

**(3rd SEMESTER)**  
**THEORY ONE – YOGA & BODY PERFECTION-II**  
**(THEORY – I)**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Th. 80+IA -20=100

Sl.No.	Chapter Name	Periods	Marks
1.	Yoga	70	55
2.	Body Perfection	20	25

**CONTENTS**

**1. YOGA**

- 1.1 Concept of Astangyoga
  - 1.1.1 Yama, niyama, asana, pranayama, pratyahara, dharana, dihyana and Samadhi.
- 1.2 State and explain different yogic assanas (bending methods forward and backyard bending)
- 1.3 Learning about bajrasana scies group asanas.
- 1.4 State and explain surynamaskar.
- 1.5 Explain bhabasuddhi and meditation
- 1.6 State and explain trataka and nctikriya.
- 1.7 Learning yoganidra.
- 1.8 Learning about bhramari, sitali, sitakari, ujjai
- 1.9 Learning about kapalbhati.
- 1.10 Learning about other pranayama

**2. BODY PERFECTION**

- 2.1 Evaluate body defects.
- 2.2 Planning client treatment
- 2.3 Medical history of the client.
- 2.3 Medical history of the client.
- 2.4 Prepare chart of height, weight and measurement.

- 2.5 Types of diets and exercise suggested in relation to age, climate condition and body requirement.
- 2.6 Prepare proportion of the body
- 2.7 Science of isometric, corrective exercises of muscle sag, tightening of sagged abdominal and bust muscles.
- 2.8 Electrical equipments and gadgets for figure correction, name of the equipment / gadget, working principles and benefits.
- 2.9 Causes of obesity and its remedy by using electric and non-electric equipments.

## **YOGA AND BODY PERFECTION-II (PRACTICAL)**

Total period: 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Pr. 25+Sess -25=50

### **1. YOGA**

- 1.1 Learning and Practice of tratak.
- 1.2 Making different charts of concentration practice.
- 1.3 Learning and practice of different yogasanas for treatment of different common diseases.
- 1.4 Learning and practice of controlling thoughts (antaramouna)
- 1.5 Learn to keep the mind free from thoughts and worries by various yoga practices.
- 1.6 Learning and practice of meditation in different asanas.
- 1.7 Learning and practice of suryanamaskar and its impact on human body.
- 1.8 Learning practice different stages of different pranayama.

### **2. BODY PERFECTION**

- 2.1 Showing different models and explaining their defects.
- 2.2 Explaining different age group of models and their treatment.
- 2.3 Study in details the model, physiological and medical history explained, precautions to be taken.
- 2.4 Measuring different models to make a graph of it.
- 2.5 Framing different diets for different age groups.
- 2.6 Practically learning and performing different exercises for obesity.
- 2.7 The treatment given by different electrical and other instruction for achieving good physique.

**BEAUTY CULTURE – II**  
**THEORY - II**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Th. 80+IA -20=100

Sl.No.	Chapter Name	Periods	Marks
1.	Facial	20	20
2.	Make-up	20	20
3.	Body-massage	10	10
4.	Electricity & Light Therapy	20	12
5.	Advance Beauty Culture	20	18

**CONTENTS**

**CHAPTER – 1: FACIAL**

- 1.1 Define and study skin types.
- 1.2 Define and explain different classes of skin types
- 1.3 Study special treatment of different types of skin i.e. acne and open pores etc.
- 1.4 Define and describe different types facial : Cosmetics, implements, equipments needed for doing facial and their effects.
- 1.5 Effect of facial
- 1.6 Precaution to be taken during facial treatment and reminders.
- 1.7 Define home treatment for maintaining good skill
- 1.8 Sterilization of implements used in facial.
- 1.9 Define and explain different types of facial masks used.
- 1.10 Explain different manipulation and procedure used in facial treatment.

**CHAPTER – 2 : MAKE-UP**

- 2.1 Define different structure of face in terms of bone formation.
- 2.2 Write types skin for make-up and names of make-up
- 2.3 Define and explain corrective make-up
- 2.4 Steps of make-up procedure.

