

# **SHIVAJI UNIVERSITY, KOLHAPUR.**



‘A<sup>++</sup>’ Accredited by NAAC (2021)

with CGPA 3.52

**Faculty of Inter Disciplinary Studies**

**Structure, Scheme and Syllabus For**

**Certificate and Diploma Course**

**in Beauty and Wellness**

**Syllabus to be implemented from June, 2022 onwards.**

**As Per National Education Policy 2020**

Structure of the Course:

Certificate Course in Beauty and Wellness Semester - I

Sr.No	Paper No.	Titie	Theory/ Practical/ Project	Marks (Total)	Distribution of Marks		Credits	
					Theory	Practical	Theory	Practical
1	I	Business Communication -I	Theory/ Practical	50	40	10	3	2
2	II	Basics of Computer-I	Theory/ Practical	50	40	10	3	2
3	III	Personality Development	Theory/ Practical/	50	50	-	3	-
4	IV	Basic beauty care	Theory/ Practical/	50	50	-	3	-
5	V	Skin Care and Face Make Up	Theory/ Practical/	50	50	-	3	-
6	VI	Practical- I- Basic Beauty Care	Practical	50	-	50	-	3
7	VII	Practical – II- Skin Care and Facial	Practical	50	-	50	-	3
8	VIII	Computer Lab Work	Practical	50	-	50	-	3
9	IX	Lab Work Project / Industrial Visit / Study Tour		50	-	50	-	2

Structure of the Course:

Diploma Course in Beauty and Wellness Semester - II

Sr.No	Paper No.	Title	Theory/ Practical/ Project	Marks (Total)	Distribution of Marks		Credits	
					Theory	Practical	Theory	Practical
1	X	Business Communication -II	Theory/ Practical	50	40	10	3	2
2	XI	Computer concepts & application– II	Theory/ Practical	50	40	10	3	2
3	XII	Personality Development –II	Theory/ Practical/	50	50	-	3	-
4	XIII	Skin Care and Face Makeup -II	Theory/ Practical/	50	50	-	3	-
5	XIV	Hair Care - I	Theory/ Practical/	50	50	-	3	-
6	XV	Sap Therapy and Food Diet – I	Practical	50	50		3	
7	XVI	Practical- III Skin Care, Facial and Hair Care	Practical	50	-	50	-	3
8	XVII	Practical – IV-Advanced Beauty Care	Practical	50	-	50	-	3
9	XVIII	Project / Industrial Visit / Study Tour/ OJT		50	-	50	-	2

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - I**

**Business Communication – I Paper no - I**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand how to communicate with customers & employees**
- 2. To understand digital communication and its mediums.**

**Units Prescribed for Theory:**

**Marks : 40**

Unit 1 – Basic principles of Communication: Introduction, understanding communication, Communication process, Types of communication, 7 C's of communication.

Unit 2 – Writing effective English: Word formulation – Prefixes, suffixes, vocabulary development, basic sentence pattern, types of sentences – Simple, complex, compound.

Unit 3 – Business communication: Written communication – significance in business, Language of business writing, Business letters- order, enquiries, & replies, sales letters, complaints, claims & adjustments letters, goodwill letters.

Unit 4 – Digital communication: Forms of digital communication – mobile communication, SMS, Social media, E-mail.

**Practical based on the theory units**

**Marks: 10**

**References:**

**1. Sethi, Anjanee & Bhavana Adhikari. Business communication, New Delhi: Tata McGraw Hill Tickoo, Champa & Jaya Sasikumar. Writing with the purpose. New York: OUP, 1979.**

- 2. Sonie, Subhash C. mastering the art of effective business communication. New Delhi: Student Aid Publication, 2008,**
- 3. Herekar, Prakash. Business communication, Pune: Mehta publication 2007**
- 4. Herekar, Prakash. Business communication, Pune: Mehta publication 2003**

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - I**

**Basics of computer – I Paper No: II**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand basics of computer.**
- 2. To get knowledge related to Ms office..**

**Units Prescribed for Theory:**

**Marks: 40**

Unit 1 – Introduction to Computer: Computer – Definition & meaning, Characteristics, generation of computer, types of computer, Input output device.

Memory – Types of memory, storage devices.

Unit 2 – Computer software & networks: Software – Definition & Types

Computer network – Types, topologies, Internet, Intranet, Extranet.

Search engine – Concept & working of search engines.

Unit 3 – MS. Word: Microsoft word – Introduction to word components, working with word documents, formatting documents, working with tables, tools.

