



# **SAVITRIBAI PHULE PUNE UNIVERSITY**

**(Formerly University of Pune)**

## **B.Voc. in Beauty and Wellness**

**(First, Second & Third Year Syllabus)**

**Revised Syllabus will be implemented with effect from the  
academic year 2020-2021, 2021-2022, 2022-2023**

SAVITRIBAI PHULE PUNE UNIVERSITY  
PROPOSED STRUCTURE AND SYLLABUS FOR  
BACHELOR IN VOCATION (**BEAUTY AND WELLNESS**)  
SEMESTER PATTERN WITH CREDIT SYSTEM

The B.Voc (Beauty and Wellness) (Semester pattern with credit system) degree program of Skill Development Centre, Savitribai Phule Pune University

**Eligibility and Admission**

Admission to B.Voc (Beauty and Wellness Program) is open to following students:

I: Students already acquired NSQF certification Level 4 in a particular industry sector and opted admission in the skill based courses under NSQF in the institutions recognized under Community Colleges / B.Voc Degree program / Deen Dayal Upadhyay KAUSHAL Kendra's in same trade with job role for which he / she was previously certified at school level.

II: Students who have acquired NSQF Certification Level 4 but may like to change their trade and may enter into skill based courses in a different trade.

III: students who have passed 10+2 examination (Regular or Vocational) from a recognized board. The admission will be based on performance in the entrance test, consisting of objective type of questions to be conducted by the university department.

**Duration and Structure of Program**

The B.Voc (Beauty and Wellness) (Semester pattern with credit system) degree program shall be of 3 years duration divided into three parts, Part I, Part II and Part III and 6 semesters. (At each part there will be 12 courses of 60 credits (1500 marks). Each part would comprise of two semesters each with 3 subjects of 4 credits each for general components and 3 subjects of 6 credits each for skilling component. The B.Voc (Beauty and Wellness) degree examination Part I, II and III in aggregate shall be of 180 credits (72 General and 108 Skilling) for 4500 marks. The contents of the courses are subject to change keeping in mind the industry requirements on timely basis.

Sr.no.	Semester	Credits		Total Credits
		General	Skilling	
1	Semester-I	12	18	30
<b>Certificate in Beauty and Wellness</b>		<b>12</b>	<b>18</b>	<b>30</b>
2	Semester-II	12	18	30
<b>Diploma in Beauty and Wellness</b>		<b>24</b>	<b>36</b>	<b>60</b>
3	Semester-III	12	18	30
4	Semester-IV	12	18	30
<b>Advance Diploma in Beauty and Wellness</b>		<b>48</b>	<b>72</b>	<b>120</b>
5	Semester-V	12	18	30
6	Semester-VI	12	18	30
<b>B.Voc in Beauty and Wellness</b>		<b>72</b>	<b>108</b>	<b>180</b>

The Courses for B.Voc (Beauty and Wellness) are in-lines with National Skills Qualification Framework as shown below and are equivalent to educational accomplishments.

Pattern & NSQF Levels: Sem- I (NSQF Level 4): Certificate

Sem- II (NSQF Level 5) : Diploma

Sem-III & IV (NSQF Level 6) :Advance Diploma

Sem-V & VI (NSQF Level 7) : B.Voc Degree

SEMESTER I		SEMESTER II	
Subject Code	Name of the subject	Subject Code	Name of the subject
<b>General Component</b>			
BV101	Communication Skills	BV201	Personality Development
BV102	Human Physiology - I	BV202	Human Physiology & Aesthetics II
BV103	Basic Beauty Care	BV203	Skin care and Hair care
<b>Skilling Component</b>			
BV104	Communication Skills	BV204	Personality Development
BV105	Human Physiology - I	BV205	Human Physiology & Aesthetics II
BV106	Basic Beauty Care	BV206	Skin care and Hair care

### THE LIST OF COURSES

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-I	BV101	Communication Skills	4	4	2	50	50	100
	BV102	Human Physiology - I	4	4	2	50	50	100
	BV103	Basic Beauty Care	4	4	2	50	50	100
	BV104	Communication Skills	6	6	3	75	75	150
	BV105	Human Physiology - I	6	6	3	75	75	150
	BV106	Basic Beauty Care	6	6	3	75	75	150

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-II	BV201	Personality Development	4	4	2	50	50	100
	BV202	Human Physiology & Aesthetics II	4	4	2	50	50	100
	BV203	Skin care and Hair care	4	4	2	50	50	100
	BV204	Personality Development	6	6	3	75	75	150
	BV205	Human Physiology & Aesthetics II	6	6	3	75	75	150
	BV206	Skin care and Hair care	6	6	3	75	75	150

**Sem-III & IV (NSQF Level 6) :Advance Diploma**

<b>SEMESTER III</b>		<b>SEMESTER IV</b>	
Subject Code	Name of the subject	Subject Code	Name of the subject
<b>General Component</b>			
BV301	Environmental Education	BV401	Basic Food Science
BV302	Human Nutrition - I	BV402	Advance makeup , Hair styling & Saree Draping
BV303	Advance Beauty Care	BV403	Cosmetology
<b>Skilling Component</b>			
BV304	Environmental Education	BV404	Basic Food Science
BV305	Human Nutrition – I	BV405	Advance makeup , Hair styling & Saree Draping
BV306	Advance Beauty Care	BV406	Cosmetology

**THE LIST OF COURSES**

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-III	BV301	Environmental Education	4	4	2	50	50	100
	BV302	Human Nutrition - I	4	4	2	50	50	100
	BV303	Advance Beauty Care	4	4	2	50	50	100
	BV304	Environmental Education	6	6	3	75	75	150
	BV305	Human Nutrition – I	6	6	3	75	75	150
	BV306	Advance Beauty Care	6	6	3	75	75	150

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-IV	BV401	Basic Food Science	4	4	2	50	50	100
	BV402	Advance makeup , Hair styling & Saree Draping	4	4	2	50	50	100
	BV403	Cosmetology	4	4	2	50	50	100
	BV404	Basic Food Science	6	6	3	75	75	150
	BV405	Advance makeup , Hair styling & Saree Draping	6	6	3	75	75	150
	BV406	Cosmetology	6	6	3	75	75	150

SEMESTER V		SEMESTER VI	
Subject Code	Name of the subject	Subject Code	Name of the subject
<b>General Component</b>			
BV501	Business Organization & Entrepreneurship	BV601	Wellness , Fitness , Makeup – Hair & Spa
BV502	Spa Therapy & Management	BV602	Digital Marketing
BV503	Introduction to Fitness with Yoga, Aerobics & Dietetics	BV603	Skin Analyzation & Treatment plan
<b>Skilling Component</b>			
BV504	Business Organization & Entrepreneurship	BV604	Wellness , Fitness , Makeup – Hair & Spa
BV505	Spa Therapy & Management	BV605	Digital Marketing
BV506	Introduction to Fitness with Yoga, Aerobics & Dietetics	BV606	Skin Analyzation & Treatment plan

**Sem-V & VI (NSQF Level 7) : B.Voc Degree**

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester- V	BV501	Business Organization & Entrepreneurship	4	4	2	50	50	100
	BV502	Spa Therapy & Management	4	4	2	50	50	100
	BV503	Introduction to Fitness with Yoga, Aerobics & Dietetics	4	4	2	50	50	100
	BV504	Business Organization & Entrepreneurship	6	6	3	75	75	150
	BV505	Spa Therapy & Management	6	6	3	75	75	150
	BV506	Introduction to Fitness with Yoga, Aerobics & Dietetics	6	6	3	75	75	150

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester- VI	BV601	Wellness , Fitness , Makeup – Hair & Spa	4	4	2	50	50	100
	BV602	Digital Marketing	4	4	2	50	50	100
	BV603	Skin Analyzation & Treatment plan	4	4	2	50	50	100
	BV604	Wellness , Fitness , Makeup – Hair & Spa	6	6	3	75	75	150
	BV605	Digital Marketing	6	6	3	75	75	150
	BV606	Skin Analyzation & Treatment plan	6	6	3	75	75	150

### **Scheme of Examination:**

The assessment will be based on 50:50 ratios of continuous internal assessment (CIA) and semester end examination (SEE). Separate and independent passing in CIA and SEE will be mandatory. In case of failure in CIA of a particular course, students will have to appear for the same CIA, at his/her own responsibility in the next academic year, when the same course is offered during regular academic session. However, in case of failure in SEE in particular course(s), exam will be conducted in immediate subsequent semester.

In case a student fails in certain course(s) in a particular semester and the same course(s) are modified/ revised/ removed from the curriculum in due course, the student will have to appear as per the newly framed curriculum and/or pattern in subsequent semester, at his/her own responsibility.

### **Continuous Internal Assessment (CIA):**

There will be 50 marks for Continuous Internal Assessment. Distribution of 50 marks will be as follows -10 marks for assignments, 10 marks for seminar presentation / tutorials and 30 marks for internal unit tests. Internal unit tests based on subjective short questions will be conducted on every chapter during the semester as a part of continuous assessment. At the end of the semester average of all unit tests will be converted into 30 marks. The setting of the question papers and the assessment will be done by the concerned teacher.

### **Semester End Examination (SEE):**

The semester end theory examination for each theory course will be of 50 marks. The total marks shall be 100 for 4 credit theory course (50 marks semester end exam + 50 marks CIA).

- Semester end examination (SEE) time table will be declared by the departmental committee (as per the university annual calendar). The paper setting and assessment of theory courses, laboratory courses and research project will done by external (50 %) and internal (50%) examiners. However, in case of non-availability of external examiner for either paper setting or assessment or both, department committee will be empowered to take appropriate decision.

- Pattern of semester end question paper will be as below:

- ♣ The semester end examination of theory course will have two parts ( 10+40 = 50 Marks)

- ♣ Part A will be consisting of 10 questions having 1 marks each (multiple choice questions / fill in the blanks/ answer in sentence ) as compulsory questions and it should cover entire course curriculum ( 10 Marks)

- ♣ Part B will carry 8 questions (02 sub-questions in each question and students will have to attempt any one). Therefore, students will have to attempt 04 questions out of 08 (40 Marks).

- ♣ 20 to 30% weightage can be given to problems/ numerical wherein use of nonprogrammable scientific calculator may be allowed.

- ♣ Number of sub questions (with allotment of marks) in a question may be decided by the examiner.

- Assessment of laboratory courses and project will also have 50 % internal and 50 % semester end assessment. Semester end practical examination will be of 75 marks and 75 marks will be for internal examination. Student must perform at least ten / twenty experiments from each laboratory course. The semester end practical examination will be conducted at the end of each semester along with the theory examination.

- At the end of each semester, the Departmental Committee will assign grades to the students. The result sheet will be prepared in duplicate.

- The Director of the Centre shall send all results to the Controller of Examination for further processing.

### **Earning Credits:**

At the end of every semester, a letter grade will be awarded in each course for which a student had registered. A student's performance will be measured by the number of credits that he/she earned by the weighted Grade Point Average (GPA). The SGPA (Semester Grade Point Average) will be awarded after completion of respective semester and the CGPA (Cumulative Grade Point Average) will be awarded at the respective exit point.

### **Grading System:**

- The grading reflects a student-own proficiency in the course. A ten point rating scale shall be used for the evaluation of the performance of the students to provide letter grade for each course and overall grade for the Program. Grade points are based on the total number of marks obtained by him / her in all heads of the examination of the course. The grade points and their equivalent range of marks are shown in Table-I

Table – I: Ten point grade and grade description

Letter Grade	Points	Percentage earned
O (Outstanding)	10	100
A+ (Excellent)	9	90 - 99.9
A (Very Good)	8	80 - 89.9
B+ (Good)	7	70 - 79.9
B (Above Average)	6	60 - 69.9
C (Average)	5	50 - 59.9
P (Pass)	4	40 - 49.9
F (Fail)	0	< = 39.9
Ab (Absent)	0	0

- Non-appearance in any examination / assessment shall be treated as the students have secured zero marks in that subject examination / assessment.
- Minimum P grade (4.00 grade points) shall be the limit to clear / pass the course / subject. A student with F grade will be considered as “failed” in the concerned course and he / she has to clear the course by appearing in the next successive semester examinations. There will be no revaluation or recounting under this system.
- Every student shall be awarded grade points out of maximum 10 points in each subject (based on 10 point scale). Based on the grade points obtained in each subject, Semester Grade Point Average (SGPA) and then Cumulative Grade Point Average (CGPA) shall be computed. Results will be announced at the end of each semester and CGPA will be given at respective exit point.

**Computation of SGPA (Semester Grade Point Average) and GPA (Grade Point Average):** Grade in each subject / course will be calculated based on the summation of marks obtained in all five modules.

The computation of SGPA and CGPA will be as below

- Semester Grade Point Average ( SGPA) is the weighted average points obtained by the students in a semester and will be computed as follows

$$\text{Credit Point (CP)} = \text{Credit (C)} \times \text{Grade Point (G)}$$

$$\text{SGPA (Si)} = \frac{\sum (Ci \times Gi)}{\sum Ci}$$

SGPA = Semester Grade Point Average

Ci = Number of credits of the i<sup>th</sup> course component

Gi = Grade Point scored by the student in the i<sup>th</sup> course component

The SGPA will be mentioned on the grade card at the end of every semester.

- The Grade Point Average (GPA) will be used to describe the overall performance of a student in all semester of the course and will be computed as under.
- **Grade Point Average** =  $\frac{\text{Total of Grade Point Earned} \times \text{Credit hours for Each Course}}{\text{Total Credit Hours}}$

$$\text{CGPA} = \frac{\sum (Ci \times Si)}{\sum Ci}$$

CGPA = Cumulative Grade Point Average

Si = SGPA of the i<sup>th</sup> semester

Ci = Number of credits in that semester

The SGPA and GPA shall be rounded off to the second place of decimal.

**Grade Card:**

Results will be declared by the Centre and the grade card (containing the grades obtained by the student along with SGPA) will be issued by the university after completion of every semester. The grade card will be consisting of following details.