- 2.5 Define and explain different types of make-up : Stage make-up, Television, Open air, theatre and morning and evening make-up, model, photographic make-up and bridal make-up.
- 2.6 Know about precaution to be taken to prevent cosmetic allergies.

### **CHAPTER – 3 : BODY MASSAGE**

- 3.1 Define muscle
- 3.2 State and explain effects of each manipulation of the body massage technique
- 3.3 Frequency of body massage.
- 3.4 Treatment of light ailments by body massage
- 3.5 Use of Vibro massage
- 3.6 Advantages of body massage

### **CHAPTER – 4 : ELECTRIC AND LIGHT THERAPY**

- 4.1 Define high frequency current
- 4.2 Define the use of Vibro massage
- 4.3 Use of electrical oil heater, steamer or vaporizer
- 4.4 Use of epilation unit
- 4.5 Faradic current, Galyanie current, Black head removal machine
- 4.6 Use of Ozone and vapor
- 4.7 Light Therapy  
Production of light rays : Ultra violet rays, Intrared rays, visible light

### **CHAPTER – 5 : ADVANCE BEAUTY CULTURE**

- 5.1 Acne and deep scars
- 5.2 Seborrhea, open pores
- 5.3 Double chin
- 5.4 Treatment for blemishes and wrinkles
- 5.5 Treatment for puffy eyes, double chin
- 5.6 Complexion treatment
- 5.7 Facial with lymphatic drainage
- 5.8 Treatment with galvanic, ozone and ultrasonic
- 5.9 Clinical management through electrical treatments.

## BEAUTY CULTURE – II (PRACTICAL – II)

Total period: 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Pr. 25+Sess -25=50

### **CONTENTS**

#### **CHAPTER-I : FACIAL**

- 1.1 Practise in giving a plain facial
- 1.2 Practise in giving facial according to the skin condition as dry, oily, combination a normal skin condition.
- 1.3 Practise in inusing and making of different types of face pack and mask.
- 1.4 Practise in giving hot oil facial and treatment for acned skin.
- 1.5 Practise in using different types of creams, oil and lotions according to the skin condition.

#### **CHAPTER – II : MAKE-UP**

- 2.1 Practise in basic sequence of maker
- 2.2 Practise in giving light touch of make-up for causal and morning and evening and party make-up.
- 2.3 Practise in special make-up stage, television, open air theatre, modeling and photographic make-up.
- 2.4 Practise in using different cosmetic for different types of skin.

#### **CHAPTER – III : BODY MASSAGE**

- 3.1 Practise in giving plain body massage
- 3.2 Practise in giving relief the different body ailments by massage manipulation.

#### **CHAPTER – IV : ELECTRICITY AND LIGHT THERAPY**

- 4.1 Practise in using steamer, vaporizer, galvanic current

- 4.2 Practise in using and removing blackhead by using blackhead remover machine.
- 4.3 Practise in giving treatment by ozone and vapourzone therapy
- 4.4 Care : Maintenance of equipments and safety precaution to be taken.

## **CHAPTER – V : ADVANCE BEAUTY CULTURE**

- 5.1 Acne, deep scars, seborrhea, double chin and open pores treatment
- 5.2 Practise of treating blemishes, wrinkles, puffy eyes & practice of complexion treatment.
- 5.3 Practise of facial with lymphatic drainage.

## COMMON DISORDER OF SKIN HAIR

### THEORY – III

Total period : 60  
(04 periods / Wk)

Examination – 1½ hours  
Full marks: Th. 40+IA -10=50

Sl.No.	Chapter Name	Periods	Marks
1.	Structure of skin, hair and scalp	15	12.5
2.	Common skin disorders	20	12.5
3.	Common disorders	18	10
4.	Sterilization	7	5

### CONTENTS

#### CHAPTER – 1: STRUCTURE OF SKIN, HAIR AND SCALP

- 1.1 Skin and its structure
- 1.2 Structured of hair and sclap

#### CHAPTER – 2: COMMON SKIN DISORDERS

Explain

- 2.1 Infective skin disorders
- 2.2 Allergic skin disorders
- 2.3 Endocrine disorders
- 2.4 Malnutritional effect on skin

