



PSGR
Krishnammal College for Women



DEPARTMENT OF BEAUTY AND WELLNESS

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

B.SC BEAUTY AND WELLNESS

2023 – 2026 BATCH



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

B.SC BEAUTY AND WELLNESS (2023-2024)

Sem	Part	Subject Code	Title of the paper		Ins Hrs/ Week	Contact hrs	Tutorial hrs	Duration of Exam	Exam Marks			Credits
									CA	ES E	Tota l	
I	I	TAM2301A/ FRE2301A/ HIN2301A	Language Paper I (Tamil ,Hindi ,French)	La ngu age	4	58	2	3	25	75	100	3
	II	ENG2301A	English paper –I	E ng	4	58	2	3	25	75	100	3
	III	BW23C01	Aesthetic Treatment Level- I	CC	4	58	2	3	25	75	100	4
	III	BW23P01	Basic skin & hair services Practical	CC	12	180	-	3	25	75	100	8
	III	BW23A01	Anatomy and Physiology (Allied)	GE	4	58	2	3	25	75	100	4
	IV	NME23ES / NME23B1/ NME23A1	Foundation Course (Introduction to Entrepreneurship /	AE C	2	30	-	-	100	-	100	2
			Basic Tamil- I/Advanced Tamil-I			28	2	-				
	III	BWINSTI	Internship***					(60 Hrs)				Grade

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancing Course

CA – Continuous Assessment

ESE - End Semester Examination

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

Preamble

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

Course Outcomes

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

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

Mapping with Programme Outcomes

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

S- Strong; M-Medium; L-Low

UNIT I

(12hrs)

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

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

UNIT II

(12 hrs)

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

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

UNIT III

(12 hrs)

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

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

UNIT IV

(12hrs)

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

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

UNIT V

(10 hrs)

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

Related Online Contents :

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

Pedagogy:

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

Reference Books

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

Course Contents and Lecture Schedule

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

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

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

Preamble

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

Course Outcomes

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

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

Mapping with Programme Outcomes

COs	PO1	PO2	PO3	PO4	P05
CO1	S	M	S	M	S
CO2	M	M	M	M	M
CO3	M	S	S	S	S
CO4	M	S	S	S	M

S- Strong; M-Medium; L-Low

Syllabus

- Threading (15 Hrs)

Forehead, Chin, Upper lip
Full face
Eyebrows

- Waxing (15Hrs)

Full arms
Under arms
Full legs

- Manicure (20 Hrs)

Product and Material
Procedure

• Pedicure	(20 Hrs)
Product and Material	
Procedure	
• Bleaching	(15 Hrs)
Detan	
Cream Bleach	
• Hair Treatment	(15 hrs)
Shampooing and conditioning	
Deep Conditioning	
• Indian Head Massage	(15 hrs)
• Hair Coloring-	(25 hrs)
Root Touch up	
Global Color	
• Basic Hair Cuts	(25 Hrs)
Straight Cut	
U cut	
Forward Graduations	
• Nail Art-	(15 hrs)
Basic Nail Polishing	
French polish	
Basic Nail Art	
Mehandhi Application	

Reference Books

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

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

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

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

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

Preamble

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

Course Outcomes

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

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

Mapping with Programme Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

Unit-I

12 hrs

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

Unit-II

12hrs

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

Unit-III

12hrs

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

Unit IV

12hrs

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

Unit-V

10hrs

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

Reference Books

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

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

Course Contents and Lecture Schedule

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

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

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

UNIT 1:(6 hrs)

Nature of Entrepreneurship: (3 hrs)

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

Activity: Assignment, Discussion (2 hrs)

Unit 2: (6 hrs)

Role of Entrepreneurs (4 hrs)

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

Activity: Quiz / Role Play (2 hrs)

Unit 3: (6 hrs)

Formulation of Business Idea: (4 hrs)

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

Activity: Business Idea Pitch (2 hrs)

Unit 4: (6 hrs)

Business Planning: (4 hrs)

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

Activity: Schemes available for Entrepreneurs (2 hrs)

Unit 5: (7 hrs)

(7 hrs)

Project:

Interface with Successful Entrepreneurs – 4 hrs

Business Plan Presentation – 3 hrs

Reference Books

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

B.SC BEAUTY AND WELLNESS(2023-2024)

CC – Core Courses
GE – Generic Elective
AEC – Ability Enhancing Course

CA – Continuous Assessment
ESE - End Semester Examination

BW23C02	AESTHETIC TREATMENT LEVEL II	Category	L	T	P	Credit
		Theory	58	2	-	4

Preamble

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

Course Outcomes

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

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

Mapping with Programme Outcomes

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

S- Strong; M-Medium;

Syllabus

UNIT-I (12 Hrs)

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

UNIT-II (12Hrs)

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

UNIT-III (10Hrs)

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

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

UNIT-IV

(10 Hrs)

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

UNIT-V

(12 Hrs)

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

Reference Books

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

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

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

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

BW23P02	BASIC SKIN AND HAIR SERVICES PRACTICAL II	Category	L	T	P	Credit
		Practical	-	-	180	8

Preamble

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

Course Outcomes

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

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

Mapping with Programme Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

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

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

Reference Books

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

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

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

2	Hair Gel	3	Demo/prac	CLO1,CLO2,CLO3
3	Hair Spray	2	Demo/prac	CLO1,CLO3
4	Mousse	3	Demo/prac	CLO1,CLO2
5	Serum	3	Demo/prac	CLO2,CLO3,CLO4
6	Waxes/Pomade	3	Demo/prac	CLO2,CLO3

Course Designers:

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

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

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

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

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

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

UNIT III : Introduction to Food Groups (12 lectures)

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

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

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

UNIT IV: MACRO NUTRIENTS (10 lectures)

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

UNIT V: MICRO NUTRIENTS (12 lectures)

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

Recommended Readings

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

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

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

III Semester

Sem	Part	Course Code	Title of the Course	Course Type	Instruction hours/week	Contact hours	Tutorial	Examination	Examination Marks			Credits
									CA	ESE	TOTAL	
III	I	TAM2303A/ HIN2303A/ FRE2303A	Language III – Tamil Paper III/ Hindi Paper III/ French Paper III	L	4	58	2	3	25	75	100	3
	II	ENG2303A	English Paper III	E	4	58	2	3	25	75	100	3
	III	BW23C03	Hair shaping & Hair Texture services	CC	4	58	2	3	25	75	100	3
	III	BW23P03	Hair shaping Practical	CC	5	75	-	3	25	75	100	4
	III	BW23P04	Hair Texture services Practical	CC	5	75	-	3	25	75	100	4
	III	BW23A03	Nutrition and Dietetic	GE	3	43	2	3	25	75	100	2
	III	BWINST3	Internship***	DSE	-	-	-	-	-	-	-	Gr
	III	BW22SBCE/ CS23SBGP	Skill Based Course Coursera – Nutrition and Fitness / GEN-AI	SEC	3	45/44	-/1	-	100	--	100	3
	IV	23DTG	Design Thinking	AEC		0	-	-	00	-	00	2
I - V	IV	22UHR	Universal Human Values and Human Rights	AECC			-	-	00	-	00	0
	VI	BONL1 BONL2	Online Course 1 Online Course 2	ACC			-	-		-		

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC-Additional Credit Course

- Self Study

CA – Continuous Assessment

ESE - End Semester Examination

SEC- Skill Enhancement Course

AECC - Ability Enhancement Compulsory Course,

*** Outside class hours 60hrs

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

Unit-I

(11 hrs)

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

Hair Texture services- Introduction-History of Hair Texture services- How it affects the structure of hair- Importance of 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.