- Title of the courses along with code opted by the student.
- Credits associated with the course.
- Grades and grade points secured by the student.
- Total credits earned by the student in a particular semester.
- Total credits earned by the students till that semester.
- SGPA of the student.
- CGPA of the student (at respective exit point).

**Cumulative Grade Card:**

The grade card showing details grades secured by the student in each subject in all semesters along with overall CGPA will be issued by the University at respective exit point.

**Attendance:**

Every candidate will be required to attend a minimum of 75% lectures delivered to that class in each paper as well as 75% of the laboratory work, seminars etc. separately.

**Departmental Committee:**

The Departmental Committee (DC) of the Centre will monitor the smooth functioning of the programme.

**Results Grievances / Redressal Committee:**

Grievances / redressal committee will be constituted in the department to resolve all grievances relating to the evaluation. The committee shall consist of Head of the department, the concerned teacher of a particular course and senior faculty member of Department of University. The decision of Grievances / redressal committee will have to be approved by Department committee.



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Communication Skills</b>		
<b>Course Code</b>	<b>BV 101</b>		
<b>Class</b>	<b>F.Y. B.Voc.</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Develop knowledge about beauty-related communication skills</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand various modes of communication</li> <li>Practice effective listening</li> <li>Develop vocabulary related to the beauty field</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will improve their beauty-related communication skills</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Listening Skills</b> –</li> <li>Types of Listening (theory /definition), Process of Listening, Tips for Effective Listening, Benefits of Effective Listening, Academic Listening- (lecturing), Listening to Talks and Presentations, Listening to Announcements- (railway/bus stations/airport/stadium announcement etc.), Listening to Radio and Television, Barriers to Listening</li> </ul>	1/2	5
Unit II	<ul style="list-style-type: none"> <li><b>Telephone Skills</b> –</li> <li>Basics of Telephone communication, How to handle calls- telephone manners, Leaving a message, Making requests, Greeting and Leave Talking over phone (etiquette), Asking for and giving information, Giving Instructions, Listening for Tone/Mood and Attitude at the other end, Handling the situations especially trouble shooting, Teleconference handling, Handling Tele interviews for Call Centre of Big salon chains.</li> <li>Maintain Speech tone, control over mood.</li> </ul>	01	20
Unit III	<ul style="list-style-type: none"> <li><b>Writing Skills</b> –</li> <li>Elements of Effective Writing, Main Forms of Written Communication: Agenda, Minutes, Notices, Writing of CV, Memo, Drafting an E-mail, Press Release, Reports, Making notes on Business conversations, Effective use of SMS, Case writing and Documentation. Correspondence: Personal, Official and Business.</li> </ul>	01	15

Unit IV	<ul style="list-style-type: none"> <li>● <b>Spoken Skills –</b></li> <li>● Organs of Speech, Description and Articulation of English Speech Sounds, Syllables and Stress (Weak Forms, Intonation), Connected Speech, Spelling and Pronunciation, International Phonetic Alphabet Transcription of Received Pronunciation of Words as per the Oxford Advanced Learners Dictionary of H.S. Hornby, Oral Presentation and Public Speaking Skills, Business Presentations, Command over language, speech tone, maintain facial expressions.</li> <li>● Career Skills- Applying for job, Cover letters, Resume and Effective profiling, Interview, Group discussion</li> </ul>	01	15
Unit V	<ul style="list-style-type: none"> <li>● <b>Reading Skills –</b></li> <li>● Importance of Reading, Definition of Reading, Levels of Reading, Requirements of Reading, Types of Reading, Techniques of Reading, Academic Reading Tips.</li> <li>● Research for relevant subject</li> </ul>	1/2	5

**References:**

- Sethi, J & P.V.Dhamija. A Course in Phonetics and Spoken English, New Delhi, Prenticehall of India, 1989.
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- Pease, Allan and Barbara Pease. The Definitive Book of Body Language. New Delhi: Manjul Publishing House, 2005.

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Physiology-I</b>		
<b>Course Code</b>	<b>BV 102</b>		
<b>Class</b>	<b>FY B.Voc</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Gain knowledge about human physiology</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Define the structure and functions of the cell</li> <li>Learn about the key systems of the human body related to beauty</li> <li>Understand the structure of skin and nails</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn about the internal working of the body that contributes to beauty</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Unit of Life:</b></li> <li>Structure and functions of cell with special reference to Plasma membrane (Fluid Mosaic Model), Mitochondria, Ribosome, Endoplasmic reticulum. Nucleus (nuclear membrane, nuclear chromatin and nucleolus).</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li><b>Circulatory and Lymphatic system:</b></li> <li>Blood and its composition, formed elements, Blood groups, Mechanism of blood coagulation, Introduction to immune system, Erythropoiesis and anemia, Importance of study of Lymphatic system, Lymph nodes and function of lymph</li> </ul>	1/2	10
Unit III	<ul style="list-style-type: none"> <li><b>Introduction to Digestive System:</b></li> <li>Structure and functions of G.I. tract, Process of digestion and absorption of food, Structure and functions of liver, gallbladder and pancreas.</li> <li>What is Metabolism – Anabolism &amp; Catabolism</li> </ul>	1/2	10
Unit IV	<ul style="list-style-type: none"> <li><b>Musculoskeletal System:</b></li> <li>Formation and functions of muscles, bones, Mechanism of muscle contraction, isometric and isotonic muscle contraction, Muscle tone and its importance</li> </ul>	1/2	05

Unit V	<ul style="list-style-type: none"> <li>● <b>Structure of skin &amp; appendages Skin:</b></li> <li>● Structure of skin &amp; appendages Skin:</li> <li>● Structure of skin and their function, distributions, growth, lifespan, color texture ,type of skin, commons kind is orders Example: Dermatitis, Insectbite, Skin Lesion, Bacterial Fungal disorder, Allergic disorder, Endocrine disorder</li> <li>● <b>Nails:</b></li> <li>● Structure of nails and their forms, types of nails, nail disorders.</li> </ul>	1	15
Unit VI	<ul style="list-style-type: none"> <li>● <b>Structure of Hair &amp; Scalp:</b></li> <li>● Cuticle, Cortex, Medulla function, Growth. Types of common hair disorders as -</li> <li>● Premature graying</li> <li>● Alopecia.</li> <li>● Seborrhea</li> <li>● Pediculosis</li> <li>● scabies</li> <li>● impetigo</li> <li>● dandruff etc</li> </ul>	1/2	05
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>● Beashel, Paul &amp; Taylor, John : Advance Studies in Physical Education and Sports, Thomas Nelson &amp; Sons Ltd., U.K., 1996.</li> <li>● Brown M.C. &amp; Sommer B.K. – Movement Education- Its Evaluation and Modern Approach, Adchison, wesely publication, London, 1978.</li> <li>● Crouch James E. – Essential Human Anatomy A Text – Lea &amp; Febriger , Philladelphia, 1980.</li> <li>● Desai V., Sequeira, T. – Aids Prevention Education Programme : Workbook For Teachers in Secondary Schools of Mumbai, B.M.C. Public Health Dept., Mumbai, 2001.</li> <li>● Dr. Uppal A.K. &amp; Dr. Gautam G.P. : Physical Education and Health, India, 2000.</li> <li>● Hay, James G &amp; Reid J.G. – Anatomical and Mechanical Basis of Human Motion, Prentice hall, New Jersy, 1985.</li> <li>● Horne, John, Tomlinson D : Understanding Sports: An Introduction to the Sociological &amp; Cultural Analysis of Sports, E &amp; FN spon, London, 1999.</li> <li>● Professional Basic Beautician course by Suwarna Gugle</li> <li>● Body Treatments and Dietetics For The Beauty Therapist by Ann Gallant</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Basic Beauty Care</b>		
<b>Course Code</b>	<b>BV 103</b>		
<b>Class</b>	<b>FY B.Voc</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>• Develop knowledge about personal hygiene and grooming</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>• Understand basic grooming treatments</li> <li>• Learn epilation, exfoliation and skin massage</li> <li>• Study bleaching and nail grooming</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>• Student will learn about principal skin care treatments for personal grooming</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>• Introduction and importance of Beauty care. Importance of personal hygiene, Personal grooming</li> </ul>	1/2	10
Unit II	<ul style="list-style-type: none"> <li>• Sterilization and sanitation-Purpose, methods, dos and don'ts. Professional ethics.</li> </ul>	1/2	10
Unit III	<ul style="list-style-type: none"> <li>• <b>Eye brow Shaping-</b></li> <li>• Materials required Tweezing and threading, Different types of threading, different types of eyebrows keeping in mind the face structure. Threading techniques.</li> <li>• Measurement of eyebrows, understanding the face structure and shape the eyebrows accordingly.</li> </ul>	1/2	10
Unit IV	<ul style="list-style-type: none"> <li>• <b>Basic Epilation-</b></li> <li>• Introduction- preparation of wax and its testing and precautions, types of wax, sterilization of tools, methods of applying wax. Waxing - Removing of superfluous hair from the face and body , purpose , Methods of Epilation and Depilation</li> </ul>	1/2	10

Unit V	<ul style="list-style-type: none"> <li>• <b>Manicure and Pedicure</b> –</li> <li>• Definition, purpose, Introduction, tools and equipment, application of creams and lotion, methods/types of pedicure and manicure. Hand and leg massages step by step procedure.</li> <li>• <b>Nail art</b> –</li> <li>• Factors affecting nail growth. Introduction-equipment and tools, types of nail polish, application and their methods. Different methods of nail art.</li> </ul>	1	10
Unit VI	<ul style="list-style-type: none"> <li>• <b>Bleaching</b> –</li> <li>• Introduction, <u>Indications &amp; Contraindications</u>, Types of bleaches, procedure and application on face, neck, hands and other parts, precautions its advantages and disadvantages. Homemade bleach and types.</li> <li>• Facial massage.</li> <li>• Importance &amp; benefits of facial massage.</li> <li>• Importance of massage in improving muscle tone,</li> <li>• Importance of Exfoliation.</li> <li>• Effects of facial.</li> </ul>	1	10

**References:**

- **Basic Beautician Course- Mrs. Suwarna Gugle**
- Hair, Skin and Beauty Care 9The complete body Book-Blossom Kochar (2000) VBSPD/VBS
- Publishers distributors Ltd.New delhi.
- Complete Beautician course-Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd , New Delhi.
- Practical Guide to Beautician Training- Madhumita Paudwal (2002) Asian publishers, New Delhi.
- Classic makeup and beauty book Maureen Barry more Dave king (1996).
- Dorling Kindersley,London.3.388 Geat Hair style Margit rudiger and rene Von Samson (2002) Sterling Publishing Co., Inc, Newyork.

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Beauty Communication Skill</b>		
<b>Course Code</b>	<b>BV 104</b>		
<b>Class</b>	<b>FY B.Voc</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>. Develop speaking and writing skills in the domain of beauty communication</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn how to write business letters, reports and other texts</li> <li>Practice conversation occurring regularly in the beauty field</li> <li>Develop the right vocabulary and a courteous tone</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to communicate effectively with clients, vendors and other key stakeholders</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Writing CV – Profile making</li> </ul>	2	20
Unit II	<ul style="list-style-type: none"> <li>Memo Writing;- for any non-cooperative staff.</li> <li>Letter Writing (Employment related correspondence,</li> </ul>	1	20
Unit III	<ul style="list-style-type: none"> <li>Correspondence with Govt./Authorities, Office Orders, Enquiries and Replies); Business Letters</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Preparing Agenda for Meetings</li> <li>Essay Writing – related to skin treatment procedures</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li>Report Writing – while working in a franchise.</li> <li>Press Release. About Instruction of a new treatment / machine.</li> <li>Preform small skits &amp; mok conversation</li> </ul>	1	20

**References:**

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- Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi.
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- Bansal, R.K. and J.B. Harrison. Spoken English, Orient Language. Second Edition, Madras: Orient Longman, 1972.
- Roach Peter. English Phonetics and Phonology. Cambridge University Press, 2001.
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- Bovee, Courtland, L., John V. Thill and Barbara E. Schatzman. Business Communication Today: Seventh Edition. Delhi: Pearson Education, 2004.
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- Pease, Allan and Barbara Pease. The Definitive Book of Body Language. New Delhi: Manjul Publishing House, 2005.



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Physiology</b>		
<b>Course Code</b>	<b>BV 105</b>		
<b>Class</b>	<b>FY B.Voc</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Understand human physiology with the help of pictographic representations</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn about key body systems and their positions</li> <li>Acquire knowledge about the same by making diagrams</li> <li>Understand various skin types, skin layers and hair structure</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn about key body systems that contribute to beauty</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	Cells Diagram & observes under microscope	1	15
Unit II	Understanding Lymphatic system (with Diagram) Lymph Nodes and their positions (Diagram) Importance of lymph draining Massage	1	15
Unit III	Muscular system  Position of muscles  Position of face & body muscles	1	15
Unit IV	Skeleton system  Position of Bones of Body & Face	1	15
Unit V	Skin different layers  Make a diagram , understanding skin types	1	15

Unit VI	Hair structure , make a diagram of hair shahft	1	15
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**References:**

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- Anatomy & Physiology by S B Bhise & A V Yadav

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Basic Beauty Care</b>		
<b>Course Code</b>	<b>BV 106</b>		
<b>Class</b>	<b>FY B.Voc</b>	<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>• Learn various personal grooming treatments</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>• Develop skills in epilation, exfoliation and skin care</li> <li>• Acquire skills pertaining to nail art and mehendi application</li> <li>• Practice basic massage using the appropriate products as per skin type</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>• Student will be able to carry out key personal grooming treatments</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>• Sterilization and sanitation methods and procedures. Cleansing- Deep Cleansing, toning, moisturizing and steaming</li> </ul>	1	15

Unit II	<ul style="list-style-type: none"> <li>• Threading, tweezing of eye brow, upper lip, forehead and chin. Measurement of eyebrows</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>• Waxing - Hands, legs, Types of Wax.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>• Manicure.</li> <li>• Pedicure.</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li>• Preparation of Mehendi paste and application on hands</li> <li>• Application of nail polish and Nail art.</li> </ul>	1	15
Unit VI	<ul style="list-style-type: none"> <li>• Basic facial massage, Step by step use of different products according skin types</li> <li>• Indications and contraindication.</li> </ul>	1	15

**References:**

- Hair, Skin and Beauty Care 9The complete body Book-Blossom Kochar (2000) VBSPD/VBS
- Publishers distributors Ltd.New delhi.
- Basic Beautician Course – Suwarna Gugle
- Complete Beautician course-Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd , New Delhi.
- Practical Guide to Beautician Training- Madhumita Paudwal (2002) Asian publishers, New Delhi.
- Classic makeup and beauty book Maureen Barry more Dave king (1996).
- Dorling Kindersley,London.3.388 Geat Hair style Margit rudiger and rene Von Samson (2002) Sterling Publishing Co., Inc, Newyork.