#### CHAPTER – 3: COMMON DISORDERS

- 3.1 State and explain causes of pre-matured graying
- 3.2 Alopecia
- 3.3 Pediculosis
- 3.4 Impetigo
- 3.5 Scabies and seborrhea

#### CHAPTER – 4: STERILIZATION

- 4.1 Define different between sterilization and disinfectant
- 4.2 State and explain different methods of sterilization with the advantages and disadvantages.
- 4.3 Application of sterilization in the process of hair and skin care.
- 4.4 Tests for sterility
- 4.5 Precaution for handling of sterilization of equipment

**DIETICS**  
**THEORY – IV**

Total period : 75  
(05 periods / Wk)

Examination – 2 hours  
Full marks: Th. 60+IA -15=75

Sl.No.	Chapter Name	Periods	Marks
1.	Knowledge about dietics	15	18
2.	Calorie & its value in diet	20	15
3.	Diet planning	20	15
4.	Diet & its effects on human body	20	12

**CONTENTS**

**CHAPTER – 1: KNOWLEDGE ABOUT DIETICS**

- 1.1 Define dietics
- 1.2 Know the basic ingredients of normal diet
- 1.3 Study about protein, carbohydrates, fats, minerals, salt, vitamins and water.
- 1.4 Define and explain about beauty diet, food containing vitamins and its method of preparation to prevent its destruction
- 1.5 Explain the diet to maintain normal health and weight.

**CHAPTER – 2: CALORIES AND ITS VALUE IN DIET**

- 2.1 State and explain calorie
- 2.2 Calculate diet in terms of calories
- 2.3 Prepare balance diet for vegetarians, non-vegetarians, invalid and growing grils
- 2.4 Prepare diet for reducing or putting on weight
- 2.5 Beauty and slimming diet planning
- 2.6 Calculate calorie need for different age groups
- 2.7 Make different diet chart in terms of calorie
- 2.8 Exercise on number of calories to be calculated for different age group in view of economic factors of the client.

### **CHAPTER – 3: DIET PLANNING**

- 3.1 Plan a diet to be taken during summer, winter and rainy season
- 3.2 Plan cheaper balance diet that contain protein, minerals and vitamins.
- 3.3 Prepare seasonal diet chart
- 3.4 Prepare balance diet for client in terms of cost
- 3.5 Calculate food items in terms of costs.
- 3.6 Effect of cost in diet

### **CHAPTER – 4: DIET AND ITS EFFECT ON HUMAN BODY**

- 4.1 Know about effects of food on various system of human body.
- 4.2 State and explain types of food having good effect on the important organs of the body.
- 4.3 Know about food that has more food value and cost less
- 4.4 Plan a diet chart that has more food value and cost less
- 4.5 Know about effects of ill balance diet on health.

## **BASIC COMPUTER FUNDAMENTAL**

### **THEORY – V**

Total period : 45  
(03 periods / Wk)

Examination – 1½ hours  
Full marks: Th. 40+IA -10=50

Sl.No.	Chapter Name	Periods	Marks
1.	Computer Fundamental	20	15
2.	MS WORD, MS EXCEL, POWERPOINT	15	15
3.	Internet and its use	10	10

#### **UNIT – I : COMPUTER FUNDAMENTAL**

1. Von Neumann Architecture
2. Different types of Input and output device
3. Different types of Memory
  - (i) Primary Memory
  - (ii) Secondary Memory
    - Harddisk
    - CD
    - DVD
    - Pendrive
4. SOFTWARE
  - (i) System Software (Different types of operating, Translator
  - (ii) Application Software

#### **UNIT – II :**

- i) Ms- Windows
- ii) Ms – Word
- ii) Ms – Excel
- iv) Ms – Powerpoint

#### **UNIT – III : INTERNET AND ITS APPLICATION**

- i) Knowledge Internet
- ii) Browsing, surfing, chatting
- iii) E-mail

## **BASIC COMPUTER FUNDAMENTAL**

### **PRACTICAL**

Total period : 30  
(02 periods / Wk)

Examination – 1½ hours  
Full marks: Pr. 15+Sess -10=25

(Based on above Theory)

