Talk, PDF,	

				PPT	
1	Mental Health: Introduction - Need for mental health - Relationship to physical health.	CLO2, CLO3	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Basic concepts Flourishing - Languishing - Happiness Vs Wellbeing - Eudaimonia Vs Hedonic happiness.	CLO2,C LO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Psychosomatic disorder related to skin disease like atopic dermatitis. Psychological Wellbeing: Definition, Components of psychological wellbeing	CLO2,C LO3,CL O4	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Positive emotion - Engagement - Relationships - Meaning - Accomplishment. Assessment and Research: Methods of Assessing psychological wellbeing - Current research trends in the field of mental health	CLO1,C LO3	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning

Course Designers:

1. Mrs. P.Shanthipriya
Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

BACHELOR OF BEAUTY AND WELLNESS
CHOICE BASED CREDIT SYSTEM (CBCS) &
LEARNING OUTCOMES - BASED CURRICULUM FRAMEWORK (LOCF)
SCHEME & SYLLABUS OF EXAMINATION

2024-2027 BATCH
SEMESTER IV

Sem	Part	Course Code	Title of the Course	Course Type	Instruction Hours/Week	Contact Hours	Tutorial Hours	Duration of Examination	Examination Marks			Credits
									CA	ESE	TOTAL	
IV	I	TAM2304A/ HIN2304A/ FRE2304A	Tamil Paper IV/ Hindi Paper IV/ French Paper IV	L	4	58	2	3	25	75	100	3
	II	ENG2404A	English Paper IV	E	4	58	2	3	25	75	100	3
	III	BW23C04	Hair Colouring theory	CC	4	58	2	3	25	75	100	3
	III	BW23P05	Hair Colouring Practical	CC	5	75	-	3	25	75	100	3
	III	BW24P06	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*IV	DSE	-	-	-	-	100	-	100	Gr
	III	BW23SCE1	Nutrition and Fitness	SEC	3	45	-	-	100	--	100	3
	IV	NM23EII	Entrepreneurship and Innovation (IgniteX)	AECC	2	30	-	-	100	-	100	2
	IV	NM24EVS	Environmental studies	AECC	SS	-	-	-	100	-	100	Gr
	V	COCOACT	Co-Curricular Activity	AEC	--	--	-	-	- 100	-	- 100	1
	VI	24BONL1 24BONL2 24BONL3	Online Course I Online Course II Online Course III	ACC	-	-	-	-	-	-	-	-

L-Language

SS – Self study

CA – Continuous Assessment

AEC – Ability Enhancement Course

GE – Generic Elective

GC-General Course

* Outside class hours 60hrs

E-English

CC – Core Courses

ESE–End Semester Examination

ACC – Additional Credit Course

AECC-Ability Enhancement Compulsory Courses

DSE-Discipline Specific Elective

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDI T
BW23C04	HAIR COLOURING THEORY	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.

Prerequisite

- Basic Knowledge in advance hair coloring techniques

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 (12 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 (12 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 balayage technique.

Unit-V

(12 hrs)

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

Books for Reference

	Author	Title	Publishers	Year and Edition
I.	Louise Hockings	The City & Guilds Textbook: Level 3 VRQ Diploma in Hairdressing: includes Barbering	City & Guilds	2013& 1 st Edition
II.	Jason Backe	Milady standard Cosmetology	Cengage	2016 & 13 th Edition

CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (10 Hours)				
1	Review of hair facts	CLO2,CL O3,CLO4	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	hair structure-structure of hair shaft	CLO1,CL O2,CLO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	chemical composition of hair-	CLO1,CL O2	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	side bonds of the cortex-hair pigment-	CLO2,CL O3,CLO4	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
5	behavior of bonds and pigments during coloring.	CLO2,CL O3	2	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit II- (11 Hours)				
6	Hair coloring -introduction-why people color their hair	CLO1,CL O2	2	Chalk and Talk, PDF, PPT	Participatory Learning
7	identify natural hair color and tone	CLO2,	2	Board, Chalk	Participatory

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
		CLO3		and Talk, PDF, PPT	Learning
8	the level system-natural level-previously colored hair level	CLO1,CLO3	3	Chalk and Talk, PDF, PPT	Experiential Learning
9	coloring theory- color wheel-the law of color-primary-secondary-territory -complementary-tone or tone	CLO1,CLO2	4	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit III- (11 Hours)				
10	Types of hair color-temporary-semi permanent-demi permanent-permanent-natural hair colors	CLO1,CLO2	3	Chalk and Talk, PDF, PPT	Problem based Learning
11	metallic hair colors-hydrogen peroxide developers-volume and uses	CLO1,CLO2	4	Board, Chalk and Talk, PDF, PPT	Participatory Learning
12	lighteners-activators-decoloring process-toners-consultations.	CLO1,CLO2	4	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit IV- (12 Hours)				
13	Hair coloring application-patch test-pre lightening, strands test-single processing permanent color	CLO1,CLO2	4	Chalk and Talk, PDF, PPT	Problem based Learning
14	double process -hair color processing time-hair color retouch-	CLO1,CLO2	4	Board, Chalk and Talk, PDF, PPT	Participatory Learning
15	lightening retouch- high lightening - low lightening -cap technique-foil technique-free form or ballade technique	CLO2, CLO3	4	Chalk and Talk, PDF, PPT	Participatory Learning
	Unit V- (12 Hours)				
16	Gray hair -determining the percentage of gray hair	CLO2, CLO3	3	Chalk and Talk, PDF, PPT	Participatory Learning
17	challenges -solution- yellowes hair-formulating for gray hair -gray coverage	CLO2,CLO3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
18	pre-softening - rules for effective color correction-damaged hair-fillers	CLO2,CLO3,CLO4	3	Chalk and Talk, PDF, PPT	Experiential Learning
19	-hair coloring safety precautions	CLO1,CLO3	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning

Course Designers:

1. Mrs. P.Shanthipriya

2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

COURSE	COURSE TITLE	CATEGORY	L	T	P	CREDI
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CODE						T
BW23P05	HAIR COLOURING PRACTICAL	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.

Prerequisite

- Basic Knowledge in advance hair coloring techniques

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

- Grey coverage (15 hrs)
 - Root touch up
 - Global coverage
- Fashion coloring (15 hrs)
 - High lighting
 - Crown Streaks, Global Streaks
 - Global fashion
 - Streaks with global color fashion
- Pre lightening (10 hrs)
- Color wash (5 hrs)

- | | | |
|---|------------------------|----------|
| 5 | Neutralization | (10 hrs) |
| 6 | Botox Treatment | (10 hrs) |
| 7 | Nano plastia Treatment | (10 hrs) |

Books for Reference

	Author	Title	Publishers	Year and Edition
I.	Martin green and leo palladino	Professional Hairdressing & Barbering: The Official Guide to Level 3	Cengage Learning EMEA	2014 & 7 th Edition
II.	Louise Hockings	The City & Guilds Textbook: Level 3 VRQ Diploma in Hairdressing: includes Barbering	City & Guilds	2013 & 1 st Edition

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

COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (15 Hours)				
1	Client consultation	CLO2,CLO3, CLO4	2	Demo, Video	Participatory Learning
2	Grey coverage	CLO1,CLO2, CLO3	4	Demo, Video	Participatory Learning
3	Root touch up	CLO1,CLO2	4	Demo, Video	Experiential Learning
4	Global coverage	CLO2,CLO3, CLO4	5	Demo, Video	Problem based Learning
	Unit II- (15 Hours)				
5	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
6	Fashion coloring	CLO1,CLO2, CLO3	3	Demo, Video	Problem based Learning
7	High lighting	CLO2, CLO3	3	Demo, Video	Participatory Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
8	Crown Streaks, Global Streaks	CLO1,CLO2	2	Demo, Video	Experiential Learning
9	Global fashion	CLO2, CLO3	3	Demo, Video	Problem based Learning
10	Streaks with global color fashion	CLO1,CLO3	2	Demo, Video	Participatory Learning
	Unit III- (10 Hours)				
11	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
12	Pre lightening	CLO2,CLO3, CLO4	8	Prac /video	Participatory Learning
	Unit IV- (5 Hours)				
13	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
14	Color wash	CLO1,CLO2	3	Demo /prac	Problem based Learning
	Unit V- (10 Hours)				
15	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
16	Neutralization	CLO1,CLO2	8		Participatory Learning
	Unit VI- (10 Hours)				
17	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
18	Botox Treatment	CLO1,CLO2	8	Demo /prac	Problem based Learning
	UnitVII- (10 Hours)				
19	Client consultation	CLO1,CLO2, CLO3	2	Demo, Video	Problem based Learning
20	Nano plastia Treatment	CLO1,CLO3	8	Demo /prac	Experiential Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

COURSE CODE BW24P06	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

- Abhyangam (6 hrs)
- Sirodhara (7 hrs)
- Navarakizhi (6 hrs)
- Manual Lymphatic Drainage (8 hrs)
- Urdwardhana (6hrs)
- **Ayurvedic Exfoliation for Face, Hand, Legs and Back (10hrs)**
- **Body wrap (6hrs)**
- **Mud pack (6hrs)**
- **Peel off pack (6hrs)**

- Spa pedicure

(7hrs)

- Spa manicure

(7hrs)