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Personality Development</b>		
<b>Course Code</b>	<b>BV201</b>		
<b>Class</b>	<b>F.Y.</b>	<b>Semester</b>	<b>2</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Enhance the self through personality development</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Gain knowledge about leadership and the fundamentals of working as a team</li> <li>Learn various management techniques</li> <li>Focus on building inner beauty and strength along with external beauty care</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn the importance of self-management and personality building for a beauty professional</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Leadership</b> - Introduction to Leadership, Leadership Power, Leadership Styles, Leadership in Administration.</li> <li><b>Interpersonal Relations</b> - Introduction to Interpersonal Relations, Analysis Relations of different ego states, Analysis of Transactions, Analysis of Strokes, Analysis of Life position.</li> <li><b>Group Dynamics</b> - Importance of groups in organization, and Team Interactions in group, Group Building, Decision Taking</li> <li><b>Team Building</b>, Interaction with the Team, How to build a good team?</li> </ul>	1/2	07
Unit II	<ul style="list-style-type: none"> <li><b>Stress Management</b> - Introduction to Stress, Causes of Stress, Nature and Dimensions of Stress, Impact of Stress, Managing Stress. Means of managing stress e.g. Yoga, Meditation, Hobbies etc</li> </ul>	1/2	08
Unit III	<ul style="list-style-type: none"> <li><b>Conflict Resolution/Management</b> –Anticipate and avoid conflicts. Introduction to Conflict, Causes of Conflict, Managing Conflict</li> <li><b>Performance Appraisal</b> - Introduction to Performance Appraisal, Vertical Appraisal, Horizontal Appraisal, 360° Performance Appraisal, Methods of improving Techniques of Performance Appraisal.</li> </ul>	1/2	07

Unit IV	<ul style="list-style-type: none"> <li>• <b>Time Management</b> - Time as a Resource, Identify Important Time Wasters, Individual Time Management Styles, Techniques for better Time Management.</li> <li>• Optimum utilisation of time.</li> <li>• <b>Motivation</b> - Introduction to Motivation, Relevance and types of Motivation, Motivating the subordinates, Analysis of Motivation.</li> </ul>	1/2	08
Unit V	<ul style="list-style-type: none"> <li>• <b>Holistic Personality Development</b> - Self management skills, Role of Physical Activity in Developing Components of Holistic Personality, Studying Components of Physical Personality – Physique, Lifestyle, Nutritional Habits, and Components of Psychological Personality: MESS i.e. Mental Personality, Emotional Personality, Spiritual and Social Personality, Meaning, Definition and Importance of Extrinsic Environment of Man and Environmental Personality Development.</li> </ul>	1	15
Unit VI	<ul style="list-style-type: none"> <li>• <b>Blending of physical beauty with inner strength</b></li> <li>• <b>How to get rid of stress?</b></li> <li>• How to recognize the inner strength?</li> <li>• How to be confident, self-assured and have a positive approach to a problem?</li> <li>• How to win confidence of others.</li> <li>• Image development - What is image building</li> <li>• Hair styling Dressing sense &amp; physical appearance, personal hygiene.</li> </ul>	1	15

- **References:**

- Cohen, R. J. & M.E. Swerdlik (2002). Psychological Testing and Assessment. McGraw Hill, USA.
- Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.
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<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Physiology &amp; Aesthetics II</b>		
<b>Course Code</b>	<b>BV 202</b>		
<b>Class</b>	<b>F.Y</b>	<b>Semester</b>	<b>2</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Learn about beauty care in relation to human physiology</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand the functions of various systems</li> <li>Gain knowledge about high-frequency and galvanic machine treatments</li> <li>Learn about nutrition and various massage therapies</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain deeper knowledge about beauty treatments for proper functioning of body systems</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Skin &amp; Excretory system:</b></li> <li>Structure and function of skin, regulation of temperature of the body, Structure and functions of kidney. Sweat glands &amp; sebaceous glands, keratinization, melanin and its functions</li> </ul>	1/2	08
Unit II	<ul style="list-style-type: none"> <li><b>Nervous System:</b></li> <li>Brief anatomy and functions of cerebrum, cerebellum, hypothalamus and neuron, Concept on synapse and synaptic transmission. Reflexes, Special senses.</li> <li><b>Endocrine system:</b></li> <li>Structure and functions of pituitary, thyroid, parathyroid and adrenal gland, Structure and functions of pancreas</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li><b>High frequency machine</b></li> <li>Introduction of Tesla current. Structure of the machine.</li> <li>How it is used in beauty science.</li> <li>Precautions to be taken while using H.F.O.</li> </ul>	1/2	07
Unit IV	<ul style="list-style-type: none"> <li><b>Galvanic machine understanding galvanic / chemical current .</b></li> <li>Definition of ions. Anions &amp; cations.</li> <li>What is Ionization</li> <li>Effect and benefits of galvanic machine.</li> <li>Precautions while using galvanic machine.</li> <li>Importance of reverse action.</li> <li>Understanding acidic and alkaline reactions.</li> </ul>	1	15

Unit V	<ul style="list-style-type: none"> <li>• <b>Nutrition.</b></li> <li>• Understand Nutrition and Malnutrition.</li> <li>• Carbohydrates, proteins .vitamins &amp; minerals.</li> </ul>	1/2	08
Unit VI	<ul style="list-style-type: none"> <li>• <b>Types of Therapies</b> required for normal functioning of different systems: Accupressure, Massage and their effects.</li> <li>• Lymphatic Massage</li> </ul>	1/2	07
<p><b>1. References:</b></p> <ul style="list-style-type: none"> <li>• Jenson C.R. &amp; Schultzer G.W. – Applied Kinesiology and Biomechnics, Mc Grow hill book Co. New York, 1984,</li> <li>• Lock Hurt and others – Anatomy of the human body, Feber &amp; Feber Oxford University, 1975</li> <li>• Murgesh N. – Anatomy, Physiology and Health Education, Sathya, Chinnalapatti, 1990.</li> <li>• Pearce Evelyn – Anatomy and Physiology for Nurses, Oxford University, 1975.</li> <li>• Rasch &amp; Bruke – Kinesiology and applied Anatomy, Lea Febriger, Philladelphia, 1978.</li> <li>• Dr. Sathe. V., Principles of Anatomy, Physiology and Clinical Basis of Disease (International Edition), Narmada Prakashan, Nagpur., 1998.</li> <li>• Shaw, Dhananjay – Biomechanics and Kinesiology of Human Motion, Khel Sahitya Kendra, Delhi,1998</li> <li>• Body Treatments and Dietetics for the Beauty Therapist by Ann Gallant</li> </ul>			



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Skin Care and Hair Care</b>		
<b>Course Code</b>	<b>BV203</b>		
<b>Class</b>	<b>FY</b>	<b>Semester</b>	<b>2</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>• Get in-depth knowledge on skin and hair care treatments</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>• Understand various types of skin and hair, maintaining their health and using suitable products</li> <li>• Learn cleansing and facial massage techniques</li> <li>• Develop hair cutting and hair styling skills along with make-up</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>• Student will be able to effectively carry out core beauty treatments for skin and hair</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>• <b>Skin Care-</b> Brief revision of anatomy and physiology of the skin and knowledge of Fitz Patrik Skin pattern.</li> <li>• Understanding factors affecting skin condition.</li> <li>• Skin analysis, skin care for different seasons. Different types of skin care treatments.</li> <li>• Learn Basic skin care methods Natural and artificial.</li> <li>• Skin treatments according to skin types- oily, dry, normal combination and sensitive.</li> <li>• Facial massage techniques</li> <li>• Definition of massage</li> <li>• Different types of massage techniques</li> <li>• Step by step procedure of lymph draining massage</li> <li>• Understand different types of skin and taking care of the same</li> <li>• Learn different types of facial techniques</li> <li>• Get the information of various types of beauty products manufactured for various types of skin</li> <li>• Learn to treat different types of skin problems like tanning, dullness, dehydration, uneven skin tone etc.</li> <li>• Understand the difference between Facial and Face clean up</li> <li>• Learn to do whitening or antitaning facials</li> </ul>	1	15

Unit II	<ul style="list-style-type: none"> <li>• Skin Infections: Bacterial, Fungal, Viral, Parasites, Skin Allergies. Skin infections</li> <li>• Bacterial- Impetigo, pholiculities paroniececa Fungal Micosis Viral- Herpes simplex, warts, molluscles</li> <li>• To get basic knowledge of Skin Infections and allergies. Differentiate between normal skin and Diseased Skin Method.</li> <li>• <b>Skin Problems</b>-Classification &amp; identification of common skin problems – Acne, Blackheads, Whiteheads, Disorders of sweat glands, Disorders of oil glands, Dryness, Dullness. Skin treatment- Pimple, under eye Dark circles, Pigmentation, Mature skin, suntan, open pores, preparation and importance of each treatment.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>• <b>Cleansing</b> – Types of Skin cleansing, Techniques of cleansing, Selection of Cleanser, Treating different skin types with cleansing, importance and types of Natural cleanser. Exfoliating, Facial– According to the types of skin, Removal of black and white head, Techniques of Facial, Types of facials importance and Benefits of pack and mask, types of pack. Use of different types of Skin Care Products according to Skin Type.</li> <li>• <b>Massage</b> – Definition, Types of Techniques, step by step procedure, Lymph draining massage Cosmetic knowledge, benefits of massage and its precautions. Facial massage.</li> <li>• Importance of Deep Cleansing-</li> <li>• Types of deep cleansing- Steam, Ozone steam, Scrub, Veg-Peel, Foam wash with skin venion, AHA (Alpha hydroxi acids)</li> </ul>	1/2	08
Unit IV	<ul style="list-style-type: none"> <li>• <b>Art of makeup</b> - importance of makeup, Tools used in makeup, Cosmetics used in face make up. Types- Foundation, , Gel, Moisturizer, Face powder, Face compact, Concealer, Blusher, Eye shadow and lipstick- Selection application and different methods used.- party make up, daily make up, oily make up, bridal make up, corrective make –up. Perfumes – Knowledge of Perfumes and Perfume Terminology. Eyebrows/Threading</li> </ul>	1/2	07

	<ul style="list-style-type: none"> <li>Types of makeup according to season, skin type and texture</li> </ul>		
Unit V	<ul style="list-style-type: none"> <li>Hair Care :</li> <li>Structure of Hair, Types of hair, Hair growth cycle, Importance of hair care, factors affecting hair growth. Scalp massage –benefits and methods, materials required and procedure. Shampooing and rinsing-its importance, purpose and function, types of shampoo – their uses and effects, precautions, purpose of rinsing, types of rinses, benefits of rinsing and precautions.,Hair conditioning – Types of Hair conditioner – natural, chemical.</li> <li>Henna application. Hair dye &amp; hair colour application.</li> <li>Hair problems and treatments –hair falling, split ends, greying, dandruff, dryness, damaged hair, Baldness.</li> <li>Head and shoulder massage</li> </ul>	1/2	08
Unit VI	<ul style="list-style-type: none"> <li>Hair cuts</li> <li>Straight cut</li> <li>U cut</li> <li>Deep u cut</li> <li>Boy cut</li> <li>Step cut / short / medium / long</li> <li>Understanding degrees in haircuts of all a have cuts.</li> <li>Hair styling</li> <li>Introduction to different styling tools as</li> <li>Curling tong</li> <li>Iron machine</li> <li>Crimpling machine</li> </ul>	1/2	07
<b>References:</b> <ul style="list-style-type: none"> <li>Blossom Kochar, Hair, Skin and Beauty care, The complete Body Book, VBS publisher New Delhi, 2002.</li> <li>Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001.</li> <li>Madhumita Pauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi, 2002.</li> <li>Basic &amp; Advanace hair cutting book by Suwarna Gugle.</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Personality Development</b>		
<b>Course Code</b>	<b>BV204</b>		
<b>Class</b>	<b>F. Y</b>	<b>Semester</b>	<b>2</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To hone the personality through various communication, management and beauty care activities</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Participate in communication exercises such as public speaking and group discussions</li> <li>Gain basic MS Office skills, notably PowerPoint presentation skills</li> <li>Learn self-make-up and hairstyle</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to enhance the personality and communicate more effectively</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Activities for Personality Development</b></li> <li>Activities for personality development</li> <li>Oral presentation skills</li> <li>Self-presentation 9. Dress code</li> <li>Self-makeup and hairstyle</li> </ul>	2	30
Unit II	<ul style="list-style-type: none"> <li>Public speaking 1</li> <li>Group discussion</li> <li>Goal setting 1 8. Presentation using PowerPoint</li> <li>Time management</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li><b>Basic computer skills.</b></li> <li>Basic applications of computer</li> <li>Operating computer using Menu, tool bar different icons etc Learn</li> <li>MS - Office, Word, Excel operations</li> <li>Learn to make a PowerPoint presentation</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Learn to use internet</li> <li>Learn to create self-email ID</li> <li>Receive and send emails</li> <li>Learn to make pdf file</li> <li>Learn to save file</li> </ul>	2	30