Text Books

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

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

Course Contents and Lecture Schedule

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

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

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

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

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

Text Books

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

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

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

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

5	Hair Spa & Anti Dandruff Treatment	10Hrs
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Text Books

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

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

Course Contents and Lecture Schedule

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

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

UNIT I: (8hrs)

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

UNIT II: (7hrs)

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

UNIT III: (10 Hrs)

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

Fats:- Functions, Sources, Deficiency Diseases and Requirements

UNIT IV**(10 Hrs)**

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

UNIT V**(8 Hrs)**

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

Text Books

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

Course Contents and Lecture Schedule

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

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

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

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

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

CC – Core Courses

GE – Generic Elective

AEC – Ability Enhancement Course

ACC-Additional Credit Course

- Self Study

*Outside Class Hours

CA – Continuous Assessment

ESE - End Semester Examination

SEC- Skill Enhancement Course

AECC-Ability Enhancement Compulsory Course,

*** Outside class hours 60hrs

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Unit-I

(10hrs)

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

Unit-II

(11 hrs)

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

Unit-III

(11 hrs)

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

Unit-IV

(12 hrs)

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

Unit-V

(12 hrs)

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

Reference Books

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

Contents and Lecture Schedule

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

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

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

Syllabus

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

Reference Books

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

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

Course Contents and Lecture Schedule

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

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

Preamble

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

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

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

Reference Books

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

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

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

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

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

Preamble

To enable the students

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

Course Learning Outcomes

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

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

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium

UNIT I (10Hrs)

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

UNIT II (9Hrs)

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

UNIT III (8Hrs)

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

UNIT IV (9Hrs)

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

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

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

UNIT V (9Hrs)

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

Reference Books

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

Contents and Lecture Schedule

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

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

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

BACHELOR OF SCIENCE - BEAUTY AND WELLNESS
CHOICE BASED CREDIT SYSTEM (CBCS) &
LEARNING OUTCOMES- BASED CURRICULAR FRAMEWORK (LOCF)
(2023-2026 Batch)
Semester V

Sem	Part	Course Code	Title of the Course	Course Type	n	hours/week	Contact hours	Tutorial	of Examination	Internal Marks			Credits
										CA	ESE		
V	III	BW23C05	Professional Makeup	CC	5	71	4	3		25	75	100	3
	III	BW23P07	Professional Makeup Practical	CC	8	120	-	3		25	75	100	7
	III	BW23P08	Advanced Aesthetic Treatments with Machineries Practical	CC	8	120	-	3		25	75	100	7
	III	BW23E01	Basics of Electricity and Electro Therapy /	DSE	4	41	4	3		25	75	100	3
		BW23E02	Introduction to Diet Management										
	III	BW23SBP3	Flower Making Practical	SEC	3	41	4	-		100	-	100	3
	III	BW22AC1	Mentoring and Professional Development	ACC	-	-	-	-		25	75	100	5*
	IV	NM21CS1	Cyber Security- I	AECC	2	30	-	-		100	-	100	Gr.
		BW23COM	Comprehensive Examination	GC	-	-	-	-		-	100	100	Gr.
	III	BWINST5	Internship-V*	DSE	-	-	-	-		100		100	Gr.
I-IV	VI	COM15SER	Community Services 30 Hours	GC		-	-	-		-	-	-	-
I-V	VI	16BONL1	Online Course	ACC	-	-	-	-		-	-	-	-
		16BONL 2	Online Course										

CC – Core Courses

DSE – Discipline Specific Elective

SEC- Skill Enhancement Course

AECC - Ability Enhancement Compulsory Course

Gr-Grade

CA – Continuous Assessment

ESE - End Semester Examination

ACC-Additional Credit Course

GC- General Courses

- Self Study

* Credits applicable to candidates who take up Advanced level Course examination

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23C05	PROFESSIONAL MAKEUP	THEORY	71	4	-	3

Preamble

This course aims at helping the students to learn the client's lifestyle and makeup values. They will also learn the proper tools needed for professional makeup and proper application of makeup cosmetics. It also enables the students to apply the professional makeup techniques confidently.

Course Learning Outcomes

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

CLOs Number	CLO Statement	Knowledge Level
CLO1	To learn the basics of makeup ,tools and the products for makeup	K1
CLO2	Change the features in the face by highlighting and contouring	K2
CLO3	Apply makeup for different types of skin ,skin tones and different age groups	K3
CLO4	Practice makeup for different occasions	K4

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium

Syllabus

UNIT I

(10 hrs)

History Of Makeup- Makeup Revolution Ancient And Modern¹- Beauty Basics - Color Wheel² – Skin, Hair & Eyes- Make-Up Fundamentals - Different Types of Make-Up Products-Tools And Brushes For Makeup Application –Disposables, Miscellaneous Tools.

UNIT II

(12 Hrs)

Colour Blending - Applying Foundations, Concealers & Base Colours³ - Skin Tone Knowledge - Face Shapes-Face Proportion, Vertical Face Measurement, Chromatics and Facial Enhancement

UNIT III

(12 Hrs)

Creating Balances – Exquisite Eyes – Eye Shapes & Color – Beautiful Brows- Eye Liner – Perfect Eye Shadow⁴ – Smokey Eyes – Eye Lashes – False Eye Lashes – Concealing Dark Circles & Spots – Eye Balls Highlighting – Contouring – Blush Application – Bronzer Application⁵– Perfect Lips – Altering Lip Shapes

UNIT IV

(12 Hrs)

Makeup For Oily Skin, Sensitive Skin, Dry Skin, Normal Skin, Dehydrated Skin, Skin Problems And Solution – Makeup For Different Skin Tones⁶- Porcelain – Fair – Light – Olive – Dark Olive - Organic Products- Airbrush Makeup⁷-Fundamentals Of Airbrush Makeup- Airbrush Make-Up Product Uses And Limitations, Airbrush Make-Up Design, Application of Airbrush Make-Up Techniques, Aftercare, Make-Up Procedure

UNIT V

(12 Hrs)

High definition makeup⁸ – Water Proof Makeup - Smart Products – Mineral Makeup –Guide To Expired Makeup Products - Wedding Day Essentials – Pre Wedding Wellness Tips – Bridal Do's And Don'ts. **Semi permanent make up, Lip correction, Lip tinting, Eyelashes extensions**

Text Books

	Author	Title of the Book	Publishers	Year and Edition
I.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2 nd Edn 2014
II.	Lorraine Norman	Beauty Therapy The Foundations Level One	Thomson Learning	3 rd Edn 2004

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

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
Unit I	Makeup				
1	The history of makeup	CLO1,CLO2,C LO3	2	T & PPT	Participatory Learning
2	SkinTone Knowledge - Face Shapes-Face Proportion,	CLO1,CLO3	3	T & PPT	Participatory Learning
3	Different Types of Make-UpProducts-Tools And Brushes For Makeup Application	CLO2,CLO3	3	T & PPT	Experiential Learning
4	Disposables, Miscellaneous Tools	CLO1,CLO2	3	T & PPT	Problem based Learning
5	Tools and products for makeup application	CLO2,CLO3	3	T & PPT	Participatory Learning

Unit II					
1	Creating Balances	CLO2,CLO3	3	T & PPT	Participatory Learning
2	Exquisite Eyes – Eye Shapes & Color – Beautiful Brows-	CLO1,CLO2	5	T & PPT	Problem based Learning

	Eye Liner – Perfect Eye Shadow – Smokey Eyes – Eye Lashes – False Eye Lashes				
3	Concealing Dark Circles & Spots – Eye Balls	CLO2,CLO3	5	T & PPT	Experiential Learning
4	Blush application	CLO2,CLO3	2	T & PPT	Problem based Learning
Unit III					
1	Makeup For Oily Skin, Sensitive Skin, Dry Skin, Normal Skin, Dehydrated Skin, Skin Problems And Solution	CLO1,CLO2,CLO3	2	T & PPT	Participatory Learning
2	Makeup For Different Skin Tones	CLO1,CLO4	5	T & PPT	Experiential Learning
3	AirbrushMakeup-FundamentalsOfAirbrushMakeup	CLO2,CLO3	5	T & PPT	Experiential Learning
4	Organic products	CLO1,CLO3,CLO4	3	T & PPT	Experiential Learning
Unit IV					
1	Make with light effect	CLO1,CLO3,CLO4	5	T & PPT	Experiential Learning
2	boardroom beauty	CLO2,CLO3	5	T & PPT	Problem based Learning
3	Vacation looks	CLO1,CLO3,CLO4	4	T & PPT	Participatory Learning
Unit V					
1	Smart products – Mineral makeup	CLO1,CLO2,CLO3	3	T & PPT	Experiential Learning
2	guide to expired makeup products	CLO3,CLO4	3	T & PPT	Problem based Learning
3	Wedding day essentials – pre wedding wellness tips	CLO1,CLO2,CLO3	4	T & PPT	Participatory Learning
4	Bridal do's and don'ts. Cosmetic approach in fashion jewellery	CLO1,CLO2	3	T & PPT	Participatory Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23P07	PROFESSIONAL MAKEUP PRACTICAL	PRACTICAL	-	-	120	7

Preamble

This course aims at helping the students to learn professional makeup practically. They will learn the

proper method of makeup essential for the bridal. It also enables the students to apply the professional makeup techniques confidently.

Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	Describe the methods of corrective makeup	K1
CO2	Explain Air Brush makeup Techniques	K2
CO3	Describe the Various methods of Bridal Makeup	K3
CO4	Experiment the various makeup looks	K3

Mapping with Programme Outcomes

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

S- Strong; M-Medium;

Syllabus

NO	PRACTICALS	DURS
1	Select and arrange the products on trolley Different type of techniques	5 Hrs
2	Corrective Makeup - Highlighting and contouring, Colour correction Eye, Lip and Nose Correction	10 Hrs
3	Bridal Makeup – Cine Makeup, Water proof makeup and Oil makeup	15Hrs
4	Advance Techniques Air Brush Makeup, Stage Makeup, Party makeup	15 Hrs
5	Project- Introduction to Portfolio make-up All application techniques: blending, shading, highlighting , contouring ,stippling application	50Hrs
6	Semi permanent make up, Lip correction, Lip tinting, Eyelashes extensions	25Hrs

Text Books

S. No.	Author	Title of the Book	Publishers	Year and Edition
I.	Michelle D'Allaird	Milady Standard Makeup	CENGAGE Learning Custom Publishing	2 nd Edn 2012
II.	Lorraine Norman	Beauty Therapy The Foundations Level One	Thomson Learning	3 rd Edn 2004

III.	Richa Dave	Make up album	Navneet, India	2007
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Pedagogy: Teaching, discussions, livedemo, hands on practice

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1	Select and arrange the products on trolley Different type of techniques	CLO2,CLO3	5	Demo/practice	Experiential Learning
2	Highlighting and Contouring	CLO3,CLO4	3	Demo/practice	Problem based Learning
3	Colour Correction	CLO2,CLO3	3	Demo/practice	Participatory Learning
4	Eye,Lip&Nose correction	CLO1,CLO2,CLO3	4	Demo/practice	Participatory Learning
5	Cine Makeup	CLO1,CLO3	5	Demo/practice	Participatory Learning
6	Water proof makeup	CLO1,CLO2,CLO3	5	Demo/practice	Experiential Learning
7	Oil makeup	CLO1,CLO3	5	Demo/practice	Problem based Learning
8	Air Brush Makeup	CLO2,CLO3	5	Demo/practice	Participatory Learning
9	Stage Makeup	CLO1,CLO2,CLO3	5	Demo/practice	Participatory Learning
10	Party makeup	CLO1,CLO3	5	Demo/practice	Problem based Learning
11	Project- Fashion Makeup Show		50	Portfolio	Experiential Learning
12	Semi permanent makeup, Lip correction, Lip tinting,Eyelashes extensions	CLO1,CLO2,CLO3	25	Demo/practice	Problem based Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23P08	ADVANCED AESTHETIC TREATMENTS WITH MACHINERIES PRACTICAL	PRACTICAL	-	-	120	7

Preamble

The Course aims at help the students to get practical knowledge on skin analysis and skin electro therapy. It also enables the students to perform various skin services in using different types of machinery to different types of clients.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn how to examine the skin	K1
CLO2	List the skin electrotherapy machinery	K2
CLO3	Practice the skin analyser and electrotherapy machine	K3
CLO4	Demonstrate the machineries used in skin treatments	K4
CLO5	Outline the steps in skin treatments.	K4

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium;

Syllabus

NO	PRACTICALS	DURS
1	Magnifying lamp	15 Hrs
2	Skin analyser	15Hrs
3	Brushing unit	15 Hrs
4	Infrared Red	15Hrs
5	Galvanic	15 Hrs
6	High frequency	15Hrs
7	Ultra sound	10Hrs
8	Vacuum suction	10Hrs
9	BB Glow skin treatment	10Hrs

Pedagogy: Teaching – Demo, practice and power point presentations

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
Unit I	Skin analysis				
1	Sanitation, sterilization, trolley setting, cleaning method	CLO1,CLO2	2	Demo/ppt	Problem based Learning
2	Magnifying lamp	CLO2,CLO3	13	Demo/practice	Participatory Learning

3	Skin analyser	CLO1	15	Demo/practice	Participatory Learning
Unit II	Skin electrotherapy				
1	Sanitation, Sterilization, trolley setting, cleaning method	CLO1,CLO2	2	Demo/ppt	Experiential Learning
2	Brushing unit	CLO2,CLO3	13	Demo/practice	Problem based Learning
3	Infrared Red	CLO1	15	Demo/practice	Participatory Learning
4	Galvanic	CLO2,CLO3	15	Demo/practice	Participatory Learning
5	High frequency	CLO1,CLO2	15	Demo/practice	Problem based Learning
6	Ultra sound	CLO1,CLO2	10	Demo/practice	Experiential Learning
7	Vaccum suction	CLO1,CLO2	10	Demo/practice	Problem based Learning
8	BB Glow skin treatment	CLO1,CLO2	10	Demo/practice	Experiential Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23E01	BASICS OF ELECTRICITY AND ELECTRO THERAPY	ELECTIVE	41	4	-	3

Preamble

The Course aims at helping the students to understand the basic of electricity and electro therapy of machineries with relevance to beauty therapy. Its provides thorough knowledge about skin and also the usage of electrical equipments and light therapy.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn the safety measures of electricity and equipment	K1
CLO2	Classify the electrical equipment of hair and light therapy	K2
CLO3	Explain the skin therapy machineries and its usage	K3
CLO4	Analysis the skin, cells, blood and various organ systems etc...	K4

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium

Syllabus

Unit-I

10 hrs

History of Electricity, Basics of electricity-understanding Electricity-Types of electric Current-Electrical measurements. -electrical equipment safety- safety device-grounding- ground fault interrupter-safe use of electrical equipment.

Unit-II

12 hrs

Electrotherapy- polarity-modalities-galvanic current-effects-micro current-electrical equipment-hood hair dryer-ionic hair dryer-electric curling and flat iron-heating caps-hair color processing machine-steamer-light therapy equipment. Difference between light energy and light therapy-visible spectrum of light –invisible light-ultraviolet light-infrared light-light therapy-lasers-LED-benefits of LED-intense pulse.

Unit-III

12 hrs

Purpose of facial equipment-magnifying lamps-Facial steamer-Brushing machines-Vacuum suction-cold spray machine-Galvanic-High frequency-Micro current lifting-Light therapy-Infrared lamp-LED-red light-blue light-Ultrasonic.

Unit- IV

12 hrs

Describe cells, Tissues, Bones, Organs, Muscles, Blood, Lymphatic/immune system. Anatomy of the skin, Nerves of the skin. Skin color, Glands of the skin, Vitamins and dietary supplements.

Unit-V

12 hrs

Skin disorders and diseases-To identify lesions-primary lesions-Secondary lesions, Disorders of sebaceous glands-Disorders of sweat glands-inflammation and infections of the skin-pigmentation-Hypertrophies-Skin cancer, Acne and skin problems-Acne treatments-aging skin issues-the sun and its effect-Protection from the sun-contact dermatitis-protection.