**(4<sup>TH</sup> SEMESTER)**  
**BEAUTY CULTURE**  
**SUBJECT : ENTERPRENEURSHIP AND MANAGEMENT**  
**THEORY - I**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Th.80 +IA -20 = 100

**CONTENS**

- 1.0 Concept of Business
  - 1.1 Meaning, Feature, Definition, Components of business
  - 1.2 Social Responsibilities of business
  - 1.3 Different forms of business organization
  
- 2.0 Concept of Management and Organization
  - 2.1 Definition, meaning, levels of management
  - 2.2 Difference between management and administration
  - 2.3 Functions of management
  - 2.4 Principles of scientific management
  - 2.5 Management information system
  - 2.6 Different organization structure
  - 2.7 Principles of sound organization
  
- 3.0 Entrepreneurship
  - 3.1 Definition and meaning of entrepreneur
  - 3.2 Qualities of an entrepreneur
  - 3.3 Role of an entrepreneur in industrial development of a country
  - 3.4 Meaning of Entrepreneurship
  
- 4.0 Different Enterprises
  - 4.1 Definition of Micro, small, medium, large and mega enterprises
  - 4.2 Criteria for selection of small enterprise

- 4.3 Processing for setting up small enterprise
- 4.4 Preparation of preliminary and detailed project report
- 4.5 Support providing OSFC, OSIC, IPICOL, IDCO, SIDBI, IDBI, ICICI and Commercial banks.
- 5.0 Elements of Accounting and Cost Control
  - 5.1 Definition of Accounting and its advantages
  - 5.2 Types of accounts, golden rule of accounting, Single entry system and Double entry system of Book keeping
  - 5.3 Preparation of journal, Ledger, Subsidiary Books and Trial Balance
  - 5.4 Components of Final Accounts.
  - 5.5 Types of Cost, Elements of Cost
  - 5.6 Preparation of Simple Cost Sheet
  - 5.7 Cost volume profit relationship and break even point.
- 6.0 Financial Management
  - 6.1 Importance of Financial Management
  - 6.2 Fixed Capital and Working Capital
  - 6.3 Factors affecting Working Capital
- 7.0 Purchase and Store Management
  - 7.1 Objects of Purchasing
  - 7.2 Steps involved in Purchasing
  - 7.3 DGS & D
  - 7.4 Inventory Control, EOQ and ABC Analysis
  - 7.5 Duties of Store Keeping
  - 7.6 Bin Card and Store Ledger
- 8.0 Marketing and Sales Management
  - 8.1 Meaning of Supply Chain management
  - 8.2 Importance of marketing and sales management
  - 8.3 Different selling methods
  - 8.4 Advertising and its merits

- 9.0 Human Resource Management
  - 9.1 Sources of recruitment
  - 9.2 Selection procedure
  - 9.3 Importance of Training and various training methods
  
- 10.0 Industrial Sickness
  - 10.1 Meaning and definition of Industrial sickness
  - 10.2 Causes of sickness
  - 10.3 Preventive measures to avoid sickness
  
- 11.0 The Factories Act
  - 11.1 Meaning and objectives of Factories Act
  - 11.2 Provision relating to Health, safety and welfare
  - 11.3 Norm of worth Holidays, Wages Employment of Women and Child Accidents Diseases, Penalty and Procedures.
  
- 12.0 Workmen's Compensation Act
  - 12.1 Objective of the Act
  - 12.2 Rules regarding workmen's compensation
  - 12.3 Employees liabilities for compensation
  - 12.4 Obligation and rights of employer
  
- 13.0 Payment of Wages Act
  - 13.1 Objectives of the Act
  - 13.2 Types of Wages
  - 13.3 Calculation of minimum wage and rules of payment

**(4<sup>TH</sup> SEMESTER)**  
**HAIR DRESSING - II**  
**THEORY - II**

Total period : 105  
(07 periods / Wk)

Examination – 3 hours  
Full marks: Th.80 +IA - 20 = 100

Sl.No.	Chapter Name	Periods	Marks
1.	Thermal hair setting and styling	10	07
2.	Electrical massage	05	05
3.	Artificial aids	13	07
4.	Hair colouring and lining	13	10
5.	Bleaching of hair lightening	10	08
6.	Chemical or permanent waving and straightening	12	10
7.	Advanced hair cutting	18	15
8.	Correcting hair and scalp treatment	13	10
9.	Advance hair styling	11	08