**References:**

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<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Physiology &amp; Aesthetics II</b>		
<b>Course Code</b>	<b>BV 205</b>		
<b>Class</b>	<b>F. Y</b>	<b>Semester</b>	<b>2</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>Understand nutrition and learn about the HF facial</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn the importance of various food constituents</li> <li>Develop meal plans for different individual needs</li> <li>Learn the process of direct and indirect HF facial</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to perform the HF treatment and supplement beauty care with the right nutrition</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Skin &amp; Excretory system:</b></li> <li>Structure and function of skin, regulation of temperature of the body, Structure and functions of kidney. Sweat glands &amp; sebaceous glands, keratinization, melanin and its functions</li> </ul>	2	15
Unit II	<ul style="list-style-type: none"> <li><b>Nervous System:</b>,</li> <li>Brief anatomy and functions of cerebrum, cerebellum, hypothalamus and neuron, Concept on synapse and synaptic transmission. Reflexes, Special senses.</li> </ul>	½	15
Unit III	<ul style="list-style-type: none"> <li><b>Endocrine system:</b></li> <li>Structure and functions of pituitary, thyroid, parathyroid and adrenal gland, Structure and functions of pancreas</li> </ul>	½	15
Unit IV	<ul style="list-style-type: none"> <li>Galvanic machine understanding galvanic / chemical current .</li> <li>Definition of ions. Anions &amp; cations .</li> <li>What is Ionization</li> <li>Effect and benefits of galvanic machine.</li> <li>Precautions using galvanic machine.</li> <li>Importance of reverse action understanding acidic and alkaline reactions.</li> </ul>	1	15

<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Nutrition.</li> <li>• Understand Nutrition and Malnutrition.</li> <li>• Carbohydrates, proteins .vitamins &amp; minerals.</li> </ul>	<b>1</b>	<b>15</b>
<b>Unit VI</b>	<ul style="list-style-type: none"> <li>• Types of Therapies required for normal functioning of different systems: Acupressure, Massage and their effects.</li> <li>• Lymphatic Massage</li> </ul>	<b>1</b>	<b>15</b>
<ul style="list-style-type: none"> <li>• <b>References</b></li> <li>• Jenson C.R. &amp; Schultzer G.W. – Applied Kinesiology and Biomechnics, Mc Grow hill book Co. New York, 1984,</li> <li>• Lock Hurt and others – Anatomy of the human body, Feber &amp; Feber Oxford University, 1975</li> <li>• Murgesh N. – Anatomy, Physiology and Health Education, Sathya, Chinnalapatti, 1990.</li> <li>• Pearce Evelyn – Anatomy and Physiology for Nurses, Oxford University, 1975.</li> <li>• Rasch &amp; Bruke – Kinesiology and applied Anatomy, Lea Febriger, Philladelphia, 1978.</li> <li>• Dr. Sathe. V., Principles of Anatomy, Physiology and Clinical Basis of Disease (International Edition), Narmada Prakashan, Nagpur., 1998.</li> <li>• Body Treatments and Dietetics for the Beauty Therapist by Ann Gallant</li> <li>• Shaw, Dhananjay – Biomechanics and Kinesiology of Human Motion, Khel Sahitya Kendra, Delhi,1998</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Skin Care, Facial/Hair Care</b>		
<b>Course Code</b>	<b>BV 206</b>		
<b>Class</b>	<b>F. Y</b>	<b>Semester</b>	<b>II</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>• Develop skills in carrying out a variety of facial and hair treatments</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>• Learn how to do different types of facials and clean-ups as per skin type</li> <li>• Practice haircuts, head massage and hair styling</li> <li>• Understand the various products and apparatus used for different treatments</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>• Student will gain first-hand experience in carrying out important skin and hair treatments</li> </ul>			

<b>1</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>• <b>Learn and practice</b> - Various types of clean ups Facials for oily ,dry and normal skin types Facials to offer extra hydration to over dry skin Exfoliating Facials for over oily skin Dr Vooder's lymph draining massage for acne prone skin</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>• 24 ct Gold facial for brides Diamond or pearl facials for special events Anti aging fruit facials Anti tanning chocolate facial Hydrating spa facial</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>• <b>Head &amp;Shoulder Massage-</b> Oil Application, basic massage, manipulation and practice. <b>Shampooing:-</b> preparing the client, draping procedure, material used, setting of trolley, application of shampoo, rinsing correct way of blow drying.</li> </ul>	1	15



Unit IV	<ul style="list-style-type: none"> <li>• <b>Hair Colour / Dye / Henna Dye</b> - Learn to apply Henna neatly Understand the importance of patch test in hair colour.</li> <li>• Learn to recognise the right colour for particular clients considering their choice.</li> <li>• Learn to apply hair colour as a root touch up.</li> <li>• Learn to apply global hair colour Learn to mix and apply powder hair dyes.</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li>• <b>Basic haircuts-</b> Hair cutting – correct way of holding the implements, preparing the client for</li> </ul>	1	15
Unit VI	<ul style="list-style-type: none"> <li>• <b>Hair setting &amp; Hair Styling:-</b>handling of implements used combs, brush, rollers and putting them, setting roller on long and short hair.</li> <li>• <b>Practice in finger weaving:</b> - practice in standard pin curls, sculpture curls or “c” based curls falls in curls. Handling of the different driers, drying of hair, comb practice in back combing, smoothing, back brushing, wave stretching and lacing.</li> <li>• <b>Basic hair styles</b></li> <li>• <b>Hair styling:</b> - Get the knowledge of various hair styling tools and machines. Learn to handle different types of hair brushes Practice inward and outward blow drying Practice curling with tong and hot roller set Practice doing ironing and crimpling with various attractive styles</li> </ul>	1	15
<ul style="list-style-type: none"> <li>• <b>References</b></li> <li>• Blossom Kochar, Hair, Skin and Beauty care, The complete Body Book, VBS publisher New Delhi, 2002.</li> <li>• Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001.</li> <li>• Madhumita Pauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi, 2002.</li> <li>• Basic &amp; advance hair cutting book by Suwarna gule.</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Environmental Education</b>		
<b>Course Code</b>	<b>BV 301</b>		
<b>Class</b>	<b>S. Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about the environment, various types of pollution and their control</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn about ecosystems and the impact of human activities</li> <li>Study different types of pollution and their effects</li> <li>Gain knowledge about waste management</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will become more aware about the environment and the importance of pollution control</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Basics of ecology, Ecosystem, Biodiversity, Human activities and its effect on ecology and eco system, different development i.e. irrigation, urbanization, road development and other engineering activities and their effects on ecology and eco system, Mining and deforestation and their effects, Lowering of water level, urbanization, Biodegradation and Biodegradability, composting, bio remediation, Microbes, Use of bio pesticides and bio fungicides.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li><b>Pollution:</b></li> <li>Sources of pollution, natural and manmade, their effects on living environments</li> </ul>	1/2	08
Unit III	<ul style="list-style-type: none"> <li><b>Water Pollution:</b></li> <li>Factors contributing water pollution and their effects, Domestic waste water and industrial waste water, Heavy metals, microbes and leaching metal, Physical, Chemical and Biological Characteristics of water, Indian standards for quality of drinking water, Treatment method of waste water, its reuse/safe disposal.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li><b>Air Pollution:</b></li> <li>Definition of Air Pollution, causes and its effects on the environment, Monitoring and control of air pollutants, Control measures, techniques, Vehicular pollution.</li> </ul>	1/2	07

Unit V	<ul style="list-style-type: none"> <li>● <b>Noise Pollution:</b></li> <li>● Sources of noise pollution, its effect and control</li> </ul>	1/2	08
Unit VI	<ul style="list-style-type: none"> <li>● <b>Solid Waste Management:</b></li> <li>● Municipal solid waste, Biomedical waste, Industrial and Hazardous waste, Plastic waste and management</li> </ul>	1/2	07

**References:**

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<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Nutrition-I</b>		
<b>Course Code</b>	<b>BV 302</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about nutrition and balanced diet</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand human nutrition and energy requirements</li> <li>Learn about different food components and calories</li> <li>Study weight management and the importance of a balanced diet</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain insights into proper nutrition and food intake</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Concept and definition of terms-</b></li> <li>Nutrition, Malnutrition and Health: Scope of Nutrition.</li> </ul>	1	10
Unit II	<ul style="list-style-type: none"> <li><b><u>RDA- Recommended dietary allowance.</u></b></li> <li>Minimum Nutritional Requirement and RDA: formulation of RDA and Dietary Guidelines Reference Man and Reference Woman, Adult consumption unit.</li> </ul>	1/2	10
Unit III	<ul style="list-style-type: none"> <li><b>Energy in Human Nutrition:</b></li> <li>Idea of Energy and its unit, Energy Balance, Assessment of Energy Requirements—deficiency and excess, Determination of Energy in food, B.M.R. (Basal Metabolic Rate) and its regulation, S.D.A.</li> </ul>	1/2	10

Unit IV	<b>Calorie chart</b> Calorie contains in rice, pulses, cereals, sugar, wheat, jawar, bajra, etc. All grains per 100gm units. In vegetable and fruits Milk and cottage cheese ( paneer ) curd or biological products Cooked, semi cooked, boiled and uncooked food	1/2	10
Unit V	<b>Balance Diet –</b> For all ages, professionals & all stages of life.(e.g Pregnancy, Old Age) Vitamins & food components. Weight gain problem introduction, reasons & confusions. Eating disorders.	1/2	10
Unit VI	<b>Weight Management as a business:</b> The benefits of exercise. Diet types. Anticipate food allergies. International, national, regional agencies and organisations. Nutritional intervention programmes to combat malnutrition. Anticipate food allergies.	1	10

**References:**

- Robinson CH and Lawler M(1990): Normal and Therapeutic Nutrition. 17th Revised Ed. Macmillan USA.
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- Indian super foods by Rujata Diwekar

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Advance Beauty Care</b>		
<b>Course Code</b>	<b>BV 303</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn about various machine treatments that contribute to good skin</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understanding skin problems like wrinkles and dehydration</li> <li>Learning about machines and their proper use for skin treatments</li> <li>Gaining knowledge about ultrasonic treatment, micro dermabrasion, mesotherapy and chemical peels</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to learn the uses of different machines</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Ultrasonic machine treatments</li> <li>Learn what is the Ultrasonic frequency</li> <li>The structure of the machine</li> <li>How it is used on the skin</li> <li>Learn different techniques of Ultrasonic treatments</li> <li>Learn the various directions in which the probe is used</li> <li>Understand the causes of formation of wrinkles on the face and neck</li> <li>Understand what is dehydration and its effects on the face</li> </ul>	½	05

Unit II	<ul style="list-style-type: none"> <li>• Learn the machine Micro derma abrasion</li> <li>• Learn about the De-squamation action</li> <li>• Learn the causes of accumulating dead cells on the skin</li> <li>• Learn the procedure of exfoliation with the help of the machine</li> <li>• Get the knowledge of crystals used in the machine</li> </ul>	1/2	10
Unit III	<ul style="list-style-type: none"> <li>• Vacuum suction treatment</li> <li>• Get the knowledge of Vacuum suction machine and how to use it on the skin</li> <li>• Learn on which type of skin the machine is used</li> <li>• Learn the precautions to be taken while using the Vacuum suction machine</li> <li>• Effects of the Vacuum suction machine</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>• Vapozon machine and it's benefits</li> <li>• What is ozone</li> <li>• How effective it is on acne prone skin and dandruff</li> <li>• Precautions while using Vapozon</li> </ul>	½	10
Unit V	<ul style="list-style-type: none"> <li>• Mesotherapy</li> <li>• What is meso gun</li> <li>• Learn about skin needling</li> <li>• Precautions to be taken while using meso gun</li> </ul>	½	05
Unit VI	<ul style="list-style-type: none"> <li>• Chemical peels</li> <li>• Learn what are Chemical peels</li> <li>• Learn various types of Chemical peels</li> <li>• Get the information about the acids derived by fruits</li> <li>• How effective peels are in giving a glowing skin</li> <li>• Precautions to be taken while using Chemical peels</li> <li>• Importance of time duration in Chemical peels treatments</li> </ul>	1	15

**References:**

- Hair, Skin and Beauty Care 9The complete body Book-Blossom Kochar (2000) VBSPD/VBS
- Publishers distributors Ltd.New delhi.
- Complete Beautician course-Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd , New Delhi.
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<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Environmental Education</b>		
<b>Course Code</b>	<b>BV 304</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about the environment, various types of pollution and their control</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn about ecosystems and the impact of human activities</li> <li>Study different types of pollution and their effects</li> <li>Gain knowledge about waste management</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will become more aware about the environment and the importance of pollution control</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Basics of ecology, Ecosystem, Biodiversity, Human activities and its effect on ecology and eco system, different development i.e. irrigation, urbanization, road development and other engineering activities and their effects on ecology and eco system, Mining and deforestation and their effects, Lowering of water level, urbanization, Biodegradation and Biodegradability, composting, bio remediation, Microbes, Use of bio pesticides and bio fungicides.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li><b>Pollution:</b></li> <li>Sources of pollution, natural and manmade, their effects on living environments</li> </ul>	1/2	08
Unit III	<ul style="list-style-type: none"> <li><b>Water Pollution:</b></li> <li>Factors contributing water pollution and their effects, Domestic waste water and industrial waste water, Heavy metals, microbes and leaching metal, Physical, Chemical and Biological Characteristics of water, Indian standards for quality of drinking water, Treatment method of waste water, its reuse/safe disposal.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li><b>Air Pollution:</b></li> <li>Definition of Air Pollution, causes and its effects on the environment, Monitoring and control of air pollutants, Control measures, techniques, Vehicular pollution.</li> </ul>	1/2	07



Unit V	<ul style="list-style-type: none"> <li>● <b>Noise Pollution:</b></li> <li>● Sources of noise pollution, its effect and control</li> </ul>	1/2	08
Unit VI	<ul style="list-style-type: none"> <li>● <b>Solid Waste Management:</b></li> <li>● Municipal solid waste, Biomedical waste, Industrial and Hazardous waste, Plastic waste and management</li> </ul>	1/2	07

**References:**

- Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner.
- Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India, Email:mapin@icenet.net (R)
- Brunner R.C., 1989, Hazardous Waste Incineration, McGraw Hill Inc. 480p
- Clark R.S., Marine Pollution, Clarendon Press Oxford (TB)
- Cunningham, W.P. Cooper, T.H. Gorhani, E & Hepworth, M.T. 2001, Environmental Encyclopedia, Jaico Publ. House, Mumabai, 1196p
- De A.K., Environmental Chemistry, Wiley Eastern Ltd.
- Down to Earth, Centre for Science and Environment (R)
- Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute Oxford Univ. Press. 473p
- Hawkins R.E., Encyclopedia of Indian Natural History, Bombay Natural History Society, Bombay (R) j) Heywood, V.H & Waston, R.T. 1995. Global Biodiversity Assessment. Cambridge Univ. Press 1140p. k) Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284 p