Text Books

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

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

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
Unit I					
1	Basic of electricity	CLO2,CLO3	2	T& PPT	Participatory Learning
2	Types of electric current	CLO2,CLO3,CLO4	2	T& PPT	Participatory Learning
3	Electrical equipment safety	CLO1,CLO2	2	T&SEM	Experiential Learning
4	Grounding	CLO2,CLO3	2	T& DISC	Problem based Learning
5	Use of electrical equipment	CLO3,CLO4	2	T& DISC	Participatory Learning
Unit II					
1	Electrotherapy	CLO1,CLO2	2	T& PPT	Experiential Learning
2	Electrical equipment	CLO2,CLO3	2	T&SEM	Problem based Learning
3	Light therapy equipment	CLO3,CLO4	3	T & PPT	Participatory Learning
4	Different light energy and light therapy	CLO2,CLO4	2	T & DISC	Experiential Learning
5	Light therapy, LED	CLO2,CLO3,CLO4	3	T & DISC	Participatory Learning
Unit III					
1	Purpose of facial equipment	CLO1,CLO2	3	T & DISC	Experiential Learning
2	Galvanic and High frequency	CLO1,CLO2,CLO3	3	T& PPT	Participatory Learning
3	Light therapy	CLO2,CLO3	3	T&SEM	Participatory Learning
4	Ultrasonic	CLO1,CLO3,CLO4	3	T & DISC	Problem based Learning
Unit IV					
1	Cells	CLO1,CLO2	3	T& PPT	Experiential Learning
2	Anatomy of skins	CLO1,CLO2,CLO3	3	T&SEM	Participatory Learning
3	Skin color	CLO2,CLO3	3	T &	Problem based

				DISC	Learning
4	Vitamins and dietary supplements	CLO1,CLO2	3	T & DISC	Experiential Learning
Unit V					
1	Skin disorders and diseases	CLO2,CLO3	2	T& PPT	Participatory Learning
2	Disorder of glands	CLO3,CLO4	2	T&SEM	Problem based Learning
3	Inflammation and infections of the skin	CLO2,CLO3	2	T & DISC	Experiential Learning
4	The sun and its effect	CLO1,CLO4	2	T & DISC	Problem based Learning
5	Contact dermatitis	CLO2,CLO3	2	T & DISC	Participatory Learning
6	Protection	CLO1,CLO3	2	T & DISC	Experiential Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23E02	INTRODUCTION TO DIET MANAGEMENT	ELECTIVE	41	4	-	3

Preamble

The Course aims at helping the students to understand the basic of providing nutritional options for individuals and groups with diet concerns through supervision of food services. Its provides thorough knowledge about Diet refer to the total amount of food consumed by individual.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn the safety measures of electricity and equipment	K1
CLO2	Classify the electrical equipment of hair and light therapy	K2
CLO3	Explain the skin therapy machineries and its usage	K3
CLO4	Analysis the skin, cells, blood and various organ systems etc...	K4

Mapping with Programme Learning Outcomes

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

S- Strong; M-Medium

Syllabus

UNIT I

(10Hrs)

Introduction to term Dietitian -Definition of Dietitian • Educational Qualification of Dietitian • Difference between registered dietitian & Nutritionist • tools used by dietitian • Area of work-Role of dietitian in hospital :- work area of hospital dietitian • role of hospital dietetic-Role of dietitian in community :- work area of community dietitian • role of community dietitian

UNIT II

(10Hrs)

Introduction to Nutrition Care Process-Definition of Nutrition Care Process • Steps of Nutrition Care Process-Nutrition Assessment:-Definition • Nutrition assessment component • Critical thinking-Nutrition Diagnosis:- nutrition diagnosis domain:- intake, clinical, behavioral – environmental

UNIT III

(8Hrs)

Introduction to Diet Therapy:-Definition of Diet therapy • objectives of diet therapy. Principles of Diet Therapy-Definition of Diet therapy • Concepts of diet therapy-introduction to Therapeutic Nutrition - Definition of therapeutic nutrition • objectives of therapeutic diet • therapeutic nutrition for changing need

UNIT IV

(8Hrs)

Therapeutic Adaptation of Normal Diet-Definition of therapeutic diet • therapeutic adaption:- change in consistency• change in energy intake• change in nutrient• change in fiber • change in frequency of feeding• change in mode of feeding • change in elimination of food

UNIT V

(9Hrs)

Therapeutic Diets-Introduction to therapeutic diet • Modification of normal diet•Routine Hospital Diet:- clear liquid diet• liquid diet• semi-solid diet• soft diet• normal diet• tube feed• PEG feed• JJ feed• bland diet• high & low calorie diet• high & low protein diet• high & low fiber diet • low cholesterol diet

Text books

	Author	Title of the Book	Publishers	Year and Edition
1.	Antia, F.P.	Clinical Dietetics and Nutrition,	Oxford University Press, Delhi	4 th Edn 2002
2.	Mahan, L.K., Arlin, M.T.	Krause's Food, Nutrition and Diet therapy	W.B.Saunders Company, London	11th Edn 2000
3.	Srilakshmi,B	Dietetics	New Age International(P) Limited Publishers	5th Edn 2005
4.	Shubhangini A Joshi	Nutrition and Dietetics	Tata Mc Graw-Hill	2nd Edn 2002

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
Unit I					
1	Introduction to term Dietician	CLO2,CLO3	2	T& PPT	Experiential Learning
2	Educational Qualification of Dietician	CLO2,CLO3,CLO4	2	T& PPT	Participatory Learning
3	Difference between registered dietician & Nutritionist	CLO1,CLO2	2	T&SEM	Problem based Learning
4	Area of work-Role of dietician in hospital	CLO2,CLO3	2	T& DISC	Experiential Learning
5	Role of dietician in community	CLO3,CLO4	2	T& DISC	Problem based Learning
Unit II					
1	Introduction to Nutrition Care Process	CLO1,CLO2	2	T& PPT	Experiential Learning
2	Steps of Nutrition Care Process-Nutrition Assessment	CLO2,CLO3	2	T&SEM	Problem based Learning
3	Critical thinking- Nutrition Diagnosis	CLO3,CLO4	2	T & PPT	Participatory Learning
4	nutrition diagnosis domain	CLO2,CLO4	2	T & DISC	Experiential Learning

5	behavioral – environmental	CLO2,CLO3,CLO4	2	T & DISC	Problem based Learning
Unit III					
1	Introduction to Diet Therapy	CLO1,CLO2	2	T & DISC	Participatory Learning
2	Principles of Diet Therapy	CLO1,CLO2,CLO3	2	T& PPT	Experiential Learning
3	Concepts of diet therapy Introduction to Therapeutic Nutrition	CLO2,CLO3	2	T&SEM	Problem based Learning
4	therapeutic nutrition for changing need	CLO1,CLO3,CLO4	2	T & DISC	Participatory Learning
Unit IV					
1	Therapeutic Adaptation of Normal Diet	CLO1,CLO2	2	T& PPT	Participatory Learning
2	therapeutic adaption:- change in consistency	CLO1,CLO2,CLO3	2	T&SEM	Problem based Learning
3	change in frequency of feeding	CLO2,CLO3	2	T & DISC	Experiential Learning
4	change in elimination of food	CLO1,CLO2	2	T & DISC	Problem based Learning
Unit V					
1	Therapeutic Diets	CLO2,CLO3	1	T& PPT	Participatory Learning
2	Modification of normal diet	CLO3,CLO4	2	T&SEM	Problem based Learning
3	Hospital Diet:- clear liquid diet, liquid diet, semi-solid diet, soft diet	CLO2,CLO3	2	T & DISC	Experiential Learning
4	PEG feed, JJ feed, bland diet, high & low calorie diet	CLO1,CLO4	2	T & DISC	Problem based Learning
5	high & low protein diet, high & low fiber diet , low cholesterol diet	CLO2,CLO3	2	T & DISC	Participatory Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23SBP3	FLOWER MAKING PRACTICAL	PRACTICAL			45	3

Preamble

This course aims at helping the students to learn flower and ornaments making. They will also learn the proper method for tying the flower practically, needed for the bridal. It also enables the students to apply the flower making techniques confidently.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn the methods of traditional, western and regular wear ornaments	K1
CLO2	Identify the method of making bridal ornaments	K2
CLO3	Demonstrate the methods of making fashion ornaments	K3
CLO4	Illustrate the ways of different types of flower making	K4
CLO5	outline the basic of ornaments and jewellery making	K4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	S	M	S	M
CLO2	S	S	M	S	M
CLO3	S	S	M	M	M
CLO4	S	S	M	M	S
CLO5	S	S	M	M	M

S- Strong; M-Medium;

Syllabus

S.NO	EXPERIMENT	DURS
1	Basic Flower tying	4
2	Semi circle	7
3	Full circle	7
4	Chendu	7
5	Hair dollars	7
6	Plait net	7
7	Colour spraying and stone fixing	6

Pedagogy: Teaching, discussions, live demo, hands on practice

Module No.	Topic	CLO Level	No. of hours	Content Delivery Methods	Learning Methods
1	Basic Flower tying	CLO1,CLO2	4	Demo/practice	Participatory Learning
2	Semi circle	CLO1,CLO2	7	Demo/practice	Problem based Learning
3	Full circle	CLO3,CLO4	7	Demo/practice	Experiential Learning
4	Chendu	CLO1,CLO2,CLO3	7	Demo/practice	Problem based Learning
5	Hair dollars	CLO2,CLO3	7	Demo/practice	Experiential Learning
6	Plait net	CLO1,CLO2	7	Demo/practice	Problem based Learning
7	Colour spraying and stone fixing	CLO3,CLO4	6	Demo/practice	Participatory Learning

COURSE CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW22AC1	MENTORING AND PROFESSIONAL DEVELOPMENT	THEORY	-	-	-	5

Unit I

Definition and Concept of Entrepreneurship, Theories of Entrepreneurship, Myths about Entrepreneurship, Entrepreneurial Traits and Motivation, Role of Entrepreneurship in economic development.