**CONTENS**

**CHAPTER – I : THERMAL HAIR SETTING AND STYLING**

- 1.1 State different equipment for thermal setting and styling procedure
- 1.2 Precaution to be taken during thermal hair setting and styling procedure

**CHAPTER – II : ELECTRICAL MASSAGE**

- 2.1 State and explain electrical massage by high frequency, its procedure and safety precaution
- 2.2 Define light therapy

### **CHAPTER – III : ARTIFICIAL AIDS**

- 3.1 State different types of hair used in their pieces
- 3.2 Study selection of pieces, cutting and their placement
- 3.3 Selection of hair pieces for bridal hair dressing

### **CHAPTER – IV : HAIR COLOURING AND TINGTING**

- 4.1 Study basic law of colour : Primary colour, secondary colour
- 4.2 Define depth of colour
- 4.3 Define neutralizing colour
- 4.4 State of classification of hair colours : Temporary colour, Semipermanent colour and permanent colour.
- 4.5 State and explain the material for hair colouring, its procedure
- 4.6 Precaution during hair colouring process

### **CHAPTER – V : BLEACHING OR HAIR LIGHTENING**

- 5.1 State different types hair lighteners
- 5.2 Density, porosity, texture hair
- 5.3 State and explain implement use and their procedure
- 5.4 Problems including hair bleaching and precaution to be taken

### **CHAPTER – VI : CHEMICAL OR PERMANENT WAVING AND STRAIGHTENING**

- 6.1 State the condition of scalp, texture of hair, porosity, elasticity of hair for perming.
- 6.2 State different types of waving and curling
- 6.3 State and explain the sectioning patterns, rowsection, bocking, wrapping
- 6.4 State and explain about chemical waving materials, procedure and precaution

### **CHAPTER – VII : ADVANCE HAIR CUTTING**

- 7.1 Describe different shapes of face and figure

- 7.2 State the importance of Texture of hair, elevation (low, high and medium), length and perimeter of hair in advance hair cutting
- 7.3 State of procedure and material used
- 7.4 Description of electrical clippers and its attachment.
- 7.5 Safety precaution to be taken during advance hair cutting

#### **CHAPTER – VIII : CORRECTIVE HAIR AND SCLAP TREATMENT**

- 8.1 Treatment for oily hair, scalling hair, split-end, head lie, premature grey hair.
- 8.2 Corrective diet, material and procedure used for this treatment

#### **CHAPTER – IX : ADVANCE HAIR STYLING**

- 9.1 Describe advance hair style in short hair
- 9.2 Describe advance hair style in medium hair
- 9.3 Describe advance hair style in long hair
- 9.4 Safety precaution to be taken during advance hair styling

## **HAIR DRESSING - II**

### **PRACTICAL - II**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Pr.25 +Sess -25 = 50

### **CONTENTS**

#### **CHAPTER – I : THERMAL HAIR SETTING AND STYLING**

- 1.1 Practising in use of electric irons or rods, curling tongs, styling dryer, blow dryers and their attachment
- 1.2 Practise of creating different styles out basic techniques

#### **CHAPTER – II : ELECTRICAL MASSAGE**

- 2.1 Preparation of client, use and handling of high frequency apparatus
- 2.2 Practice in use of different lamps

#### **CHAPTER – III : ARTIFICIAL AIDS**

- 3.1 Selection of hair pieces, cleansing, shampooing and conditioning
- 3.2 Cutting different styles
- 3.3 Cutting different types of hair pieces practice in bridal dressing

#### **CHAPTER – IV : HAIR COLOURING**

- 4.1 Examination of hair and scalp
- 4.2 Practice of skin test or patch test
- 4.3 Practice of selecting suitable colour dye
- 4.4 Practice of client preparation, production and setting of roll
- 4.5 Practice of sectioning hair, in application of hair colour or dye
- 4.6 Practice and conditioning and setting up dye hair