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Human Nutrition-I</b>		
<b>Course Code</b>	<b>BV 305</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about nutrition and balanced diet</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand human nutrition and energy requirements</li> <li>Learn about different food components and calories</li> <li>Study weight management and the importance of a balanced diet</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain insights into proper nutrition and food intake</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Concept and definition of terms-</b></li> <li>Nutrition, Malnutrition and Health: Scope of Nutrition.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li><b><u>RDA- Recommended dietary allowance.</u></b></li> <li>Minimum Nutritional Requirement and RDA: formulation of RDA and Dietary Guidelines Reference Man and Reference Woman, Adult consumption unit.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li><b>Energy in Human Nutrition:</b></li> <li>Idea of Energy and its unit, Energy Balance, Assessment of Energy Requirements—deficiency and excess, Determination of Energy in food, B.M.R. (basal metabolic Rate) and its regulation, S.D.A.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li><b>Calorie chart</b></li> <li>Calorie contains in rice, pulses, cereals, sugar, wheat, jawar, bajra, etc. All grains per 100gm units.</li> <li>In vegetable and fruits</li> <li>Milk and cottage cheese ( paneer ) curd or biological products</li> <li>Cooked, semi cooked, boiled and uncooked food</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li><b>Balance Diet –</b></li> <li>For all ages, professionals &amp; all stages of life.(e.g Pregnancy, Old Age) Vitamins &amp; food components. Weight gain problem introduction, reasons &amp; confusions. Eating disorders.</li> </ul>	1	15

Unit VI	<ul style="list-style-type: none"> <li>● <b>Weight Management as a business:</b></li> <li>● The benefits of exercise. Diet types.</li> <li>● Anticipate food allergies.</li> <li>● International, national, regional agencies and organizations. Nutritional intervention programs to combat malnutrition. Anticipate food allergies.</li> </ul>	1	15
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>● Robinson CH and Lawler M(1990): Normal and Therapeutic Nutrition. 17th Revised Ed. Macmillan USA.</li> <li>● SwaminathanM(2007): Essentials of Food and Nutrition(Vol. I &amp; II), 2nd Ed. Bappco</li> <li>● GopalanC , Rama Sastri BV and Balasubramanian SC(2016): Nutritive value of Indian Foods, Indian Council of Medical Research.</li> <li>● Nutrient Requirements and Recommended Dietary Allowance for Indians, Indian Council of Medical Research: New Delhi.</li> <li>● FAO/WHO/UNO: Technical Report Series, 724 (1985). Energy and Protein Requirement, Geneva.</li> <li>● SrilakshmiB(2014): Dietetics, 7th Multicolour Ed. New Age International (P) Ltd.</li> <li>● Guthrie AH(1986):Introductory Nutrition, 6th Revised Ed., McGraw-Hill Inc., US</li> <li>● Don't lose your mind lose your weight , by Rujata Diwekar</li> <li>● 12 week fitness project by Rujata Diwekar</li> <li>● Indian super foods by Rujata Diwekar</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Advance Beauty Care</b>		
<b>Course Code</b>	<b>BV 306</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>III</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn how to use machines for treating skin problems</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn how to operate various machines like ultrasonic, micro dermabrasion and vacuum suction</li> <li>Understand the use of chemical peels</li> <li>Gain knowledge on the indications and contraindications of each treatment</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to carry out machine treatments on the skin</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Learn the structure of Ultrasonic machine</li> <li>Learn how very high frequency can penetrate till the Dermis layer</li> <li>Learn how to operate Ultrasonic machine with flat knob for deep penetrative of a specific product</li> <li>Learn to use the Ultrasonic probe to work on wrinkles</li> <li>Learn how to use Ultrasonic on body parts</li> <li>Learn How to use Antitan, Anti wrinkles and Humectant products to get the best results with Ultrasonic machine</li> <li>Learn how to take precautions while using the machine</li> <li>Understand the indications and contra indications of Ultrasonic machine use</li> </ul>	1	15

Unit II	<ul style="list-style-type: none"> <li>• Learn the structure of Micro Derma Abrasion machine</li> <li>• Understand the types of crystals used in it</li> <li>• Learn the indications and contra indications of the treatment</li> <li>• Learn what is exfoliating and how important shreading is for the skin to breathe and give a natural glow</li> <li>• Precautions while using the machine ,like avoid dragging of the skin</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>• Earn the structure of the Vacuum suction machine</li> <li>• Learn how to maintain the percentage of suction while working with it</li> <li>• Learn the indications and contra indications of the machine</li> <li>• Learn the directions in which you are suppose to move the suction cup</li> <li>• Learn how important it is to work according to the lymph nodes positions</li> <li>• Learn why should you avoid using it on a bony client</li> <li>• Effects and benefits of the Vacuum suction machine</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>• What is ozone and learn how important it is to help solve skin and hair problems</li> <li>• Learn the structure of the Ozone steamer</li> <li>• Learn to whom you can give Ozone steam</li> <li>• Learn how it works</li> <li>• Effects and benefits of Ozone steaming</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li>• Observe and learn the structure of the Meso gun</li> <li>• Learn to do skin needling</li> <li>• How one can do skin needling manually</li> <li>• Learn how important it is to numm the skin before using a Meso gun</li> <li>• Learn the indications and contra indications of the treatment</li> <li>• Learn the different products and chemical peels to be used in the Mesotherapy</li> <li>• Precautions to be taken while doing the treatment</li> <li>• Learn how important it is to follow sterilisation and sanitation rules strictly in Mesotherapy</li> <li>• Post care after doing the treatment</li> </ul>	1	15

UnitVI	<ul style="list-style-type: none"> <li>• Learn what are the chemical peels</li> <li>• Learn the various types of chemical peels and how to use them</li> <li>• Learn indications and contra indications while using peels</li> <li>• Learn the effects and benefits of different peels</li> <li>• Learn the pre treatments while doing chemical peels</li> <li>• Learn which peels to use for pigmentation and Antitan effects</li> <li>• Learn which peels to use for skin lifting and Anti aging effects</li> <li>• Learn the precautions to be taken while giving chemical peels treatments</li> <li>• Learn the gradual steps to be followed</li> <li>• Learn the post care and make the client understand the same</li> </ul>	1	15
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Hair, Skin and Beauty Care 9The complete body Book-Blossom Kochar (2000) VBSPD/VBS</li> <li>• Publishers distributors Ltd.New delhi.</li> <li>• Complete Beautician course-Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd , New Delhi.</li> <li>• Practical Guide to Beautician Training- Madhumita Paudwal (2002) Asian publishers, New Delhi.</li> <li>• Classic makeup and beauty book Maureen Barry more Dave king (1996).</li> <li>• Dorling Kindersley,London.3.388 Geat Hair style Margit rudiger and rene Von</li> <li>• Samson (2002) Sterling Publishing Co., Inc, Newyork.</li> <li>• Milady textbook of Beuty.</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Basic Food Science</b>		
<b>Course Code</b>	<b>BV 401</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>IV</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about food science and nutrition</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Study the definition and properties of different nutrients</li> <li>Understand the role of different constituents of food</li> <li>Learn the effects of over and under-consumption</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain in-depth understanding of essential nutrients</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Introduction to the concept of vegan food 08 Hrs Credit – 1/2</b></li> <li>Basic concept on Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients.</li> </ul>	1	15
Unit II	Carbohydrates - Definition, Classification, Structure and properties. Monosaccharides - glucose, fructose, galactose. Disaccharides - Maltose, lactose, sucrose Polysaccharides - Dextrin, starch, glycogen, resistant starch. Carbohydrates - Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health. Digestion and absorption of carbohydrate. Myths about carbohydrates. Types of carbohydrates. Benefits. Smather's Theory of carbohydrates. What is simple carbs and complex carbs.	1	15
Unit III	<ul style="list-style-type: none"> <li>Lipids -Definition, Classification &amp; Properties. Fatty acids-composition, properties, types. Lipids</li> <li>Sources, daily requirements, functions. Digestion &amp; Absorption of nutrients. Role &amp; nutritional significances of PUFA,( Poly Saturated Fatty Acids) Mufa, ( Mono Saturated ) SPF ( Saturated Acid) W-3 ( OMEGA 3) fatty acid.</li> </ul>	1/2	10

Unit IV	<ul style="list-style-type: none"> <li>Proteins- Definition, Classification, Structure &amp; properties. Amino acids Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health. Digestion &amp; absorption.</li> </ul>	½	05
Unit V	<p>1.Dietary Fibre</p> <p>Classification, source , composition, properties &amp; neutralization significance</p> <p>2.What is junk food? How does it affects?</p>	1/2	05
Unit VI	<ul style="list-style-type: none"> <li><b>Vitamins and Minerals</b></li> <li>Bio-Chemical and Physiological Role Physiological role, bio-availability and requirements, sources, deficiency &amp; excess.. Minerals &amp; Trace Elements, deficiency &amp; excess (Calci</li> <li>Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium) 4. 5. Water - Functions, daily requirements, Water balance. Effects of nutrients, vitamins and minerals on body.</li> </ul>	1/2	10

#### References:

- SrilakshmiB( 2017): Nutrition Science,6th Multicolour Ed. New Age International (P) Ltd. RodayS(2012): Food Science and Nutrition, 2nd Ed. Oxford University Press.
- Mann J and TruswellsS(2017) : Essentials of Human Nutrition, 5th Ed. Oxford University Press. Wilson K and Walker J(2000): Principles and Techniques of Practical Biochemistry, 5th Ed. Oxford University Press.
- Sadasivan S and ManikamK(2007): Biochemical Methods, 3rd Ed. New Age International (P) Ltd.
- Oser B L(1965). Hawk's Physiological Chemistry, 14th Ed. McGraw-Hill Book
- Nath RL and NathRK(1990). Practical biochemistry in clinical medicine, 2nd Ed. Academic Publishers.
- Sen AR, Pramanik NK and Roy SK(2001): A treatise on analysis of food fat and oil, Oil Technologists Association of India (EZ), Kolkata, 76, 119.
- Plummer D( 2017): An introduction of Practical Biochemistry, 3rd Ed. McGraw Hill Education. SwaminathanM(2007): Essentials of Food and Nutrition(Vol. I & II), 2nd Ed. Bappco. 11.Meyer LH (2004): Food Chemistry, CBS Publishers & Distributors.
- Don't lose your mind lose your weight , by Rujata Diwekar
- 12 week fitness project by Rujata Diwekar
- Indian super foods by Rujata Diwekar
- basic food science by Rujata Diwekar
- Effortless weight loss by Dr. Jagannath Dixit



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	Advance makeup skills		
<b>Course Code</b>	BV 402		
<b>Class</b>	S.Y.	<b>Semester</b>	IV
<b>No. of Credits</b>	04	<b>Contact Hours</b>	60
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain in-depth knowledge about make-up and hair styling</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn about different make-up products</li> <li>Understand various make-up styles for different occasions</li> <li>Study hairstyling and sari draping</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will develop knowledge about how to do various types of make-up, hair styles and sari draping</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<p>Understanding the concept of colour cosmetics</p> <p>A )Types of foundations / Base ( Pan stick, Pan cake, Liquid etc ) Role of a concealer in the base</p> <p>Selection of the right foundation</p> <p>Understanding the difference between powder compact, loose powder ,shimmering dust etc</p> <p>B) Types of Eyeshadows ( Liquid, pencils, cakes etc)</p> <p>Types of eyeliners ( Liquid, pencils, cakes ,gels etc)</p> <p>What is the role of mascara?</p> <p>What is coloured and transparent mascara Products used in giving Smoky eyes effects</p> <p>D )Understanding the difference between Lipsticks, Lip liners, Lip pencils and Lip gloss</p> <p>What is the difference between moisturising ,matt and glossy lipsticks</p> <p>How to choose a correct lipstick shade according to the skin colour. Different styles of applying the base, eye makeup shimmer and lipsticks.</p>	1/2	05

Unit II	A )What is HD make up. Understanding the HD products . What is an Air brush make up Understanding the use of air brush make up gun Understanding the products and process used in air brush makeup	1/2	10
Unit III	What is corrective makeup Understanding various face shapes How to do face contour Understanding the products used in doing a corrective makeup Understanding the specialty of Fashion or catwalk makeup Understanding the specialty of photography and modelling make-up How to do a last longing make-up Term Glamour make-up	1	10
Unit IV	<b>Bridal</b> Make-up of various types Matt finish Daytime Bridal make-up Traditional look for afternoon Rituals of a wedding Glamorous Bridal makeup for evening Reception Shimmer night time Bridal make-up Party make-up Attractive make-up for Bride's friends and family members ( Siders make-up )	1	20
Unit V	<ul style="list-style-type: none"> <li>• Advance hair styling</li> <li>• Understating the deference between Bridal hair styles and other events hair styles Understanding the difference between Traditional and modern hair styling Understanding the difference between Indian and Indo- Western hairstyles</li> <li>• Observing different types of hair decoration articles and the purpose of placing them at particular position</li> </ul>	1/2	10
Unit VI	Saree Draping A Different ways of draping sarees. Maharashtrai Gujarati Rajasthani Bengali South Indian Odisse etc B Things to be taken in to consideration while draping a saree, such as Occasion . Traditional or modern Fabric / texture Posture of a person who is going to wear it.	1/2	05

**References:**

- Professional basic beautician course by Suwarna Gugle
- The Art of Fashion Draping by Connie Amaden-Crawford published by Fairchild Publications.
- Draping for Fashion Design by Hilde Jaffe & Nurie Relis published by Pearson Education.
- Bobby brown makeup Manuel
- Face forward by kevyn Aucoin
- About face by Scott Barnes
- Make up book by Sally Norton
- Professional Basic Beautician course by Suwarna Gugle
- Body Treatments and Dietetics For The Beauty Therapist by Ann Gallant