Unit 4 – Power point: Power point- Introduction to power point components, working with PowerPoint, creating PowerPoint presentation, formatting presentation, adding effects to presentation.

**Practical based on the theory units**

**Marks: 10**

**References:**

- 1. Lucky T, Management Information System, DP Publication**
- 2. Clark A, Small Business Computer Systems, Hodder & Stoughton, 1987**
- 3. Parkinson I k & Parkison St, Using The Micro Computer in Marketing, Tata Mcgraw Hill, 1987**

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - I**

**PERSONALITY DEVELOPMENT – I Paper no. III**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand how to handle issues in business.**
- 2. To understand qualities and responsibilities of good leader.**

**Units Prescribed for Theory:**

**Marks: 50**

**UNIT-1 Leadership** – Introduction to the leadership, Leadership power, Leadership styles, Leadership in administration, qualities of leader.

**UNIT – 2 Interpersonal Relations** – Introduction to the interpersonal relations, Analysis relations of different ego states, Analysis of Transactions, Analysis of strokes, and Analysis of life positions.

**UNIT – 3 Stress Management** – Introduction to the stress, Causes of stress, Nature & Dimension of stress, Impact of stress, managing stress.

**UNIT – 4 Group Dynamics – Importance** of groups in organization, Team interaction in groups, Group building, Decision taking

**Reference Books:**

- 1. Cohen.R.J & M.E. Swerdlik (2002).psychological testing and assessment.McGraw Hill,USA.**
- 2. Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.**
- 3. Kansal, D.K (2011). Holistic Personality Development. Sports & Spiritual Science Publication, New Delhi (2 Press).**
- 4. Peeke, P. (2006). The National Body Challenge. Hay House, Inc., USA.**





**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - I**

**Basic Beauty Care– Paper no IV**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Objective:**

- 1) To understand basic of beauty and its care.**
- 2) To understand importance of personal hygiene.**

**Units Prescribed For Theory:**

**Marks: 50**

**UNIT – 1:** Introduction & importance of beauty care, importance of personal hygiene, personal grooming. Sterilization and sanitation – purpose, methods, do's and don'ts .professional ethics.

**UNIT – 2: eye brow shaping:** Materials required, Tweezing and Threading, Different types of threading, different types of eye brows, and keeping in mind the face structure

**UNIT – 3: Manicure and pedicure:** Definition purpose, introduction tools and equipment application of creams and lotion, methods/types of pedicure and manicure. Head and leg massages step by step procedure.

**UNIT – 4: Nail Art:** Factors affecting nail growth. Introduction- equipment's and tools, types of nail polish, application and their methods. Different methods of nail art

Mahanadi: introduction, preparation of Mahanadi paste, Mahanadi cone preparation and application on hand and leg.

**References:**

1. Hair, Skin and beauty care 9The complete body Book – blossom Kocher (2000) VBSPD/VBS publishers distributors Ltd. New Delhi.

2. Complete Beautician course Dr. Renu Gupta (2001) Diamond pocket books Pvt Ltd. New Delhi.
3. Practical guide to Beautician training- Madhunitapudwal (2002) Asian Publisher, New Delhi.
4. Classic makeup and beauty book Maureen Barry More Dave King (1996).

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - I**

**SKIN CARE & FACE MAKEUP – I Paper no V**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Objective:**

**1) To understand basic skin care treatments.**

**2) To understand skin problems.**

**Units Prescribed For Theory:**

**Marks: 50**

**UNIT – 1: Skin:** Introduction & importance of skin care, Factors affecting on skin, Skin care for different season, Home remedies for skin care.

**UNIT – 2: Skin Problems:** Classification & Identification of Common skin problems – Acne, Blackheads, Whiteheads, Disorder of sweat glands, Disorder of oil glands, dryness, and dullness.

**UNIT – 3: Cleansing & Scrubbing: 1)** Cleansing - Definition of cleansing, Types of cleansers, Method of cleansing, Benefits of cleansing, Natural Cleansers.

2) Scrubbing -What is scrubbing, Importance of scrubbing, Types of Scrub, Benefits of scrubbing, Contraindications of scrubbing, How to remove black heads & white heads by using twisers.

**UNIT – 4 : Bleach & Facial : 1)**Bleaching – Types of bleach , Procedure and application on face, neck , hands and other parts , precaution , its advantages & disadvantages.

2) Face Massage – Facial bones, Muscles of face, Techniques of facial, step by step procedure of facial, Benefits of facial, Contraindications, Product knowledge according to the skin.

**References:**

1. Blossom Kochar, Hair, Skin and Beauty care, the complete Body Book, VBS publisher new Delhi, 2002.
2. Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001.
3. MadhumitaPauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi, 2002.