Unit II

Types of Entrepreneurs. Barriers in the way of Entrepreneurship. Entrepreneurship Development (ED) Cycle. Creativity and Business Ideas, Blocks to creativity. Business Plans and reasons of failure of business plans.

Unit III

Micro-Small-Medium (MSME) Enterprise – Definition –Characteristics Objectives - Advantages - Disadvantages-Role in developing countries- Problems- steps for starting- – Government Policies.

Unit IV

EDP in India – Phases of Entrepreneurial programs – Government Policies- Administrative Framework – Policy instruments – Statutory Boards – Industrial Estates –Industrial clusters – Incentives and subsidies – Advantages - Needs & Problems – Promotional agencies. Business Incubators & Start-ups.

Unit V

Financing Options - Bridge capital, Seed capital assistance, Margin money scheme, Industrial Sickness, Causes-Remedies- An overview on the roles of institutions/schemes in entrepreneurial development- SIDBI, Commercial Banks. Other financing options- venture capital, lease funding, Angel Investors. Revival, Exit and End to a venture.

Text Book

S.No	Author Name	Book Name	Publisher	Year and edition
1.	Dr.Vasant Desai	Dynamics of Entrepreneurial Development & Management	Himalaya Publishing House	6 th Edn 2011
2.	V.B. Nanda Gopal	Entrepreneurial Development	Vikas Publishing, New Delhi	1 st Edn 2016

SCHEME & SYLLABUS OF EXAMINATION
2023-2026 BATCH
SEMESTER VI

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	
VI	III	BW23C06	Aroma Therapy Theory	CC	5	73	2	3	25	75	100	4
	III	BW23P09	Aroma therapy Practical	CC	9	120	-	3	25	75	100	6
	III	BW23P10	Advanced Skin treatments practical	CC	9	120	-	3	25	75	100	6
	III	BW23E03 BW23E04	Professional ethics and salon management / Nutrition for weight loss management	DSE	4	43	2	3	25	75	100	3
	III	BW23SBP4	Preparation of herbal and homemade cosmetics	SEC	3	43	2	-	100	-	100	3
	III	BW22AC2	Pre bridal Grooming Plan	ACC	-		-	-	25	75	100	5*
	VI	16BONL1 16BONL2	Online Course Online Course	ACC	-	-	-	-	-	-	-	-
I – VI			TOTAL								3800	140

SS – Self study

CA – Continuous Assessment

AEC – Ability Enhancement Course

GE – Generic Elective

GC-General Course

* Outside class hours 60hrs

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	CREDIT
BW23C06	AROMA THERAPY - THEORY	THEORY	73	2	-	4

Preamble

- The Course aims at helping the students to understand the aroma therapy the study acknowledge at improving a person's health. It also able the students to get knowledge experience in aroma therapy- oil using skin care, hair care and full body massage, reflexology

Prerequisite

- Basic Knowledge in aroma therapy.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn the basic essential oil and its usage -sources of oil	K1
CLO2	Illustrate the essential oil –benefits	K2
CLO3	Examine –therapeutic usage of oil in health	K3
CLO4	Apply aroma therapy oil in various skin problems	K3
CLO5	Usage of aroma therapy oils for complete hair and skin care	K4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	M	M	S	S	S
CLO2	M	M	M	S	S
CLO3	M	M	S	S	S
CLO4	S	M	M	S	S
CLO5	S	M	S	S	S

S- Strong; M-Medium; L-Low

Syllabus

Unit I

(11 hrs)

Introduction to aroma therapy- brief history- what are essential oils- how it works- sources of essentials oils chemical composition –purity- preservation – characteristics- extraction- distillation – enfleurage –solvent extraction -how to use aroma oils- Various types of Essential oils

Unit II

(10 hrs)

Carrier oils –characteristics – chief essential oils – source – their therapeutic properties- application – blending of essential oils- synergy – top/ middle and base notes- storing essentials oils –precautions before using aroma oils- patch test/ toxic effects- allergic effects –safety note- Various types of carrier oils

Unit III**(10 hrs)**

Therapeutic role of aroma oils on digestive system – cardio vascular system- lymphatic system – respiratory system – urinary system- reproductive system – menopause –the endocrine system –the nervous system.

Unit IV**(13hrs)**

Skin care and aroma therapy- daily skin care for normal skin/ oily skin/ dry and sensitive skin- combination skin- acne skin – skin problem- daily skin care and do's and don'ts for acne –Melanesia – leucoderma –eczema – cellulite control- cellulite/ autolysis/ how aroma therapy can help cellulite

Unit V**(12hrs)**

Hair care and aroma therapy –caring for oily hair – caring for dry hair- caring for normal hair – combination hair – how to mix oils- general hair problems –dandruff- how to get rid of dandruff – diet – aroma cosmetic care for oily dandruff – for dry dandruff- falling hair – how to prevent hair fall- grey hair – head lice.

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
I.	Valerie Ann Worwood.	The complete book of essential oils & Aroma Therapy	New world library	1991&2 nd Edition
II.	Julia Lawless	Encyclopedia of essential oils : The complete guide the use of Aromatic oils	Red wheel/ weiser	2013&1 st Edition

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

CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (11 Hours)				
1	Introduction to aroma therapy- brief history	CLO1,CLO2,CLO3	1	Chalk and Talk, PDF, PPT	Participatory Learning
2	What are essential oils- how it works	CLO2,CLO3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Sources of essentials oils chemical composition	CLO3,CLO4	3	Chalk and Talk, PDF, PPT	Experiential Learning
4	-purity- preservation – characteristics- extraction- distillation – enfleurage	CLO2,CLO4	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning

5	Solvent extraction -how to use aroma oils- Various types of Essential oils	CLO1,CLO2	2	Chalk and Talk, PDF, PPT	
	Unit II- (10 Hours)				
6	Carrier oils –characteristics – chief essential oils – source – their therapeutic properties-	CLO1,CLO2,CLO3	2	Chalk and Talk, PDF, PPT	Problem based Learning
7	Application –blending of essential oils- synergy – top/ middle and base notes	CLO2,CLO3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
8	Storing essentials oils –precautions before using aroma oils- patch test	CLO3,CLO4	2	Chalk and Talk, PDF, PPT	Experiential Learning
9	Toxic effects- allergic effects – safety note- Various types of carrier oils	CLO2,CLO4	3	Board, Chalk and Talk, PDF, PPT	Experiential Learning
	Unit III- (10 Hours)				
10	Therapeutic role of aroma oils on digestive system	CLO1.CLO2	3	Chalk and Talk, PDF, PPT	Participatory Learning
11	Cardio vascular system- lymphatic system –respiratory system – urinary system	CLO1,CLO2,CLO3	3	Board, Chalk and Talk, PDF, PPT	Experiential Learning
12	Reproductive system – menopause –the endocrine system –the nervous system.	CLO2,CLO3	4	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit IV- (13 Hours)				
13	Skin care and aroma therapy	CLO2,CLO4	2	Chalk and Talk, PDF, PPT	Participatory Learning
14	Daily skin care for normal skin/ oily skin/ dry and sensitive skin- combination skin- acne skin	CLO1,CLO2	4	Board, Chalk and Talk, PDF, PPT	Participatory Learning
15	Skin problem- daily skin care and do's and don'ts for acne	CLO1,CLO2,CLO3	4	Chalk and Talk, PDF, PPT	Experiential Learning
16	Melanesia –leucoderma –eczema – cellulite control- cellulite/ autolysis/ how aroma therapy can help cellulite	CLO2,CLO4	3	Board, Chalk and Talk, PDF, PPT	Problem based Learning
	Unit V- (12 Hours)				
17	Hair care and aroma therapy – caring for oily hair	CLO3,CLO4	3	Chalk and Talk, PDF, PPT	Participatory Learning
18	Caring for dry hair- caring for normal hair – combination hair	CLO2,CLO4	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
19	How to mix oils- general hair	CLO1,CLO2	3	Chalk and	Experiential

	problems –dandruff- how to get rid of dandruff – diet			Talk, PDF, PPT	Learning
20	Aroma cosmetic care for oily dandruff – for dry dandruff- falling hair – how to prevent hair fall- grey hair – head lice.	CLO3,CLO4	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 CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23P09	AROMA THERAPY - PRACTICAL	PRACTICAL	-	-	120	6