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	Cosmetology		
<b>Course Code</b>	BV 403		
<b>Class</b>	S.Y.	<b>Semester</b>	IV
<b>No. of Credits</b>	04	<b>Contact Hours</b>	60
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop knowledge about cosmetology</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand various raw materials used for making beauty products</li> <li>Learn how to make products using kitchen supplies</li> <li>Study the making of hair products</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will develop knowledge about how to make skin and hair cosmetics for personal use</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Introduction to Cosmetology for self-use</b></li> <li><b>Bridge course of science stream is must to manufacture for commercial use</b></li> <li>Get the knowledge of basic raw materials used to make cosmetics like oils, different types of wax, Fuller's earth etc.</li> <li>Learn about the basic Emulsions</li> <li>Difference between water soluble and fat soluble Emulsions</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Composition, ingredients and formula of different types of skin and hair care products</li> <li>Learn to make Cleansing products for different types of skin like</li> <li>Cleansing milk</li> <li>Lemon or citrus Cleansing milk for oily skin</li> <li>Lavender or soothing Cleansing milk for sensitive skin</li> <li>Cleansing creams for dry skin</li> <li>Cleansing wipe offs</li> </ul>	1/2	10

Unit III	<ul style="list-style-type: none"> <li>• Learn to make facial creams for different types of skin like</li> <li>• Cold cream ,Nourishing creams, Vitamins base creams etc</li> <li>• Day creams and Night creams</li> <li>• Skin food creams ,Anti aging creams ,Antitan and Anti wrinkles creams,Bleach cream</li> <li>• Learn to make Body lotions and Moisturiser</li> <li>• Understand what is SPF</li> <li>• Learn special sunscreen lotion using appropriate strengths SPF</li> <li>• Hands and feet care cosmetics</li> <li>• Composition and function of the various constituents used in the cosmetics used for the care of</li> <li>• handstand feet</li> <li>• Hydrating and extra nourishing creams and lotions for dry hands and feet</li> <li>• Cuticle cream making with extra softening agents</li> <li>• Wax with different flavours</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>• Skin tones and Facial masks</li> <li>• Understand PH balancing agents. Introduction, Composition and Function of their ingredients</li> <li>• How Witch Hazel is important in making Toners and Astringent lotions</li> <li>• Learn to make different types of Facial masks</li> <li>• Learn to make setting and non-setting masks</li> <li>• Learn to make skin tightening, Thermoherb mask</li> </ul>	1/2	05
Unit V	<ul style="list-style-type: none"> <li>• Homemade Cosmetics using ingredients from the Kitchen</li> <li>• Earn to make different types of scrubs using Almond, Apricot, Oats,Rice ,Rock salt Gram flour</li> <li>• etc</li> <li>• Learn to make different types of creams using Milk cream, Butter, soyabin oil ,Olive oil etc</li> <li>• Learn to make anti aging cream with red lentils and flax seeds</li> <li>• Learn to make skin whitening and tightening products using Tomato, Lemon, Potato,Cucumber,</li> <li>• Apple and Carrot juice</li> <li>• Learn to make hair oil with coconut oil Hibiscus, Amla, Brahmi,Maka etc.</li> </ul>	1	15
Unit VI	<ul style="list-style-type: none"> <li>• Cosmetics for Hair and scalp care</li> <li>• Introduction, Classification, Composition and Function of the following</li> <li>• Shampoo to suit different types of hair</li> <li>• Conditioner</li> <li>• Setting lotions</li> <li>• Setting gels</li> <li>• Hair serums</li> <li>• Hair masks or wraps</li> <li>• Hair wax</li> </ul>		

**References:**

- Pivot Point International, (2005), Salon Fundamentals, A Resource For Your Cosmetology Career: Study Guide, Pivot Point Intl Inc.
- Janet Simms, A Practical Guide to Beauty Therapy, ISBN 0-7487-1505-8. Lorraine Nordman, Beauty Therapy –The Foundation, ISBN 0-333-60107-6.
- Gaynot Winard, A Guide for Health & Beauty Therapists Volume- 1 Face, Hands & Feet, ISBN 0-582-24790-X.
- Ann Gallant, Principles & Techniques for the Beauty Specialist, ISBN 0-748715509. Susan Cressay, The Beauty Therapy Fact File, ISBN -0 750604670.
- Beauty Therapy Compiled by Maya Paranjape
- Lorraine Nordman, Beauty Therapy-The Foundation Level II.  
Standard textbook on Cosmetology, My Lady Publication

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Basic Food Science</b>		
<b>Course Code</b>	<b>BV 404</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>IV</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about food science and nutrition</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Study the definition and properties of different nutrients</li> <li>Understand the role of different constituents of food</li> <li>Learn the effects of over and under-consumption</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain in-depth understanding of essential nutrients</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Identification of Mono, Di and Polysaccharides</li> <li>Identification of Proteins</li> <li>Identification of Glycerol</li> </ul>	1	10
Unit II	<ul style="list-style-type: none"> <li>Determination of Ash content in food</li> <li>Determination of Moisture content in food</li> <li>Determination of calcium, iron and Vitamin C content in foods</li> </ul>	1	20
Unit III	<p>Examples of food that contain carbohydrates, protein and fat.  Examples of food / fruits that contain vitamins A , B , C , D , K etc.  Make a table of food that helps to have a glowing skin healthy hair and good eyesight.  Role of minerals in food.</p>	1	20
Unit IV	<p>Meal plans , Plant based meal plan, Vegan meal plan</p> <p>Pure vegetarian meal plan, How to do meal prep</p> <p>Quick meal receipes, Make a different types of salads , Sprouts bhel, Protein base salad , Make various types of soups.</p>	1	20
Unit V	<p>Learn to calculate the BMI and BMR.  Learn the method of calorie counting.  Understand food pyramid.</p>	2	20

## References:

- SrilakshmiB( 2017): Nutrition Science,6th Multicolour Ed. New Age International (P) Ltd.
- RodayS(2012): Food Science and Nutrition, 2nd Ed. Oxford University Press.
- Mann J and TruswellsS(2017) : Essentials of Human Nutrition, 5th Ed. Oxford University Press. Wilson K and Walker J(2000): Principles and Techniques of Practical Biochemistry, 5th Ed. Oxford University Press.
- Sadasivan S and ManikamK(2007): Biochemical Methods, 3rd Ed. New Age International (P) Ltd.
- Oser B L(1965). Hawk's Physiological Chemistry, 14th Ed. McGraw-Hill Book
- Nath RL and NathRK(1990). Practical biochemistry in clinical medicine, 2nd Ed. Academic Publishers.
- Sen AR, Pramanik NK and Roy SK(2001): A treatise on analysis of food fat and oil, Oil Technologists Association of India (EZ), Kolkata, 76, 119.
- Plummer D( 2017): An introduction of Practical Biochemistry, 3rd Ed. McGraw Hill Education. SwaminathanM(2007): Essentials of Food and Nutrition(Vol. I & II), 2nd Ed. Bappco. 11.Meyer LH (2004): Food Chemistry, CBS Publishers & Distributors.
- Don't lose your mind lose your weight , by Rujata Diwekar
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- Indian super foods by Rujata Diwekar
- Basic food science by Rujata Diwekar
- Effortless weight loss by Dr. Jagannath Dixit



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Advance makeup skills</b>		
<b>Course Code</b>	<b>BV 405</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>IV</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop skills in make-up and hairstyling</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn how to use different make-up products</li> <li>Practice doing different make-up styles for various occasions</li> <li>Learn how to do hair styles</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to do a variety of make-ups and hair styles</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit 1	Use different types of foundation bases on various models having different skin colours. Practice different types of eye makeup with different colours. Practice different types of make ups such as Day make up Evening and party makeup Oily and matte finish makeup Practice smokey eyes makeup	2	30
Unit II	Practice HD make up with special HD products Learn HD waterproof make-up Learn and practice Airbrush spray make-up with the gun Learn how to control the speed and force of the Airbrush gun	2	20

Unit III	<p>Work on various types of face shapes and skin colours</p> <p>Learn how to do camouflage make-up</p> <p>Practice Fashion and rampwalk make-up thoroughly</p> <p>Learn to do the photography make-up while understanding the camera angles</p> <p>Get the knowledge of last longing make-up products and check it's reality</p> <p>Practice Glamour make-up</p>	1	20
Unit IV	<ul style="list-style-type: none"> <li>• Explore doing various kinds of Bridal make ups for different types of rituals</li> <li>Practice Bridal make up on different types of skin oily, normal and dry</li> <li>• Work on four different models for Day, afternoon evenings and late evenings or night wedding functions</li> <li>• Do party make up on four different models as sider make up</li> </ul>	1/2	10
Unit V	<p>Do six types of Bun hairstyles</p> <p>Do six types of loose hairstyles using tong and crimpling machines</p> <p>Do six types of Traditional hairstyles according to the saree draping style e.g</p> <p>Nine yard saree with Khopa hairstyle</p> <p>Explore using a variety of hair decoration accessories on hairstyles</p>	1/2	10
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Professional basic beautician course by Suwarna Gugle</li> <li>• The Art of Fashion Draping by Connie Amaden-Crawford published by Fairchild Publications.</li> <li>• Draping for Fashion Design by Hilde Jaffe &amp; Nurie Relis published by Pearson Education.</li> <li>• Bobby brown makeup Manuel</li> <li>• Face forward by kevyn Aucoin</li> <li>• About face by Scott Barness</li> <li>• Make up book by Sally Norton</li> <li>• Professional Basic Beautician course by Suwarna Gugle</li> <li>• Body Treatments and Dietetics For The Beauty Therapist by Ann Gallant</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Cosmetology</b>		
<b>Course Code</b>	<b>BV 406</b>		
<b>Class</b>	<b>S.Y</b>	<b>Semester</b>	<b>IV</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop knowledge about cosmetology</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand various raw materials used for making beauty products</li> <li>Learn how to make products using kitchen supplies</li> <li>Study the making of hair products</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will develop knowledge about how to make skin and hair cosmetics for personal use</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Get the knowledge of basic raw materials used to make cosmetics like oils, different types of wax, Fuller's earth etc</li> <li>Learn about the basic Emulsions</li> <li>Difference between water soluble and fat soluble Emulsions</li> </ul>	1	10
Unit II	<ul style="list-style-type: none"> <li>Composition, ingredients and formula of different types of skin and hair care products</li> <li>Learn to make Cleansing products for different types of skin like</li> <li>Cleansing milk</li> <li>Lemon or citrus Cleansing milk for oily skin</li> <li>Lavender or soothing Cleansing milk for sensitive skin</li> <li>Cleansing creams for dry skin</li> <li>Cleansing wipe offs</li> </ul>	1	10
Unit III	<ul style="list-style-type: none"> <li>Learn to make facial creams for different types of skin like</li> <li>Cold cream ,Nourishing creams, Vitamins base creams etc</li> <li>Day creams and Night creams</li> <li>Skin food creams ,Anti aging creams ,Antitan and Anti wrinkles creams, Bleach cream</li> <li>Learn to make Body lotions and Moisturizer</li> <li>Understand what is SPF</li> </ul>	1	20

	<ul style="list-style-type: none"> <li>• Learn special sunscreen lotion using appropriate strengths SPF</li> <li>• Hands and feet care cosmetics</li> <li>• Composition and function of the various constituents used in the cosmetics used for the care of</li> <li>• handstand feet</li> <li>• Hydrating and extra nourishing creams and lotions for dry hands and feet</li> <li>• Cuticle cream making with extra softening agents</li> <li>• Wax with different flavors</li> </ul>		
Unit IV	<ul style="list-style-type: none"> <li>• Skin toners and Facial masks</li> <li>• Understand PH balancing agents . Introduction, Composition and Function of their ingredients</li> <li>• How Witch Hazel is important in making Toners and Astringent lotions</li> <li>• Learn to make different types of Facial masks</li> <li>• Learn to make setting and non setting masks</li> <li>• Learn to make skin tightening, Thermoherb mask</li> </ul>	1	30
UnitV	<ul style="list-style-type: none"> <li>• Home made Cosmetics using ingredients from the Kitchen</li> <li>• Earn to make different types of scrubs using Almond, Apricot, Oats,Rice ,Rock salt Gram flour</li> <li>• etc</li> <li>• Learn to make different types of creams using Milk cream, Butter, soyabin oil ,Olive oil etc</li> <li>• Learn to make anti aging cream with red lentils and flax seeds</li> <li>• Learn to make skin whitening and tightening products using Tomato, Lemon, Potato,Cucumber,</li> <li>• Apple and Carrot juice</li> <li>• Learn to make hair oil with coconut oil Hibiscus, Amla, Brahmi,Maka etc.</li> </ul>	1	10
UnitVI	<ul style="list-style-type: none"> <li>• Cosmetics for Hair and scalp care</li> <li>• Introduction, Classification, Composition and Function of the following</li> <li>• Shampoo to suit different types of hair</li> <li>• Conditioner</li> <li>• Setting lotions</li> <li>• Setting gels</li> <li>• Hair serums</li> <li>• Hair masks or wraps</li> <li>• Hair wax</li> </ul>	1	10

**References:**

- Pivot Point International, (2005), Salon Fundamentals, A Resource For Your Cosmetology Career: Study Guide, Pivot Point Intl Inc.
- Janet Simms, A Practical Guide to Beauty Therapy, ISBN 0-7487-1505-8. Lorraine Nordman, Beauty Therapy –The Foundation, ISBN 0-333-60107-6.
- Gaynot Winard, A Guide for Health & Beauty Therapists Volume- 1 Face, Hands & Feet, ISBN 0-582-24790-X.
- Ann Gallant, Principles & Techniques for the Beauty Specialist, ISBN 0-748715509. Susan Cressay, The Beauty Therapy Fact File, ISBN -0 750604670.
- Beauty Therapy Complied by Maya Paranjape
  
- Lorraine Nordman, Beauty Therapy-The Foundation Level II. Standard textbook on Cosmetology, My Lady Publication