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Practical- I- Basic Beauty Care - Paper VI**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

- 1. Sterilization and sanitation methods and procedures**
- 2. Threading tweezing of eye brow, upper lip, forehead and chin**
- 3. Manicure**
- 4. Pedicure**
- 5. Application of nail polish and nail art**
- 6. Preparation of Mehendi paste and application**
- 7. Waxing – Hands, legs**

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Practical- II- SKIN CARE AND FACIAL - Paper VII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

- 1. Facial – Types of facial (pearl, fruit, golden, silver, Home – made facial)**
- 2. Bleaching**
- 3. Face pack and Face Massage**
- 4. Pimple Treatment**
- 5. Under eye treatment**
- 6. Pigmentation**
- 7. Mature skin**
- 8. Sun tan**
- 9. Open pores**

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Practical- I- Computer Lab Work - Paper VIII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

1. Introduction to word components, working with word documents,
2. Formatting documents, working with tables, tools.
3. Introduction to power point components, working with PowerPoint,
4. Creating PowerPoint presentation, formatting presentation, adding effects to presentation.



**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Lab Work of Project / Industrial Visit / Study Tour - Paper IX**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

**Objectives:**

The student will undertake a project work on the topic assigned by the concern guide consultation with the department on the various issues problem themes case studies and site visit. The project report will be 50 marks which would be assessed by the internal guide.

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Practical- II- SKIN CARE AND FACIAL - Paper VII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

- 1. Facial – Types of facial (pearl, fruit, golden, silver, Home – made facial)**
- 2. Bleaching**
- 3. Face pack and Face Massage**
- 4. Pimple Treatment**
- 5. Under eye treatment**
- 6. Pigmentation**
- 7. Mature skin**
- 8. Sun tan**
- 9. Open pores**

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Practical- I- Computer Lab Work - Paper VIII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

1. Introduction to word components, working with word documents,
2. Formatting documents, working with tables, tools.
3. Introduction to power point components, working with PowerPoint,
4. Creating PowerPoint presentation, formatting presentation, adding effects to presentation.

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEMESTER - I**

**Lab Work of Project / Industrial Visit / Study Tour - Paper IX**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

**Objectives:**

The student will undertake a project work on the topic assigned by the concern guide consultation with the department on the various issues problem themes case studies and site visit. The project report will be 50 marks which would be assessed by the internal guide.

**CERTIFICATE COURSE IN BEAUTY & WELLNESS SEM - II**

**Business Communication – II Paper no:X**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand importance of communication.**
- 2. To understand written communication.**

**Units Prescribed for Theory:**

**Marks: 40**

Unit 1 – Communication-Meaning, Importance & Objectives, Principles of communication, Forms of communication, Process of communication, Barriers of effective communication, Techniques of effective communication.

Unit 2 – Written communication – Business letters – Inquiries, Circulars, Quotations, Acknowledgments, Executions, Complaints, Collection letters, Banking correspondence, Agency correspondence.

Application letters – Bio-data, Interview letters, Letters of reference, Letters of appointments, Conformation, Promotion, Resignation.

Unit 3 – Report writing – Types of report, components of report, Business reports, Reports by individuals, Reports by committee, Meeting-Notice-Agenda, Resolution & minutes.

Unit 4 – Oral communication – Listening & Speaking, Meeting speeches & techniques of electing response, observation methods, Group discussions & interview

Non-verbal communication- Body language, Gesture, Posture, Facial expressions, dress codes.

**Practical based on the theory units**

**Marks: 10**

**References:**

- 1. Sethi, Anjane & Bhavana Adhikari. Business communication, New Delhi: Tata McGraw Hill Tickoo, Champa & Jaya Sasikumar. Writing with the purpose. New York: OUP, 1979.**
- 2. Sonie, Subhash C. mastering the art of effective business communication. New Delhi: Student Aid Publication, 2008,**
- 3. Herekar, Prakash. Business communication, Pune: Mehta publication 2007**
- 4. Herekar, Prakash. Business communication, Pune: Mehta publication 2003**

**DIPLOMA COURSE IN BEAUTY & WELLNESS SEM - II**

**Computer concepts & application– II Paper No: XI**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand computer fundamentals.**
- 2. To understand concepts of computer.**

**Units Prescribed for Theory:**

**Marks: 40**

Unit 1 – Introduction to computer fundamentals-Introduction to computer , computer system hardware , computer memory , Input & Output devices , Introduction to free and open sources , Definition of Virus, Types of Virus, Uses of antiviruses.