Preamble

- This course aims to help the students to get practical experience on aroma therapy- oil using skin care, hair care and full body massage, reflexology. It also enables the students to apply the beauty treatment confidently and also if helps to improve the particular functioning of systems through body massage.

Prerequisite

- Basic Knowledge in practical experience on aroma therapy- oil using skin care, hair care and full body massage, reflexology.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	Show the formulation with aroma oil.	K1
CLO2	Describe the preparation of aroma oil to control hair fall, hair and skin problems.	K 2
CLO3	Prepare the aroma oil for - head massage, hand and foot, face massage	K 3
CLO4	Illustrate manicure, pedicure, and facial massage using aroma oil.	K 4
CLO5	Classify the essential oil and carrier oil	K4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	S	M	S	M
CLO2	S	S	M	S	M
CLO3	S	S	S	M	M
CLO4	S	S	M	M	M
CLO5	S	M	S	M	M

S- Strong; M-Medium; L-Low

Syllabus

Formulation with Aroma oil,

(90 Hrs)

- To stop hair fall
- Prevent lice
- Open pores
- To lighten pimple scars
- To lighten pigmentation
- For dry skin
- For oily skin
- Pimple gel
- Eye gel for dark circles

10. To prevent dandruff
11. Head massage for stress relief

Practical

(30 Hrs)

1. Foot and hand massage (reflexology)
2. Face massage
3. Blending oils
4. Hands & feet care Aroma manicure and pedicure recipe
5. Aroma facial recipe (for massage only)

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
I.	Valerie Ann Worwood.	The complete book of essential oils & Aroma Therapy	New world library	1991 & 2 nd Edition
II.	Julia Lawless	Encyclopedia of essential oils : The complete guide the use of Aromatic oils	Red wheel/weiser	2013 & 1 st Edition

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CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
1	To stop hair fall	CLO1,CLO2,CLO3	9	Demo, Video	Participatory Learning
2	Prevent lice	CLO2,CLO3	8	Demo, Video	Participatory Learning
3	Open pores	CLO1,CLO2	8	Demo, Video	Experiential Learning
4	To lighten pimple scars	CLO2,CLO4	9	Demo, Video	Problem based Learning
5	To lighten pigmentation	CLO2,CLO3	8	Demo, Video	Participatory Learning
6	For dry skin	CLO1,CLO2	8	Demo, Video	Problem based Learning
7	For oily skin	CLO1,CLO2,CLO3	8	Demo, Video	Participatory Learning
8	Pimple gel	CLO2,CLO3	7	Demo, Video	Participatory Learning
9	Eye gel for dark circles	CLO2,CLO3	8	Demo, Video	Experiential Learning
10	To prevent dandruff	CLO1,CLO2	9	Demo, Video	Participatory Learning
11	Head massage for stress	CLO2,CLO4	8	Demo,	Participatory

	relief			Video	Learning
12	Foot and hand massage (reflexology)	CLO2,CLO4	5	Demo, Video	Participatory Learning
13	Face massage	CLO2,CLO3	5	Demo, Video	Experiential Learning
14	Blending oils	CLO1,CLO2	7	Demo, Video	Participatory Learning
15	Hands & feet care Aroma manicure and pedicure recipe	CLO2,CLO4	8	Demo, Video	Participatory Learning
16	Aroma facial recipe (for massage only)	CLO2,CLO3	5	Demo, Video	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 CODE	COURSE TITLE	CATEGORY	L	T	P	CREDIT
BW23P10	ADVANCED SKIN TREATMENTS - PRACTICAL	PRACTICAL	-	-	120	6

Preamble

- This course aims at helping the students to get practical knowledge on different types of advance treatment facials, back facial, under eye treatment and hair treatment. It also enables the students to perform various treatment facials for different types of clients.

Prerequisite

- Basic Knowledge in advance treatment facials, back facial, under eye treatment and hair treatment.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn the skin types and its problems	K1
CLO2	To analyse different types of facial treatments	K2
CLO3	Apply the suitable facial treatments for suitable skin types	K3
CLO4	Demonstrate back massage, under eye treatment	K4
CLO5	Outline the steps in antidandruff treatment and hair spa	K4

Mapping with Programme Learning Outcomes

CLos	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	S	S	S	S
CLO2	S	M	S	M	S
CLO3	M	S	M	S	S
CLO4	S	M	S	S	S
CLO5	S	S	S	S	M

S- Strong; M-Medium; L-Low

UNIT I

1. Different types of facials

(40 hrs)

- Fruit facial
- Gold facial
- Pearl facial
- Skin lightening facial

UNIT II

(20 hrs)

- Under eye treatment
- Anti aging facial
- Anti acne treatment

UNIT III

(15hrs)

- Ear lobe repairing (Demo only)
- Medi-facial (Demo only)
- Skin whitening treatment (Demo only)

UNIT IV

(45hrs)

- Hydrating Facial
- Oxygen facial
- Diamond facial
- Silver facial
- Lymphatic Drainage facial
- LED light therapy facial

Books for Reference

S.No	Author	Title	Publishers	Year and Edition
•	Judith culp	Milady standard advance esthetics	Cengage Learning	2013 &1st Edition
•	Aruna anand	The complete book of beauty care	Vishu books	2004 &4 th Edition

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CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I- (40 Hours)				
1	Fruit facial	CLO1,CLO2,CLO3	10	Demo, Video	Participatory Learning
2	Gold facial	CLO2,CLO3	10	Demo, Video	Participatory Learning
3	Pearl facial	CLO1,CLO2	10	Demo, Video	Experiential Learning
4	Skin lightening	CLO2,CLO4	10	Demo, Video	Problem based Learning
	Unit II- (20 Hours)				
6	Under eye treatment	CLO1,CLO2,CLO3	5	Demo, Video	Participatory Learning
7	Anti aging facial	CLO2,CLO3	7	Demo, Video	Experiential Learning
8	Anti acne treatment	CLO2,CLO4	8	Demo, Video	Problem based Learning
	Unit III- (15 Hours)				
9	Ear lobe repairing	CLO2,CLO3	5	Demo, Video	Participatory Learning
10	Medi-facial	CLO1,CLO2	5	Demo,	Problem based Learning

				Video	
11	Skin whitening treatment	CLO2,CLO3	5	Demo, Video	Participatory Learning
	Unit IV- (45 Hours)				
12	Hydrating Facial	CLO1,CLO2,CLO3	7	Demo, Video	Participatory Learning
13	Oxygen facial	CLO2,CLO3	8	Demo, Video	Participatory Learning
14	Diamond facial	CLO1,CLO2	7	Demo, Video	Experiential Learning
15	Silver facial	CLO2,CLO4	7	Demo, Video	Problem based Learning
16	Lymphatic Drainage facial	CLO1,CLO2,CLO3	8	Demo, Video	Participatory Learning
17	LED light therapy facial	CLO2,CLO3	8	Demo, Video	Participatory 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%

BW23SBP1	SBS- PREPARATION OF HERBAL AND HOMEMADE COSMETICS	Category	L	T	P	Credit
		Practical		-	45	3

Preamble

This course aims to help the student to gain practical knowledge on preparation of herbal and homemade cosmetics.