**B.Voc. in Beauty and Wellness  
(BW)**

<b>Course Name</b>	<b>Business Organization and Entrepreneurship Development</b>		
<b>Course Code</b>	<b>BV 501</b>		
<b>Class</b>	<b>T.Y</b>	<b>Semester</b>	<b>V</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To study business organization and entrepreneurship</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand the role of an entrepreneur</li> <li>Develop knowledge about the functioning of a business</li> <li>Learn about small-scale industries and government rules</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will develop skills on how to become an entrepreneur</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Introduction</b></li> <li>Importance of becoming an Entrepreneur. Traits of an Entrepreneur. Make a business projects/business model.</li> <li>Entrepreneur, entrepreneurship, its meaning and importance, qualities of an entrepreneur, entrepreneur motivation, training, achievement, planning.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li><b>Small scale industries</b></li> <li>Role and importance of small-scale industries, village industry, tiny industry, small scale and ancillary industry. General principles of organisation and management nature, types and functions</li> <li>Understanding the needs of the locals and make a business model to suit them</li> </ul>	1	15

Unit III	<ul style="list-style-type: none"> <li>• <b>Financial Management:</b></li> <li>• Estimating and costing, financial institutions for land, infrastructure, machinery and raw materials.</li> <li>• Understanding the budget. Plan accordingly. Fund raising. Understand the benefits of business loan. Planning of taxes. Knowledge of women empowerment programs.</li> </ul>	½	10
Unit IV	<ul style="list-style-type: none"> <li>• <b>Marketing Techniques:</b></li> <li>• Project selection based on market survey, demand and supply estimation product life cycle. Basic concept of marketing and salesmanship. Managing human resource. Use of communication skills. Understanding and taking help of promotional organizations.</li> </ul>	½	10
Unit V	<ul style="list-style-type: none"> <li>• Project identification, analysis and report writing</li> </ul>	1/2	05
Unit VI	<ul style="list-style-type: none"> <li>• <b>Export Management and Government Rules</b></li> <li>• Documentation, Procedures and brief introduction of Export promotion organization, Rules and regulation, Policies, Single story Vs Multi story layout</li> </ul>	1/2	05

**References:**

- Entrepreneurial Development, by Khanka S.S.
- Entrepreneurial Development and Small Business Management, by Dr P. T. Vijayashree & M. Alagammai
- Entrepreneurial Development by Desai
- Dynamics of Entrepreneurial Development and Management, by V. Desai
- Entrepreneurial Development, by Dr C B Gupta and Dr N P Srinivasan
- Entrepreneurial Finance, Third Edition: Finance and Business Strategies for the serious Entrepreneur, by Steven Rogers and Roza E Makonnen

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Spa Therapy and Management</b>		
<b>Course Code</b>	BV 502		
<b>Class</b>	T.Y.	<b>Semester</b>	V
<b>No. of Credits</b>	04	<b>Contact Hours</b>	60
<b>Aim-</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about spa therapy and management</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand human anatomy, physiology and first aid</li> <li>Learn about various spa therapies</li> <li>Acquire knowledge about spa as a career</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn about spa therapies and how to manage a spa</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Introduction to anatomy and physiology of skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems.</li> </ul>	½	10
Unit II	<ul style="list-style-type: none"> <li>Understanding the importance of emergencies (Cardiac arrest, loss of consciousness, etc.) . Acquire the knowledge of First-Aid in this special sector.</li> </ul>	1	10
Unit III	<ul style="list-style-type: none"> <li>History and introduction to SPA, Types of SPA, Introduction to complementary SPA therapies – Acupressure, Colon therapy, Chinese medicine, Ear Candling, Electropathy, Gem therapy, Herbalism, <u>Flower remedies</u>, Naturopathy, Physiotherapy, Reiki, Tibetan Medicine, Introduction to Med SPA treatments like Botox, Fillers, Liposuction etc. <u>Role of Ayurveda</u>.</li> </ul>	½	10
Unit IV	<ul style="list-style-type: none"> <li>SPA products and knowledge – Licensing (Drug Control), Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies of Herbs, Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Facial Products, Preservatives, Active Ingredients, Carrier Oil &amp; Base Creams, Pre blended oils, Scientific technique of blending oils. Pre Blended creams, Soaps, Shampoos, lotions.</li> </ul>	½	10



UnitV	<ul style="list-style-type: none"> <li>• <u>Indications and contraindication to massage</u> –</li> <li>• Massages – History, Types, Steps, Treatment Preparation, Sops and Benefits of Swedish Massage, Abhyangam Massage, Thai Body Massage, Body Scrub And Body Wrap, Hydrotherapy and Basic Facial.</li> <li>• Reflexology</li> <li>• Hot stone massage</li> <li>• Doc. Vooder’s Lymph Draining Massage</li> <li>• Indian head &amp; shoulder massage Body Polishing Sauna, Steam bath. Pre and Post care</li> </ul>	1	10
Unit VI	<ul style="list-style-type: none"> <li>• SPA as a career – basic requirements, remuneration/earning, SPA career options, starting own SPA business, job opportunities in India and Abroad, roles and responsibilities of SPA therapist. Job on cruise. On the air ports (Specially foot reflexology)</li> <li>• Omitted Chapter-2 completely because it is irrelevant for the student of spa theory but</li> <li>• knowledge of first aid is important. Homeopathy practice and acupuncture is a doctor’s job so instead of this students can learn flower remedies. Bridge course is needed for med spa therapies</li> </ul>	½	10
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.</li> <li>• Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority), Thomson learning, London. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishers.</li> <li>• Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry: Spa Management, Butterworth Heinemann Publishers, USA.</li> <li>• Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall, New Delhi.</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Introduction to Fitness with Yoga, Aerobics, Strength Training, Wellness Coaching</b>		
<b>Course Code</b>	BV 503		
<b>Class</b>	T.Y.	<b>Semester</b>	V
<b>No. of Credits</b>	04	<b>Contact Hours</b>	60
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To study fitness, health and wellness</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn about good posture, yoga, gym and aerobics</li> <li>Gain knowledge about a balanced diet and nutrition</li> <li>Study weight management and healthy lifestyle</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be well-informed about the various facets of a healthy lifestyle</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li><b>Body Perfection</b></li> <li>Understanding the importance of good posture. Different exercises and activities to improve the posture. Definition of good posture, Natural construction and function of human body, Description of feet, knees, pelvic, abdominal, ribs, shoulders, ears, chin, poor posture and how to correct it, posture while standing, sitting walking and evaluation of body defects,</li> </ul>	½	05
Unit II	<ul style="list-style-type: none"> <li><b>Yoga</b></li> <li>Introduction to Yoga and Ashtang yoga, its advantages, qualities of yoga, Importance of yoga in modern living, Yogic asanas, Light yogic exercises, their methods and benefits, Bhava shudhi or pure thought meditation, All exercises of Surya Namaskar, Purification of body through six purification process (Shatkarmas)</li> <li>Different types of Asanas specially for women e.g. to improve the state of Menstrual Cycle. Post-delivery Asanas.</li> <li>Meditation: Importance and practice</li> <li>Understanding Chakras Importance of Pranayama</li> <li>Yoga for overall development of inner and outer personality</li> </ul>	1	15

Unit III	<ul style="list-style-type: none"> <li>● <b>Aerobics and Gym :</b></li> <li>● Introduction of aerobics, Importance, Diet, Strength training through aerobics, moves and techniques, Freestyle aerobics, Aerobics gymnastics, workout routines, Workout tips, Abs and Core Exercises, Arm Exercises, Back Exercises, Chest Exercises, Leg Exercises, shoulder Exercises, Athletes workouts.</li> <li>● Importance of gyms in modern time. Role of the Gym exercises in improving muscle tone. Understanding different machine, their uses and benefits for the body.</li> <li>● Contraindication to Gym Exercise and Aerobics. Importance of regularity. Co-relate Gym, Aerobic exercise with diet.</li> </ul>	½	10
Unit IV	<p><b>Dietetics:</b></p> <p>What is vegan diet. Effects and benefits of vegan diet.</p> <p>Introduction : Definition of dietetics</p> <p>Basic ingredients of normal diet-Study of proteins, carbohydrates, fats, minerals, salt, vitamins and water, Beauty diet, food containing vitamins and its method of preparation to prevent its destruction</p> <p>Balanced Diet – Different Aspects: Definition of calories, to calculate a diet in terms of calories, Calorie needs for different age groups, Diet chart based on high food value and low cost, diet to maintain normal health, A balanced diet, vegetarian and non-vegetarian, Diet for reducing or putting on weight, Diet to be taken during summer, winter and rainy season.</p> <p>Understanding the importance of four-square meal.</p> <p>What is Intermittent diet</p> <p>Effect of food: Effect of food on various systems of the human body, Types of food having good effect on the important organs of the body.</p> <p>Malnutrition: Malnutrition and associated diseases, Effect of ill-balanced diet on health, Effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail</p> <p>Ghrelin Hormone and its effects</p>	1	15

Unit V	<p><b>Introduction to Health and Wellness</b></p> <p>Achieving Personal Health  Mind-Body Communications to Maintain Wellness  Seven dimension of wellness(Social, Emotional, Spiritual, Environmental, Occupational, Intellectual, physical)  Managing Stress and Mental Health  Eating and Exercising Toward a Healthy Lifestyle  Movement and Physical Activity for Health Understanding and Preventing Disease Understanding Drug Use and Abuse</p> <ul style="list-style-type: none"> <li>• Making Healthy Choices</li> </ul>	½	10
UnitVI	<ul style="list-style-type: none"> <li>• <b>Weight Management Strategy</b></li> <li>• Weight Related Term , Relation of Body Composition to Health , Body Fat Distribution Pattern and modifying Body Composition , Inappropriate Methods of Weight Loss and Female Athlete Triad</li> <li>• Understanding the muscle loss and fat loss. Intermittent diet weight loss. Frequent intake of food for weight loss  Role of sugar in weight loss  Introduction to bariatric surgery and liposuction</li> <li>• Indications contraindication after effects and benefits of these surgeries.</li> </ul>	½	05
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Yoga: The Path to Holistic Health, by B. K. S. Iyengar 2)Yoga Anatomy, by Leslie Kaminoff and Amy Matthews</li> <li>• The Science of Yoga: The Risks and the Rewards, by William Broad Yoga as Medicine, by Yoga Journal</li> <li>• Teaching Yoga: Essential Foundations and Techniques, Textbook by Mark Stephens  Aerobics Instructor Manual: The Resource for Fitness ProfessionalsHardcover – September, 1993 by Robert Goldstein, Richar T. Cotton</li> <li>• Wellness Coaching for Lasting Lifestyle Change - Second Edition Paperback – June 16, 2014. by Michael Arloski</li> <li>• Don't Loose Your Mind Loose Your Weight by Rujuta Diwekar</li> <li>• Indian Super Foods by Rujuta Diwekar</li> <li>• Effortless Weightloss by Dr Jagannath Dixit</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Business Organization and Entrepreneurship Development</b>		
<b>Course Code</b>	BV 504		
<b>Class</b>	T.Y.	<b>Semester</b>	V
<b>No. of Credits</b>	06	<b>Contact Hours</b>	90
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop salon management skills</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand client communication and staff management</li> <li>Learn to manage finances and make sound purchase decisions</li> <li>Study the importance of workplace hygiene and maintaining a good ambience</li> </ul>			
<b>Course Outcomes</b>			
Student will learn to balance between budget and requirements, Professionalism & commercial perspective.			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Learn how to segregate the infrastructure of the business</li> <li>Learn segregation of the duties as per the position of the staff</li> <li>Arrange the training programmes for the staff to update their knowledge</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Make a firm budget and stick to it</li> <li>Make optimum use of the budget</li> <li>Adjust finance according to the need of the business</li> <li>Check out the loan schemes to get benefitted</li> <li>Maintain bank account properly</li> <li>Try and save a certain amount every day and month</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Check that staff's modesty and politeness is maintained all the time</li> <li>Motivate the staff to work with total dedication and enthusiastic approach</li> <li>Maintain extreme hygiene and pleasant ambience in the salon</li> <li>Maintain safety at workplace</li> <li>Keep alert regarding client's services</li> <li>Check Client comfort on a priority basis <ul style="list-style-type: none"> <li>Maintain appointments sincerely</li> </ul> </li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Get the latest information about new products from the market</li> <li>Get to know different schemes offered by various cosmetics companies</li> <li>Try and get the products directly from the manufacturer to save money</li> </ul>	1	15

Unit V	<ul style="list-style-type: none"> <li>• Organise staff very well</li> <li>• Form the rules and regulations for the staff and Check its implementation</li> <li>• Provide good uniform to the staff and check it periodically</li> <li>• Check the uniformity of the hairstyles with the staff</li> <li>• Check staff sincerity and honesty periodically</li> </ul>	1	15
Unit VI	Arrange in house workshops for updating knowledge Arrange in house activities for clients Arrange in house fun events for everyone to maintain the ambience	1	15
<b>References:</b> <ul style="list-style-type: none"> <li>• Entrepreneurial Development, by Khanka S.S.</li> <li>• Entrepreneurial Development and Small Business Management, by Dr P. T. Vijayashree &amp; M. Alagammai</li> <li>• Entrepreneurial Development by Desai</li> <li>• Dynamics of Entrepreneurial Development and Management, by V. Desai</li> <li>• Entrepreneurial Development, by Dr C B Gupta and Dr N P Srinivasan</li> <li>• Entrepreneurial Finance, Third Edition: Finance and Business Strategies for the serious Entrepreneur, by Steven Rogers and Roza E Makonnen</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Spa Therapy and Management</b>		
<b>Course Code</b>	<b>BV 505</b>		
<b>Class</b>	<b>T.Y</b>	<b>Semester</b>	<b>V</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop skills in spa therapies and spa management</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand human anatomy and physiology</li> <li>Practice spa massage techniques and treatments</li> <li>Visit spas to understand the daily working of a spa</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to perform spa therapies and manage a spa</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	Revision of Anatomy and Physiology of Human body	1	15
Unit II	Learn and practice the following Therapies Acupuncture, Colon therapy , Electropathy, Flower remedies	1	15
Unit III	Study therapies by Homeopathy & Naturopathy Study of essential oils & aromatic oils	1	15
Unit IV	Massage techniques Effleurage, Patrisage , Rolling, Ironing , Cupping , Tapottment. Practicing thai massage Practicing foot reflexology	1	15
Unit V	<ul style="list-style-type: none"> <li>Body mask body wrap</li> <li>Body polishing</li> </ul>	1	15