Unit 2 – Basics of Operating system –Definition of operating system , Objectives, types, and functions of operating system.

Unit 3 – Introduction to HTML-Introduction to HTML , Working of HTML, Creating and loading HTML page , tags

Unit 4 – Use of computer in Commerce- Data processing , files & records , File organization (sequential, direct, random,index)

Computer application in business – Need & Scope.

E-commerce – Introduction , Evaluation of E-commerce , Role of E-commerce , E-commerce categories.

**Practical based on the theory units**

**Marks: 10**

**References:**

- 1. Lucky T, Management Information System, DP Publication**

2. **Clark A, Small Business Computer Systems, Hodder & Stoughton, 1987**
3. **Parkinson I k & ParkisonSt, Using The Micro Computer in Marketing, Tata Mcgraw Hill,1987**



**DIPLOMA COURSE IN BEAUTY & WELLNESS SEM - II**

**PERSONALITY DEVELOPMENT – II : Paper no - XII**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand the importance of motivating employees .**
- 2. To understand management and its advantages.**

**Units Prescribed for Theory:**

**Marks: 50**

**UNIT – 1 : Conflict Management** – Introduction to the conflict , Causes of conflict , Managing conflict in organization

**UNIT – 2 : Performance Appraisal** –Introduction to the performance appraisal , Vertical appraisal , Horizontal appraisal , 360°performance appraisal , Methods of improving techniques of performance appraisal.

**UNIT - 3 : Time Management** – Time as a resource , Identify important time wasters , Individual time management styles , Techniques of better time management.

**UNIT – 4 : Motivation** – Introduction to the motivation , Types of motivation , Motivating subordinates Analysis of motivation

**Reference Books:**

- 1. Cohen.R.J & M.E. Swerdlik (2002).psychological testing and assessment.McGraw Hill,USA.**
- 2. Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.**

**3. Kansal, D.K (2011). Holistic Personality Development. Sports & Spiritual Science Publication, New Delhi (2 Press).**

**4. Peeke, P. (2006). The National Body Challenge. Hay House, Inc., USA.**

**DIPLOMA COURSE IN BEAUTY & WELLNESS SEM - II**

**SKIN CARE & FACE MAKEUP –II Paper no: XIII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Objective:**

- 1) To understand Skin anatomy.**
- 2) To understand art of makeup.**

**Units Prescribed For Theory:**

**Marks: 50**

**UNIT – 1 : SKIN ANATOMY** – Cell , Cell generation stages , Human body , Skin – Layers of skin , Types of skin , Skin analysis , Skin care treatments , Skin care products , Skin care methods – Natural & Artificial.

**UNIT – 2: SKIN TREATMENTS** – Pimple treatments, under eye treatment, Dark circle, Pigmentation, Mature skin, Suntan, Open pores, Preparation & Importance of each treatment.

**UNIT – 3: DEEP CLEANSING MACHINES – Steamers:** - Current, Benefits, Precaution during treatment, Contraindications, Duration of treatment according to the skin type, Dangers, Sterilization

**Brushing Unit:** - Current, Benefits, Precaution during treatment, Contraindications, Dangers, Sterilization of brushes.

**UNIT – 4 : ART OF MAKEUP** – Importance of makeup , Tools used in makeup , Cosmetics used in makeup , Types of foundation , Face powder , Face compact , Canceler, Blusher , Eye shadow.

**Lipstick** – Selection and application.

**Makeup** – Party makeup, Nude Makeup, Oily Makeup, Bridal Makeup, Corrective Makeup.

**References:**

1. Blossom Kochar, Hair, Skin and Beauty care, the complete Body Book, VBS publisher new Delhi, 2002.
2. Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001.
3. Madhumita Pauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi, 2002.

**DIPLOMA COURSE IN BEAUTY & WELLNESS SEM - II**

**Hair Care – I Paper no: XIV**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand hair anatomy.**
- 2. To understand basics of hair care treatments.**

**Units Prescribed for Theory:**

**Marks : 50**

**UNIT - I :** 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.

**UNIT – II :** Hair cut-Knowledge of hair texture, selection of hair cut according to facial shape, occasion, age, profession, body structure, Hair texture. Hair cutting techniques, tools and equipment in hair cuts .Hair cuts – types of basic hair cuts- Trimming, straight cut, U cut, V-cut. Advanced hair cuts – layer cut, blunt cut, tapering , Graduation, bob etc. Use of Hair shaping and cutting implements. sterilization and sanitation.