Course Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	List several herbals related to cosmetics	K1
CLO2	Gain a fairly good knowledge on the herbal cosmetics	K 1&K2
CLO3	Assess and select the type of home made products that is best suited for the client.	K 3
CLO4	Excel and sustain in the retail business due	K4

Mapping with Programme Outcomes

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

S- Strong; M-Medium; L-Low

Syllabus

1. Cleanser 3 types (5 hrs)
2. Toner 3 types (5 hrs)
3. Exfoliator 3 types (5 hrs)
4. Face pack 3 types (5 hrs)
5. Shampoo 2 types (5 hrs)
6. Herbal conditioner (5 hrs)
7. Herbal Hair oil 2 types (5 hrs)
8. Hair pack 2 types (4hrs)
9. **Lip balm** (2hrs)
10. **Herbal soap** (4hrs)

Books for Reference

	Author	Title	Publishers	Year and Edition
I.	Reshmi Sharma	Herbal beauty and body	Pustak mahal	2010 & Kindle Edition
II.	Blossom Kochhar	Health and beauty through aromatherapy	UBS Publishers Distributors	1994 & 2 nd Edition

CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
1	Cleanser 3 types	CLO 1, CLO 2	5	Demo, Video	Participatory Learning
2	Toner 3 types	CLO 2, CLO 3	5	Demo, Video	Participatory Learning
3	Exfoliator 3 types	CLO 1, CLO 3	5	Demo, Video	Experiential Learning
4	Face pack 3 types	CLO 2, CLO 3	5	Demo, Video	Problem based Learning
5	Shampoo 2 types	CLO 1, CLO 2	5	Demo, Video	Participatory Learning
6	Herbal conditioner	CLO 2, CLO 3	5	Demo, Video	Experiential Learning
7	Herbal Hair oil 2 types	CLO 1, CLO 3	5	Demo, Video	Participatory Learning
8	Hair pack 2 types	CLO 2, CLO 3	4	Demo, Video	Experiential Learning
9	Lip balm	CLO 1, CLO 3	2	Demo, Video	Participatory Learning
10	Herbal soap	CLO 2, CLO 3	4	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
BW22AC2	PRE BRIDAL GROOMING PLAN	SELF STUDY			-	5

UNIT-I

Pre - Bridal Sessions: Face: Eyebrow grooming, facial for nourishing the skin, IPL treatment to reduce hair growth, if required.

UNIT - II

Body: Diet consultation and Gym enrollment for figure correction, Body waxing, bleaching and polishing treatment, Aromatherapy for deep massage. Hand & Feet care: Manicure & Pedicure, Nail art, professional mehndi designing, artificial nails if desired.

UNIT III

Hair: Improving the quality of hair, treatment for dandruff prone/ damaged hair, treatment/ hair colour for gray hair, hair spa and different hair styles for different ceremonies. Spa: Weekend indulgence

UNIT - IV

Pre - Bridal Packages: Designing pre - bridal/bridal packages for different prices, Designing wedding blogs and inviting reviews. Fixing bridal makeup team, hair designing team & treatment team. Dress rehearsal: Trial make over sessions & draping according to different cultures & themes.

UNIT - V

Deciding on hair accessories, bridal jewellery & cosmetics, Photo shoots & head shoots session for bride before & after makeup, Designing of short term make up courses for brides to be, Wedding wishes

Books for Reference

	Author	Title	Publishers	Year and Edition
I.	Rar Morris	“Express Makeup	Arena	2011 & 1 st Edition
II.	Bobby Brown	Makeup Manual	Grand Central Life & Style	2011 & 1 st Edition

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CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I				
1	Pre - Bridal Sessions: Face: Eyebrow grooming	CLO1,CL O2,CLO3		Chalk and Talk, PDF, PPT	Problem based Learning
2	Eyebrow grooming, facial for nourishing the skin	CLO2,CL O3		Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	IPL treatment to reduce hair growth, if required	CLO3,CL O4		Chalk and Talk, PDF, PPT	Experiential Learning
	Unit II				
4	Body: Diet consultation and Gym enrollment for figure correction	CLO 2, CLO 3		Chalk and Talk, PDF, PPT	Problem based Learning
5	Body waxing, bleaching and polishing treatment,	CLO 1, CLO 2		Board, Chalk and Talk, PDF, PPT	Participatory Learning
6	Aromatherapy for deep massage. Hand & Feet care: Manicure & Pedicure, Nail art, professional mehandi designing, artificial nails if desired.	CLO 2, CLO 3		Chalk and Talk, PDF, PPT	Participatory Learning
	Unit III				
7	Hair: Improving the quality of hair, treatment for dandruff prone/ damaged hair,	CLO1.CL O2		Chalk and Talk, PDF, PPT	
8	treatment/ hair colour for gray hair, hair spa and different hair styles for different ceremonies.	CLO1,CL O2,CLO3		Board, Chalk and Talk, PDF, PPT	Problem based Learning
9	Spa: Weekend indulgence	CLO2,CL O3		Chalk and Talk, PDF, PPT	Participatory Learning
	Unit IV				
10	Pre - Bridal Packages: Designing pre - bridal/bridal packages for different prices, Designing wedding blogs and inviting reviews	CLO2,CL O4		Chalk and Talk, PDF, PPT	Participatory Learning
11	Fixing bridal makeup team, hair designing team & treatment team. Dress	CLO1,CL O2		Board, Chalk and Talk, PDF, PPT	Experiential Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	rehearsal				
12	Trial make over sessions & draping according to different cultures & themes.	CLO1,CL O2,CLO3		Chalk and Talk, PDF, PPT	Experiential Learning
	Unit IV				Problem based Learning
13	Deciding on hair accessories, bridal jewellery & cosmetics	CLO3,CL O4		Chalk and Talk, PDF, PPT	Participatory Learning
14	Photo shoots & head shoots session for bride before & after makeup	CLO2,CL O4		Board, Chalk and Talk, PDF, PPT	Participatory Learning
15	Designing of short term make up courses for brides to be, Wedding wishes	CLO1,CL O2		Chalk and Talk, PDF, PPT	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
BW23E03	PROFESSIONAL ETHICS AND SALON MANAGEMENT	THEORY	43	2	-	3

Preamble

This course aims at helping the students to understand the fundamentals of professional ethics and salon management and gives knowledge. It also enables the students to apply the professional ethics confidently.

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn Cosmetology and its history and careers opportunities	K1
CLO2	Explain life skill in action and professionally success in life	K2
CLO3	Apply time management and professional image building and positive attitude	K3
CLO4	Analyse professional behavior, attitude , communication and client consulting in the salon	K4
CLO5	Illustrate resume development and portfolio, targeting the establishment, field research and interview preparation.	K4

Course Learning Outcomes

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

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	S	S	S	M
CLO2	S	S	M	S	M
CLO3	S	S	M	M	M
CLO4	S	S	M	M	S
CLO5	S	S	M	M	S

S- Strong; M-Medium; L-Low

Syllabus

UNIT I

(8 hrs)

Understand the History of cosmetology. Learn the importance of continuing education. Discover the career paths for cosmetologists. A timeline of milestones in the professional beauty industry. Career opportunities. Salon management.

UNIT II

(8 hrs)

Life skill – Life skill in action. Interpret the psychology of success. Action steps for success, Motivation and self management, Creative capability. Design a mission statement. Set goals – How it works.

UNIT III

(9 hrs)

Time management. Employee successful learning tool. Practice ethical standard develop a positive personality and attitude, the importance of professional image, Health habits in daily routine. Image building basics.

UNIT IV**(9 hrs)**

Professional behavior, Body postures, Body movement, Communication skills, Importance of communication, Client consultation, Consultation methods, Managing scheduling mix-ups, Resolving client problems. Getting too personal, In salon communication.

UNIT V**(9 hrs)**

Resume development, Employment portfolio, targeting the establishment, Field research. Salon visit – Check list, Interview preparation, Employee contracts.