Unit VI	<ul style="list-style-type: none"> <li>• Field visit to various spas</li> </ul>	1	15
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**References:**

- Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.
- Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority), Thomson learning, London. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishers.
- Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry: Spa Management, Butterworth Heinemann Publishers, USA.
- Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall, New Delhi.
- The complete spa book by Steve Capellini
- Spa Management by Lisa Capozio and Mary Wisnom



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Fitness and Yoga</b>		
<b>Course Code</b>	<b>BV 506</b>		
<b>Class</b>	<b>T.Y</b>	<b>Semester</b>	<b>V</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn fitness and wellness techniques</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Develop skills related to correct posture, yoga and fitness exercises</li> <li>Learn to make a diet plan</li> <li>Practice meditation techniques</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to perform fitness exercises and prepare diet plans</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<b><u>BODY PERFECTION :</u></b> <ul style="list-style-type: none"> <li>Study of Ectomorph, Endomorph and Mesomorph</li> <li>The study of different live models and their postures</li> <li>Study of different postures and postural faults.</li> <li>Learn the right way of how to sit, stand and walk gracefully</li> <li>Learning the defects in the posture of different models. through different</li> <li>Dividing the models in different age groups ,Plan different treatments for different models.</li> <li>Study in detail the models psychological and medical history.</li> <li>Learn the precautions to be taken while doing exercise.</li> <li>Make a body measurement chart of different models.</li> <li>Framing of different diets for different age groups.</li> <li>Practically learning</li> </ul>	1	15

	<p>and performing different exercises.</p> <ul style="list-style-type: none"> <li>• The treatments given through electrical and other instruments for achieving the desired results.</li> </ul>		
Unit II	<p><b><u>YOGA:</u></b></p> <p>Different points to be considered while performing yoga. Learning and practicing different exercises.</p> <p>Framing different yogic diets chart for different age groups. Learning and performing different asanas:</p> <p>Padmasana, Sarpasana, Shalabhasana, Dhanurasa, Sarvangasana, Gomukhasana, Vajrasana, Bhungasana Sukhasana, Halasana, Mekrasana, Tarasana, Shavasana, Trikonasana, Facial exercises through yoga</p> <p>Benefits of yogasanas for good muscle tone;</p> <p>Ardh-matsyendra and Purna-matsyendra asana, Paschimottana asana, Matsya asana, Suptavajrasana, Virasana, Lion's pose, realization posture, Bhadrasana, Vrikshasana (tree pose)</p>	1	15
Unit III	<ul style="list-style-type: none"> <li>• All exercises of Surya Namaskar or Sun Salutation.</li> <li>• Understand the importance of time and place while doing suryanamkar.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>• Learn the importance of meditation in current times.</li> <li>• Bhava sudhi or pure thoughts meditation.</li> <li>• Learn to use different types of soft music to meditate peacefully.</li> <li>• Learning &amp; practicing of controlling thoughts. Concentration and meditation in different asanas.</li> </ul>	1	15
Unit V	<ul style="list-style-type: none"> <li>• <b><u>AEROBICS &amp; GYM:</u></b></li> <li>• Introduction to aerobics,</li> <li>• Understand various types of aerobics exercises and their benefits.</li> </ul>	1	15

	<ul style="list-style-type: none"> <li>• Learn the importance of gym exercises and importance of regularity.</li> <li>• Learn various cardio exercises.</li> <li>• Learn the importance of gym exercises in improving muscle tone.</li> <li>• Importance of dress code while doing exercises.</li> </ul>		
Unit VI	<p><b>Dietetics:</b></p> <p>Beauty and slimming diet planning, through intermittent diet. Concept of vegan diet</p> <p>Preparation of seasonable fruit diet chart</p> <p>Calculating food items in terms of cost.</p> <p>Introduction to detox diet.</p>	1	15
	<p><b>Reference :-</b></p> <ul style="list-style-type: none"> <li>• Yoga: The Path to Holistic Health, by B. K. S. Iyengar 2)Yoga Anatomy, by Leslie Kaminoff and Amy Matthews</li> <li>• The Science of Yoga: The Risks and the Rewards, by William Broad Yoga as Medicine, by Yoga Journal</li> <li>• Teaching Yoga: Essential Foundations and Techniques, Textbook by Mark Stephens Aerobics Instructor Manual: The Resource for Fitness ProfessionalsHardcover – September, 1993 by Robert Goldstein, Richar T. Cotton</li> <li>• Wellness Coaching for Lasting Lifestyle Change - Second Edition Paperback – June 16, 2014. by Michael Arloski</li> <li>• Don't Loose Your Mind Loose Your Weight by Rujuta Diwekar</li> <li>• Indian Super Foods by Rujuta Diwekar</li> <li>• Effortless Weightloss by Dr Jagannath Dixit</li> </ul>		

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Internship / Actual practice and Project making.</b>		
<b>Course Code</b>	BV 601		
<b>Class</b>	T.Y.	<b>Semester</b>	VI
<b>No. of Credits</b>	04	<b>Contact Hours</b>	60
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To practice various topics learnt in the course</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Complete projects related to wellness and fitness</li> <li>Perform make-up techniques and hair styles</li> <li>Understand the role of a spa manager</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to get experience in the grooming and wellness areas</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Wellness.</li> <li>Term 'Wellness'. Importance of Well being. Meaning of Wellness. Optimum utilization of these means. Effects of music on Wellness. Effects and Importance of lighting on Well being.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>What is Fitness .</li> <li>Objective and Subjective angle to Fitness. Means and Purpose of Fitness. Types of Exercises.</li> <li>Indications and Contraindication</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Make-up Techniques and Hair Creative .</li> <li>Understanding the Fitz Patrik Pattern. Use of different kinds of Foundation according to Skin type and season, Learning face shapes and Hair Styles to suit that shape. Types of Hair and Styling them accordingly.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Understanding the Requirements to set up a Spa. Understanding the Role of Spa Manager.</li> <li>Understanding the Qualities of a Spa Therapist. Role of Etiquettes and manners at Spa.</li> </ul>	1	15

**References:**

- Makeup album by Richa Dave.
- Hair style studio by Urvashi Dave.
- Basic Beautician Course Book by Suwarna Gugle.
- Bobby Brown make-up Manuel
- Face forward by kevyn Aucoin
- About face by Scott Barness
- The complete spa book by Steve Capellini
- Spa Management by Lisa Capozio and Mary Wisnom

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>DigitalMarketing</b>		
<b>Course Code</b>	<b>BV602</b>		
<b>Class</b>	<b>T.Y.</b>	<b>Semester</b>	<b>VI</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn about digital marketing techniques</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand social media marketing for business</li> <li>Learn the importance of marketing through client offers</li> <li>Learn to make incentive plans for employees</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn to use digital marketing to grow business</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Understanding the Importance of Digital Marketing. How to use Social Media ( Face book/ Instagram etc.) effectively for your business.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Understanding the Importance of Website. Points to be considered while making a Website.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Importance of delivering offers to Clients. How to create different offers. How to keep Clients records and maintain the same.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Making different Incentive plans and Goals for the Co-Workers. How to set Targets for Co-Workers.</li> <li>Motivate Co-Workers to complete the Targets and receive incentives.</li> </ul>	1	15
<b>References:</b>			
<ul style="list-style-type: none"> <li>Digital marketing by Ryan Deiss and Russ Hennenberry</li> <li>Digital marketing strategy by Simon Kingsnorth</li> <li>Fundamentals of Digita marketing by Puneet Singh</li> <li>Digital marketing by Seema Gupta</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Skin Analyzation &amp; Treatment Plan</b>		
<b>Course Code</b>	<b>BV603</b>		
<b>Class</b>	<b>T.Y.</b>	<b>Semester</b>	<b>VI</b>
<b>No. of Credits</b>	<b>04</b>	<b>Contact Hours</b>	<b>60</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To gain knowledge about skin analyzation and treatment plan</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Learn to analyze skin and make a skin analyzation form</li> <li>Understand how to make a treatment plan using suitable products and machines</li> <li>Learn the importance of post-treatment home care routine</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to understand skin analysis and making a treatment plan</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Make a skin Analyzation Form.</li> <li>How to fill the Information in this Form.</li> <li>Points to be considered while Analysing the skin.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Make a Treatment Plan.</li> <li>Consider a variety of products while making a Treatment plan.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Set a Combination of Machine and Products according to Skin Type. Consider Indications and Contraindications.</li> </ul>	1	15
Unit IV	<ul style="list-style-type: none"> <li>Implementation of the Treatment Plan successfully. Post care. Advice Home Care to the Clients.</li> </ul>	1	15
<b>References:</b>			
<ul style="list-style-type: none"> <li>Basic Beautician Course Book by Suwarna Gugle.</li> <li>Advance Skin Analysis by Florence Barret – Hill</li> <li>Milady Text Book</li> <li>Body Treatments And Dietetics For The Beauty Therapist by Ann Gallant</li> </ul>			

<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Salon &amp; Spa setup practice makeovers</b>		
<b>Course Code</b>	<b>BV604</b>		
<b>Class</b>	<b>T.Y.</b>	<b>Semester</b>	<b>VI</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn how to set up a spa and practice makeovers</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Prepare a salon set up plan and learn to choose the right lighting and music</li> <li>Practice makeovers on various types of skin and hair</li> <li>Perform different workout exercises to prepare for long hours of standing work</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will gain knowledge about setting up a spa and doing various types of make-up and hair styles</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	Set up a salon plan. Considering all the required points.	2	20
Unit II	<ul style="list-style-type: none"> <li>Use of Soothing Lights and Selection of Music for the Salon / Spa .</li> </ul>	1	10
Unit III	<ul style="list-style-type: none"> <li>Do various types of workouts</li> </ul>	1	20
Unit IV	<ul style="list-style-type: none"> <li>Practice Make-up on various types of face shapes and on different types of skin colour models</li> </ul>	1	20
Unit V	<ul style="list-style-type: none"> <li>Practice different hair styles, traditional and modern using various techniques</li> </ul>	1	20
<b>References:</b>			
<ul style="list-style-type: none"> <li>The complete spa book by Steve Capellini</li> <li>Spa Management by Lisa Capozio and Mary Wisnom</li> <li>Workout book Shilpa Shetty</li> </ul>			



<b>B.Voc. in Beauty and Wellness (BW)</b>			
<b>Course Name</b>	<b>Digital marketing</b>		
<b>Course Code</b>	<b>BV605</b>		
<b>Class</b>	<b>T.Y.</b>	<b>Semester</b>	<b>VI</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To develop digital marketing skills</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Understand social media marketing for business</li> <li>Learn to design offers for clients</li> <li>Learn to make incentive plans for employees</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will learn to use digital marketing to grow business</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Understanding the Importance of Digital Marketing. How to use Social Media ( Facebook/ Instagram etc.) effectively for your business.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Understanding the Importance of Website. Points to be considered while making a Website.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Importance of delivering offers to Clients. How to create different offers. How to keep Clients records and maintain the same.</li> </ul>	2	30
Unit IV	<ul style="list-style-type: none"> <li>Making different, Incentive plans and Goals for the Co-Workers. How to set Targets for Co-Workers.</li> <li>Motivate Co-Workers to complete the Targets and receive their incentives.</li> </ul>	2	30
<b>References:</b>			
<ul style="list-style-type: none"> <li>Digital marketing by Ryan Deiss and Russ Hennenberry</li> <li>Digital marketing strategy by Simon Kingsnorth</li> <li>Fundamentals of Digital marketing by Puneet Singh</li> <li>Digital marketing by Seema Gupta</li> </ul>			

<b>Course Name</b>	<b>Skin Analyzation &amp; Working With Various Treatment Plains</b>		
<b>Course Code</b>	<b>BV606</b>		
<b>Class</b>	<b>T.Y.</b>	<b>Semester</b>	<b>VI</b>
<b>No. of Credits</b>	<b>06</b>	<b>Contact Hours</b>	<b>90</b>
<b>Aim</b>			
<ul style="list-style-type: none"> <li>To learn to carry out skin analyzation and make a treatment plan</li> </ul>			
<b>Objectives</b>			
<ul style="list-style-type: none"> <li>Practice analyzing skin and making a skin analyzation form</li> <li>Prepare treatment plan using suitable products and machines</li> <li>Develop consultation skills for post-treatment home care routine</li> </ul>			
<b>Course Outcomes</b>			
<ul style="list-style-type: none"> <li>Student will be able to carry out effective skin analysis and prepare a treatment plan</li> </ul>			
<b>Unit</b>	<b>Topics</b>	<b>Credit</b>	<b>Lectures</b>
Unit I	<ul style="list-style-type: none"> <li>Make a skin Analyzation Form.</li> <li>How to fill the Information in this Form.</li> <li>Points to be considered while Analysing the skin.</li> </ul>	1	15
Unit II	<ul style="list-style-type: none"> <li>Make a Treatment Plan.</li> <li>Consider a variety of products while making a Treatment plan.</li> </ul>	1	15
Unit III	<ul style="list-style-type: none"> <li>Set a Combination of Machine and Products according to Skin Type. Consider Indications and Contraindications.</li> </ul>	2	30
Unit IV	<ul style="list-style-type: none"> <li>Implementation of the Treatment Plan successfully. Post care. Advice Home Care to the Clients.</li> </ul>	2	30
<b>References:</b>			
<ul style="list-style-type: none"> <li>Advance Skin Analysis by Florence Barret – Hill</li> <li>Milady Text Book</li> <li>Body Treatments And Dietetics For The Beauty Therapist by Ann Gallant</li> <li>Basic Beautician Course Book by Suwarna Gogle</li> </ul>			

**MOST IMPORTANTLY..  
YOUR WORK IS YOUR PASSION.. ENJOY YOUR WORK..  
AND WORK TO ENJOY !!!**