**UNIT – III : Hair styling** – knowledge of different hair style as per hair texture, materials used for hair styling, techniques in styling – Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques, thermal hair styling- Hair dryer, Crimping rods , Straightening rods, Electric rollers Curling rods. . Natural hair pack. Artificial aids – purpose, types, cleaning and maintaining. Hair styling-Basic hairstyle, Model , party styles and bridal styles.

**UNIT – IV :** Hair conditioning – Types of Hair conditioner – natural, chemical, Henna application. Hair problems and treatments –hair falling, split ends, graying, dandruff, dryness, damaged hair, Baldness, Hair spray – Types, Advantages & Disadvantages, outline of hair drier, hair ironing.

**Books for References:**

1. Charles Zviak, (1986), The Science of Hair Care, Taylor & Francis.
2. Dale H. Jhonson, (1997), Hair and Hair Care, Marcel Decker Inc., New York.
3. Claude Bouillon and John Wilkinson, (2005), The Science of Hair Care, Taylor & Francis. Audrey Davis Sivasothy, (2012), Hair Care Rehab, The ultimate hair repair and reconditioning manual, Saja Publishing Company, LLC.
4. Meenakshi Sinha, Reena Rajgopal, Suchismita Banerjee, (2000), All You Wanted To Know About Hair Care, Sterling Publishers Pvt. Ltd., New Delhi.

**DIPLOMA COURSE IN BEAUTY & WELLNESS SEM - II**

**Spa Therapy and Food Diet –I Paper no:XV**

**Total Workload: 06 lectures per Week of 60 min.**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 students**

**Objective:**

- 1. To understand importance of spa therapy and its history.**
- 2. To understand spa as a career.**

**Units Prescribed for Theory:**

**Marks: 50**

**UNIT- I :** Introduction to anatomy and physiology-Elementary knowledge of various system of the body- circulatory, nervous, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems.

**UNIT– II :** History and introduction to SPA, Types of SPA, Introduction to complementary SPA therapies – Acupressure, Acupuncture, Colon therapy, Chinese medicine, Ear Candling, electropathy, Gem therapy, Herbalism, Homeopathy, Naturopathy, Physiotherapy, Reiki, Tibetan Medicine, Introduction to Med SPA treatments like Botox, Fillers, Liposuction etc.

**UNIT – III :** 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 & Base Creams, Pre blended oils, Pre Blended creams, Soaps, Shampoos, lotions.

**UNIT – IV :**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.

Definition of yogasana, Importance and its role in beauty care .Healthy food recipes to Achieve healthy skin, Food for glowing skin, How to prevent age spots, Home remedies for age spots , various tips for beauty care to skin, face, hand, legs, body and hair. Beauty care during weather changes- winter, spring, summer, and autumn.

**Books for References:**

1. Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.
2. 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.
3. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishers.
4. Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry:Spa Management, Butterworth Heinemann Publishers, USA.



**DIPLOMA COURSE IN BEAUTY & WELLNESS SEMESTER - II**  
**PRACTICAL – III - SKIN CARE, FACIAL AND HAIR CARE**  
**Paper No : XVI**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

1. Facial-Types of facial (pearl, fruit, golden, silver. Home-made facial).
2. Bleaching.
3. Face pack and Face Massage.
4. Pimple Treatment.
5. Under eye treatment.
6. Pigmentation.
7. Mature skin.
8. Shampooing
9. Basic haircuts
10. Hair setting
11. Henna application.
12. Dye application.
13. Hair coloring

**DIPLOMA COURSE IN BEAUTY & WELLNESS SEMESTER - II**

**PRACTICAL – IV- ADVANCED BEAUTY CARE**

**Paper No : XVII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

1. Hair treatment-Hair fall, Dandruff.
2. Hair curl.
3. Hair straightening.
4. Body massage.
5. SPA therapy.
6. Make up- simple, party, oily, bridal.
7. Basic Corrective make up-for cheeks, lips, and jaw.
8. Make up removal.
9. Bindi designing.
10. Saree draping-any 3 styles.



**DIPLOMA COURSE IN BEAUTY & WELLNESS SEMESTER - II**

**Lab Work of Project / Industrial Visit / Study Tour**

**Paper No :XVIII**

**Total Workload: 06 Lectures per week of 60 min**

**Distribution of Workload:**

**Theory: 04 Lectures per week**

**Practical: 02 Lectures per week per batch of 50 student**

**Marks 50**

**Objectives:**

The student will undertake a project work on the topic assigned by the concern guide consultation with the department on the various issues problem themes case studies and site visit. The project report will be 50 marks which would be assessed by the internal guide.