#### **CHAPTER – V : BLEACHING**

- 5.1 Examination of skin and skin test
- 5.2 Practice of mixing of chemicals or solution
- 5.3 Practice of different types of bleaching with caps and without caps

#### **CHAPTER – VI : PERMANENT WAVING**

- 6.1 Examination of scalp and hair
- 6.2 Selection curlers and lotion
- 6.3 Practice of sectioning, blocking of hair
- 6.4 Practice of patch tests
- 6.5 Practice to give neutralizer for setting the hair

#### **CHAPTER – VII : ADVANCE HAIR CUTTING**

- 7.1 Define the shape of the face and figures
- 7.2 Testing the texture of hair
- 7.3 Handling of electrical clippers and various attachments
- 7.4 Section and patterns
- 7.5 Giving a medium length and long length hair cut
- 7.6 Practise of advance hair cutting : Knotching, Slithring, Slicing, Tapering, Thining, Razor cut, etc.

#### **CHAPTER – VIII**

Given hair treatment by various methods and equipments

#### **CHAPTER – IX**

Use of head steamer, various rays and radiant heat, infrared, ultra violet, high frequency, care and maintenance of the equipment and safety precaution.

#### **CHAPTER – X**

Practise of advance hair styles in short, medium and long length hair such as : Double pony bun, Butterfly bun, Matt bun, Funky bun, Moon bun, Basket bun, Double French with multi rolls, Different Bridal hair style etc.

#### **CHAPTER – XI**

Practise of different hair spa for failing hair, dandruff, etc.

**(3<sup>rd</sup> SEMESTER)**  
**COSMETIC CHEMISTRY**  
**THEORY - III**

Total period : 60  
(04 periods / Wk)

Examination – 1½ hours  
Full marks: Th.40 + IA - 10 = 50

Sl.No.	Chapter Name	Periods	Marks
1.	Water	05	05
2.	Gas preparation	07	05
3.	Creams	10	7.5
4.	Hand & feet cosmetics	07	5.0
5.	Facial masks	07	3.5
6.	Cosmetics for make-up	13	12.5
7.	Cosmetics used for hair and scale	05	3.5
8.	Hygiene preparation	03	4.0
9.	Depilatories and Bath preparation	3	4.0

**CONTENTS**

**CHAPTER – I: WATER**

- 1.1 State different sources of water
- 1.2 State different types of water
- 1.3 Define hardness of water and type of hardness
- 1.4 Explain causes of hardness
- 1.5 Explain the method for removal of hardness of water

**CHAPTER – II: GAS PREPRATION**

- 2.1 State the source of NH<sub>3</sub> gas
- 2.2 State general methods of preparation of NH<sub>3</sub> gas
- 2.3 Describe laboratory method of preparation of ammonia  
(NH<sub>3</sub>) gas

- 2.4 State different physical and chemical properties of  $\text{NH}_3$  gas
- 2.5 State uses of  $\text{NH}_3$  gas
- 2.6 State the sources of  $\text{H}_2\text{O}_2$  gas
- 2.7 State General methods of preparation of  $\text{H}_2\text{O}_2$  gas
- 2.8 Describe laboratory method of preparation of  $\text{H}_2\text{O}_2$  gas
- 2.9 State different physical and chemical properties of  $\text{H}_2\text{O}_2$  gas
- 2.10 Take application of  $\text{H}_2\text{O}_2$  beauty treatment

### **CHAPTER – III : CREAMS**

- 3.1 Cleansing cream
- 3.2 Cold cream
- 3.3 Vanishing cream
- 3.4 Antibacterial cream
- 3.5 Bleaching cream
- 3.6 Sunscreen cream / lotion
- 3.7 Antiwrinkle cream
- 3.8 Nourishing cream

### **CHAPTER – IV : HAND AND FEET COSMETICS**

Explain the composition and function of the following cosmetics

- 4.1 Nail polish
- 4.2 Nail polish remover
- 4.3 Different types of home made packs for hand and feet

### **CHAPTER – V : FACIAL MASKS**

- 5.1 Know about different type of facial masks : Natural and chemicals
- 5.2 Composition and functions of different facial masks