Reference Books

	Author	Title	Publishers	Year and Edition
I.	Jason Backe, c.Jeanine Fulton, Diane Dacosta, Dr.Rochen Joseph	Milady standard cosmetology	Cengage Learning	2014 & 2 nd Edition
II.	Lorraine Norman	Beauty Therapy The Foundations Level One	Habiacengage, Uk	2010 & 1 st Edition

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CONTENTS AND PRESENTATION SCHEDULE

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
	Unit I (8 Hours)				
1	Understand the History of cosmetology	CLO1,CL O2,CLO3	1	Chalk and Talk, PDF, PPT	Problem based Learning
2	Learn the importance of continuing education	CLO2,CL O3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
3	Discover the career paths for cosmetologists.	CLO3,CL O4	2	Chalk and Talk, PDF, PPT	Experiential Learning
4	A timeline of milestones in the professional beauty industry	CLO 1, CLO 2	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
5	Career opportunities. Salon management.	CLO 2, CLO 3	1	Chalk and Talk, PDF, PPT	Problem based Learning
	Unit II (8 Hours)				

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
6	Life skill – Life skill in action	CLO 2, CLO 3	2	Chalk and Talk, PDF, PPT	Participatory Learning
7	Interpret the psychology of success	CLO1,CL O2,CLO3	2	Chalk and Talk, PDF, PPT	Problem based Learning
8	Motivation and self management, Creative capability	CLO2,CL O3	2	Board, Chalk and Talk, PDF, PPT	Participatory Learning
9	Design a mission statement. Set goals – How it works	CLO3,CL O4	2	Chalk and Talk, PDF, PPT	Experiential Learning
	Unit III (9 Hours)				
10	Time management. Employee successful learning tool	CLO2,CL O3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
11	Practice ethical standard develop a positive personality and attitude, the importance of professional image, Health habits in daily routine	CLO3,CL O4	3	Chalk and Talk, PDF, PPT	Experiential Learning
12	. Image building basics.	CLO 1, CLO 2	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
	Unit IV (9 Hours)				
13	Professional behavior, Body postures, Body movement, Communication skills, Importance of communication	CLO1,CL O2,CLO3	3	Chalk and Talk, PDF, PPT	Problem based Learning
14	Client consultation, Consultation methods, Managing scheduling mix-ups,	CLO2,CL O3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
15	Resolving client problems. Getting too personal, In salon communication.	CLO3,CL O4	3	Chalk and Talk, PDF, PPT	Experiential Learning
	Unit V (9 Hours)				
16	Resume development, Employment portfolio, targeting the establishment,	CLO2,CL O3	3	Board, Chalk and Talk, PDF, PPT	Participatory Learning
17	Field research. Salon visit – Check list, Interview preparation	CLO3,CL O4	3	Chalk and Talk, PDF, PPT	Experiential Learning

Module No	Topic	CLO Level	No. of Hours	Content Delivery Methods	Learning Methods
18	Employee contracts	CLO 1, CLO 2	2	Board, Chalk and Talk, PDF, PPT	Participatory 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
BW23E04	NUTRITION FOR WEIGHT LOSS MANAGEMENT	THEORY	43	2	-	3

Preamble

This course aims to help the students to gain knowledge about nutrition for weight loss management, learn the body composition and measurements, obesity, weight loss management, Healthy diet plans for obesity.

Course Learning Outcomes

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

CLO Number	CLO Statement	Knowledge Level
CLO1	To learn measurement of body composition	K1
CLO2	Explain the health related quality of life	K2
CLO3	Apply the weight control- Safe weight loss per week, determining weight loss	K3
CLO4	Analyze the types of exercise effective for weight management	K4
CLO5	Illustrate Planning and cooking diets for obesity and underweight people based on principles of diet therapy.	K4

Mapping with Programme Learning Outcomes

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	S	S	S	S	M
CLO2	S	S	M	S	M
CLO3	S	S	M	M	M
CLO4	S	S	M	M	S
CLO5	S	S	M	M	S

S- Strong; M-Medium

Syllabus

Unit – I (Basics of body composition and measurements)

(10 hrs)

Body Composition - definition, Ideal body weight, Components of body composition (lean body mass & fat free mass), Basal Metabolic Rate [BMR] and its relation to body weight, Measurement of body composition - skin fold and circumference measurements and its interpretation

Unit – II (Obesity Assessment)

(9 hrs)

Obesity - definition, epidemiology, etiology, psychological correlation, genetic influence. Types - Android and Gynoid - characteristics and complications. Assessments - Health related quality of life, body composition assessment, laboratory methods, physical activity and energy expenditure

Unit – III (Basic Concepts of weight management)

(8 hrs)

Obesity – theories of weight gain, health risks. Weight control- Safe weight loss per week, determining weight loss. Myths about weight loss (weight loss need not be fat loss & weight gain need not be muscle gain)

Unit – IV (Role of exercise in weight management)

(8hrs)

Exercise - definition, factors affecting exercise, effects on appetite, Types of exercise effective for weight management - circuit training, resistance training, aerobic training, FITT principle.

Unit – V(Healthy diet plans for Obesity)**(8hrs)**

Guidelines on selection and preparation of foods to reduce calories. Selection of high moisture content foods and others. Planning and cooking diets for Obesity and underweight people based on principles of diet therapy. Dietary guidelines for weight management

REFERENCES BOOKS:

	Author	Title of the Book	Publishers	Year of publication
I.	Melvin H Williams	Nutrition for health, Fitness & sport	McGraw-Hill Higher Education	2002 & 6th edition
II.	B Srilakshmi,	Dietetics	New Age International (P) Ltd.	2014 & 7 th Edition
III.	Joshi, Shubhangini	Nutrition and Dietetics	McGraw Hill Higher Education	2009 & 3 th Edition

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CONTENTS AND PRESENTATION SCHEDULE

Module No.	Topic	No. Of periods	Content delivery methods	CLO's
	Unit I (10 hrs)			
1	Body Composition - definition,	1	Chalk and Talk, PDF, PPT	CLO1,CLO2,CLO3
2	Ideal body weight, Components of body composition (lean body mass & fat free mass), -	3	Board, Chalk and Talk, PDF, PPT	CLO1,CLO2
3	Basal Metabolic Rate [BMR] and its relation to body weight, Measurement of body composition	3	Board, Chalk and Talk, PDF, PPT	CLO3,CLO4
4	Skin fold and circumference measurements and its interpretation	3	Chalk and Talk, PDF, PPT	CLO2,CLO4

	Unit III (9 hrs)			
1	Obesity - definition, epidemiology, etiology,	2	Chalk and Talk, PDF, PPT	CLO1,CLO2,CLO3
2	Psychological correlation, genetic influence.	2	Board, Chalk and Talk, PDF, PPT	CLO2,CLO3
3	Types - Android and Gynoid - characteristics and complications. Assessments - Health related quality of life	3	Chalk and Talk, PDF, PPT	CLO3,CLO4
4	Body composition assessment, laboratory methods, physical activity and energy expenditure	3		CLO2,CLO4
	Unit III (8 hrs)			
1	Obesity – theories of weight gain, health risks.	2	Chalk and Talk, PDF, PPT	CLO1.CLO2
2	Weight control- Safe weight loss per week, determining weight loss.	3	Board, Chalk and Talk, PDF, PPT	CLO1,CLO2,CLO3
3	Myths about weight loss (weight loss need not be fat loss & weight gain need not be muscle gain)	3	Chalk and Talk, PDF, PPT	CLO2,CLO3
	Unit IV (8 hrs)			
1	Exercise - definition, factors affecting exercise, effects on appetite,	3	Chalk and Talk, PDF, PPT	CLO2,CLO4
2	Types of exercise effective for weight management	2	Board, Chalk and Talk, PDF, PPT	CLO1,CLO2
3	circuit training, resistance training, aerobic training, FITT principle	3	Chalk and Talk, PDF, PPT	CLO1,CLO2,CLO3
	Unit V (8 hrs)			
1	Guidelines on selection and preparation of foods to reduce calories..	2	Chalk and Talk, PDF, PPT	CLO3,CLO4
2	Selection of high moisture content foods and others.	2	Board, Chalk and Talk, PDF, PPT	CLO2,CLO4

3	Planning and cooking diets for Obesity and underweight people based on principles of diet therapy	2	Chalk and Talk, PDF, PPT	CLO1,CLO2
4	Dietary guidelines for weight management	2		CLO3,CLO4

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%