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

COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (6 Hours)				
1	Client consultation	CLO2,CLO3,CLO4	3	Demo, Video	Participatory Learning
2	Abhyangam	CLO1,CLO2,CLO3	3	Demo, Video	Participatory Learning
	Unit II- (7 Hours)				
	Client consultation	CLO2, CLO3	2	Demo, Video	Experiential Learning
	Sirodhara	CLO1,CLO3	5	Demo, Video	Problem based Learning
5	Unit III- 6 Hours)				
6	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
7	Navarakizhi	CLO2, CLO3	4	Demo, Video	Participatory Learning
8	Unit IV- (8 Hours)				
	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
9	Manual Lymphatic Drainage	CLO2, CLO3	6	Demo, Video	Participatory Learning
10	Unit V- (6 Hours)				
11	Client consultation	CLO1,CLO2	2	Demo, Video	Participatory Learning
12	Udwardhana	CLO2, CLO3	4	Demo, Video	Participatory Learning
	UnitVI- (10 Hours)				
13	Ayurvedic Exfoliation for Face, Hand, Legs and Back	CLO1,CLO2	10	Demo, Video	Participatory Learning
14	Unit VII- (6 Hours)				
15	Body wrap	CLO2, CLO3	6	Demo, Video	Experiential Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
17	UnitVIII- (6 Hours)				
	Mud pack	CLO2, CLO3	6	Demo, Video	Experiential Learning
18	Unit IX- (6 Hours)				
19	Peel off pack	CLO1,CLO2	6	Demo, Video	Participatory Learning
20	Unit X- (7 Hours)				
21	Spa pedicure	CLO2, CLO3	7	Demo, Video	Experiential Learning
	Unit XI- (7 Hours)				
	Spa manicure	CLO2, CLO3	7	Demo, Video	Experiential Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23A04	AESTHETICS AND PSYCHOLOGICAL WELLBEING	THEROY	43	2	-	2

Preamble

- To understand the human physical structure and postures for the health and psychological well being
- To understand the type of equipments and exercises that promotes health and fitness.
- To identify and recommend diets in terms of calories considering the balanced diet concept and adapting to different climatic seasons.
- Explore the relationship between mental health and psychosomatic disorders related to skin and learn effective assessment techniques

Prerequisite

- Basic Knowledge in 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 .	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 .	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, vibe 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

Books for Reference

	Author	Title	Publishers	Year and Edition
I.	Antia, F.P.	Clinical Nutrition and Dietetics,	Oxford University Press, Delhi	2002 & 4 th Edition
II.	Judith culp	Milady standard advance Aesthetics	Cengage Learning	2013 & 1st Edition
III.	Shubhangini A Joshi	Nutrition and Dietetics	Tata Mc Graw-Hill	2002 & 2nd edition

COURSE CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (10 Hours)				
1	Body perfection: Natural construction and function of human body	CLO2,C LO3,CLO4	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Body postures: feet, knees, pelvic, abdominal, vibrate, shoulders, ears, chin.	CLO1,C LO2,CLO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Poor postures and corrective methods: Posture while standing, sitting and walking	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Techniques for improving alignment while standing, sitting, and walking. Client Treatment	CLO2,C LO3,CLO4	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
5	Assessment of body mass index (BMI), types of diet and exercises related to age and body requirement	CLO2,C LO3	2	T & Disc	Problem based Learning
	Unit II- (9Hours)				
1	Aesthetic Methods: Isometrics Science - corrective exercises for sagging muscles, including the abdomen and bust.	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Electrical equipments and gadgets for figure correction	CLO2, CLO3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Overview of various equipment, their functions, benefits, and precautions.	CLO1,C LO3	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Different types of baths - steam, bubble and sauna bath	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Problem based Learning
	Unit III- (8 Hours)				
1	Diet and its Effect: Balanced diet - across various weight categories and in different climatic conditions	CLO1,C LO2	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
2	Ill balanced diet on health - effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail. Diet to maintain normal health:	CLO1,C LO2	3	Chalk and Talk, PDF, PPT	Participatory Learning
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	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Experiential Learning
	Unit IV- (9 Hours)				

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
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.	CLO1,C LO2	3	Chalk and Talk, PDF, PPT	Participatory Learning
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	CLO1,C LO2	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
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	CLO2, CLO3	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Body Purification: introduction to the six purificatory processes (shatkarmas) - importance of purification in yoga practice.	CLO1,C LO2	2	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit V- (9 Hours)			Board, Chalk and Talk, PDF, PPT	
1	Mental Health: Introduction - Need for mental health - Relationship to physical health.	CLO2, CLO3	2	Chalk and Talk, PDF, PPT	Participatory Learning
2	Basic concepts Flourishing - Languishing - Happiness Vs Wellbeing - Eudaimonia Vs Hedonic happiness.	CLO2,C LO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Psychosomatic disorder related to skin disease like atopic dermatitis. Psychological Wellbeing: Definition, Components of psychological wellbeing	CLO2,C LO3,CL O4	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	Positive emotion - Engagement - Relationships - Meaning - Accomplishment. Assessment and Research: Methods of Assessing psychological wellbeing - Current research trends in the field of mental health	CLO1,C LO3	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning

Course Designers:

1. Mrs. P.Shanthipriya
2. Mrs. M.R.Sudha

SNO	LEARNING METHODS	PERCENTAGE
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1	Participatory Learning	71%
2	Experiential Learning	21%
3	Problem Based Learning	8%