### **CHAPTER – VI : FACE-MAKE UP**

Study and explain about the composition and function of following make ups

- 6.1 Power
  - a) Talcum Powder

- b) Coloured face powder
  - c) Compact face powder
- 6.2 Rouge
- 6.3 Lipstics
  
- 6.4 Eye make ups
  - a) Eye shadow
  - b) Mascara
  - c) Eye liner and eyebrow pencil

### **CHAPTER – VII : COSMETICS USED FOR HAIR AND SCALP**

Study and explain the classification, composition and function of the following

- 7.1 Shampoo
- 7.2 Rinses
- 7.3 Bleaches
- 7.4 Setting lotions
- 7.5 Dyes

### **CHAPTER – VIII : HYGINEIC PREPARATION B**

Define and describe the composition and function of the following

- 8.1 Deodorants
- 8.2 Antiperspirants
- 8.3 Perfumes

### **CHAPTER – IX : BATH PREPARATION AND DEPILATORIES**

Define and describe the composition and function of the following :

- 9.1 Bouble bath
- 9.2 Body massage oil
- 9.3 Talcum powder
- 9.4 Bath salts
- 9.5 State different methods for removal unwanted hairs
- 9.6 Composition and function of
  - a) Depilatories
  - b) Creams
  - c) Hot wax and cold wax

**COSMETIC CHEMISTRY**  
**PRACTICAL - III**

Total period : 45  
(03 periods / Wk)

Examination – 3 hours  
Full marks: Pr.25 + Sess -25 = 50

**EXPERIMENTS**

- A. Preparation of creams
  - i) Cold cream
  - ii) Cleansing cream
  - iii) Cleansing lotion
  - iv) Vanishing cream
  
- B. Preparation of face powder
- C. Preparation of Antiseptic lotion and cream
- D. Preparation of lipstick
- E. Preparation of Kajal
- F. Preparation Hot wax and cold wax
- G. Preparation of face packs
- H. Preparation Scrubber
- I. Preparation of Shampoos, rinses
- J. Preparation of henna dye for colouring of hair

## YOGA THERAPY THEORY - IV

Total period: 90  
(06 periods / Wk)

Examination – 2 hours  
Full marks: Th.60 + IA - 15 = 75

Sl.No.	Chapter Name	Periods	Marks
1.	Headache & Thyroid disease	17	12
2.	Heart & circulatory diseases	18	12
3.	Gastrointestinal disorders and Backpain	20	12
4.	Female disorders	20	12
5.	Urinary and Kidney disorders	15	12

### CONTENTS

#### **CHAPTER – I : HEADACHE & THYROID DISEASE**

- 1.1 Study about the disorders
- 1.2 Study about the symptoms
- 1.3 Types of disorders
- 1.4 Causes behind the disorders
- 1.5 Modern medical treatment
- 1.6 Yogic approach / management for the disorder
- 1.7 Detail project report about the disorders

#### **CHAPTER – II : HEART AND CIRCULATORY DISORDERS**

- 2.1 Bronchitis, Eosiniphiles, Tonsilitis
- 2.2 Study about the disorders
- 2.3 Study about the symptoms
- 2.4 Types of disorders
- 2.5 Causes behind the disorders
- 2.6 Modern medical treatment
- 2.7 Yogic approach / management for the disorder
- 2.8 Detail project report about the disorders

### **CHAPTER – III : GASTROINTESTINAL DISORDERS AND BACK PAIN**

- 3.1 Clotis, Acute gastroenteritis and Hepatis
- 3.2 Cermical spondylitis , Backpain
- 3.3 Slipped dice and saiatica
- 3.4 Study about the disorders
- 3.5 Study about the symptoms
- 3.6 Types of disorders
- 3.7 Causes behind the disorders
- 3.8 Modern medical treatment
- 3.9 Yogic approach / management for the disorder
- 3.10 Detail project report about the disorders

### **CHAPTER – IV : FEMALE DISORDER**

- 4.1 Leucorrhoea and vaginal infection in female
- 4.2 Spermaatorrhoea and nocturalemesis
- 4.3 Study about the disorders
- 4.4 Study about the symptoms
- 4.5 Types of disorders
- 4.6 Causes behind the disorders
- 4.7 Modern medical treatment
- 4.8 Yogic approach / management for the disorder
- 4.9 Detail project report about the disorders

### **CHAPTER – V : URINARY AND KIDNEY DISORDER**

- 5.1 Urinary track infection and kidney stone
- 5.2 Skin diseases
- 5.3 Study about the disorders
- 5.4 Study about the symptoms
- 5.5 Types of disorders
- 5.6 Causes behind the disorders
- 5.7 Modern medical treatment
- 5.8 Yogic approach / management for the disorder
- 5.9 Detail project report about the disorders

## **PROJECT**

Total period: 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Sess: 50 + Viva -25= 75

For the final project the students should do the project work on different problems related to beauty culture under the direct guidance and supervision of concerned lecturer. Simultaneously they should visit atleast 2 to 3 beauty clinics and health clubs for proper analysis. Finally they should submit the project report which will be evaluated by the external examiner.

**SYLLABUS FOR DIPLOMA COURSES  
OF  
BEAUTY CULTURE**

**STATE COUNCIL FOR TECHNICAL EDUCATION  
& VOCATIONAL TRAINING, ORISSA,  
BHUBANESWAR**

## BEAUTY CULTURE SCHEME

### 1<sup>ST</sup> SEMESTER

	SUBJECT	TEACHING SCHEME		EVALUATION SCHEME				
		Th.	Pr.	Th.	I.A.	Sess.	Pr.	Total
1.	Anatomy & Physiology	07	–	80	20	–	–	100
2.	Yoga & Body Perfection – I	07	06	80	20	25	25	150
3.	Hair Dressing. – I	07	06	80	20	25	25	150
4.	Technical Seminar	–	06	–	–	50	50	100
	<b>TOTAL</b>	<b>21</b>	<b>18</b>	<b>240</b>	<b>60</b>	<b>100</b>	<b>100</b>	<b>500</b>

### 2<sup>ND</sup> SEMESTER

	SUBJECT	TEACHING SCHEME		EVALUATION SCHEME				
		Th.	Pr.	Th.	I.A.	Sess.	Pr.	Total
1.	Personality Development	05	06	60	15	25	25	125
2.	Beauty Culture-I	07	06	80	20	25	25	150
3.	Communication Skill	05	03	60	15	25	25	125
4.	Basic Ayurveda, Naturopathy, Yoga, Beauty Culture	04	–	40	10	–	–	50
5.	Technical Seminar	–	03	–	–	25	25	50
	<b>TOTAL</b>	<b>21</b>	<b>18</b>	<b>240</b>	<b>60</b>	<b>100</b>	<b>100</b>	<b>500</b>

**3<sup>RD</sup> SEMESTER**

	SUBJECT	TEACHING SCHEME		EVALUATION SCHEME				
		Th.	Pr.	Th.	I.A.	Sess.	Pr.	Total
1.	Yoga & Body Perfection	06	06	80	20	25	25	150
2.	Beauty Culture-II	06	06	80	20	25	25	150
3.	Common disorder of Skin & Hair	04	–	40	10	–	–	50
4.	Dietics	05	–	60	15	–	–	75
5.	Basic Computer Application	03	02	40	10	15	15	75
6.	Library	–	01	–	–	–	–	–
	<b>TOTAL</b>	<b>24</b>	<b>15</b>	<b>300</b>	<b>75</b>	<b>65</b>	<b>60</b>	<b>500</b>

**4TH SEMESTER**

	SUBJECT	TEACHING SCHEME		EVALUATION SCHEME				
		Th.	Pr.	Th.	I.A.	Sess.	Pr.	Total
1.	Entrepreneurship & Management	06		80	20			100
2.	Hair Dressing- II	07	06	80	20	25	25	150
3.	Cosmetic Chemistry	04	03	40	10	25	25	100
4.	Yoga Therapy	06		60	15			75
5.	Project		06			50	25	75
6.	Library		01					
	<b>TOTAL</b>	<b>23</b>	<b>16</b>	<b>260</b>	<b>65</b>	<b>100</b>	<b>75</b>	<b>500</b>