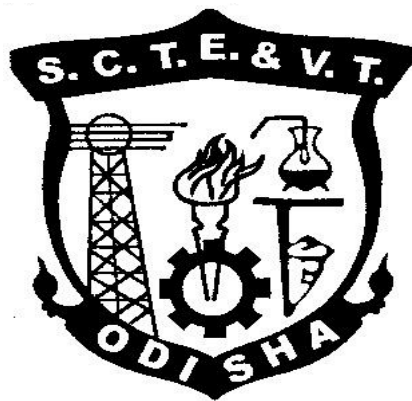


STATE COUNCIL FOR TECHNICAL EDUCATION AND VOCATIONAL TRAINING, ODISHA									
TEACHING AND EVALUATION SCHEME FOR 3 rd Semester Beauty Culture (wef 2019-20)									
Subject Number	Subject Code	Subject	Periods/week			Evaluation Scheme			
			L	T	P	Internal Assessment/ Sessional:	End Sem Exams	Exams (Hours)	Total
Theory									
Th.1		Yoga and Body Perfection- II	4		-	20	80	3	100
Th.2		Hair Dressing-II	4		-	20	80	3	100
Th.3		Cosmetic Chemistry	4		-	20	80	3	100
Th.4		Dietetics	4		-	20	80	3	100
Th.5		Environmental studies	4		-	20	80	3	100
		<i>Total</i>	20			100	400	-	500
Practical									
Pr.1		Yoga and Body Perfection- II Lab	-	-	5	25	50	3	75
Pr.2		Hair Dressing-II Lab	-	-	5	25	50	3	75
Pr.3		Cosmetic Chemistry Lab	-	-	3	25	25	3	50
Pr.4		Physiotherapy, Magneto therapy and Accupressure Lab	-	-	3	25	25	3	50
		Student Centred Activities(SCA)		-	3	-	-	-	-
		<i>Total</i>	-	-	18	100	150	-	250
		Grand Total	20	-	19	200	550	-	750
Abbreviations: L-Lecturer, T-Tutorial, P-Practical . Each class is of minimum 55 minutes duration									
Minimum Pass Mark in each Theory subject is 35% and in each Practical subject is 50% and in Aggregate is 40%									
SCA shall comprise of Extension Lectures/ Personality Development/ Environmental issues /Quiz /Hobbies/ Field visits/ cultural activities/Library studies/Classes on MOOCs/SWAYAM etc., Seminar and SCA shall be conducted in a section.									
There shall be 1 Internal Assessment done for each of the Theory Subject. Sessional: Marks shall be total of the performance of individual different jobs/ experiments in a subject throughout the semester									

CURRICULLUM OF 3RD SEMESTER
For
DIPLOMA IN Beauty Culture
(Effective FROM 2019-20 Sessions)



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

Th1. YOGA AND BODY PERFECTION –II

Name of the Course : Diploma in Beauty Culture			
Theory	4 periods per week	Internal Assessment	20 Marks
Total Periods	60 periods	End Sem. Exam.	80 Marks
Examination	3 hours	Total Marks	100 Marks

A. RATIONALE:

Due to increasing physical and mental illness in the developing as well as developed countries , more and more people are getting attracted towards yoga and body perfection . Yoga can be taken as an important tool for having a healthy body & mind. Therefore study of the subject “ Yoga & Body Perfection” is required Beauty Culture Diploma students in order to take care of their own physical and mental health as well as the people of different sectors of society as a whole.

B. OBJECTIVE: -

After completion of study of Yoga and Body Perfection -II, the student will be able to:

- 1 : gather adequate knowledge about various physiological and psychological problem of human body.
- 2 : handle the mind in a better way with help of different breathing techniques.
- 3 : learn the techniques to lead a healthy, calm and qualitative life for themselves and help other people of the society to achieve the same.
- 4 : use of various electrical and non-electrical gadgets to get a good physique.

C. TOPIC WISE DISTRIBUTION OF PERIODS:

SL.NO	CHAPTER NAME	PERIODS
1	CONCEPT & PRELIMINARY IDEA OF YOGA	05
2	ASTANGA YOGA	10
3	VARIOUS GROUPS OF ASANAS	13
4	SURYANAMASKAR	10
5	PRANAYAMAS ,BHAVASUDHI AND MEDITATION	10
6	BODY PERFECTION	12
TOTAL		60

D. COURSE CONTENTS

CHAPTER – 1: CONCEPT & PRELIMINARY IDEA OF YOGA

- 1.1 Meaning, definition and scope of yoga.
- 1.2 Benefits of yoga for various sectors of society.
- 1.3 Importance and aim of yoga for overall development of the students.
- 1.4 Misconception about Yoga and the demerits of doing yoga in a wrong manner
- 1.5 Branches of yoga.

CHAPTER – 2: Astanga yoga

- 2.1 Introduction to Astanga yoga.
- 2.2 Concept of Astanga Yoga
- 2.2 Classification of Astanga Yoga
 - 2.2.1 Bahiranga yoga Yama, Niyama, Asana, Pranayama, Pratyahara
 - 2.2.2 Five Yamas: Ahimsa, Satya, Asteya, Brahmacharya & Aparigraha
 - 2.2.3 Five Niyamas: Saucha, Santosha, Tapasa, Swadhyaya, Iswara- Pranidhana
 - 2.2.4 Antaranga yoga: Dharana, Dhyana, Samadhi

CHAPTER – 3: VARIOUS GROUPS OF ASANAS

- 3.1 Idea of Different yogic asanas.
- 3.2 Preliminary Asanas.
 - 3.2.1 Greeva sanchalana
 - 3.2.2. Skandha chakrasa.
 - 3.2.3 Utthana Padasans.
 - 3.2.4. Supta pawanmuktasana.
- 3.3 Forward bending asanas.
 - 3.3.1 Saithlyasana
 - 3.3.2 Paschimottasana.
 - 3.3.3 Janu sirshasana.
 - 3.3.4 Hasta Pada Angustasana.
- 3.4 Backward bending asanas.
 - 3.4.1 Bhujangasana.
 - 3.4.2 Poorna Bhungasana.
 - 3.4.3 Poorna Dhanurasana
 - 3.4.4 Chakrasana
- 3.5 Bajrasana series asanas..
 - 3.5.1 Bhadrasana
 - 3.5.2 Simhagarjanasan.
 - 3.5.3 Ustrasana
 - 3.5.4 Shashankasan
- 3.6 Inverted asanas.
 - 3.6.1. Vipareeta karani Asana.
 - 3.6.2 Halasana.
 - 3.6.3 Druta halasana
 - 3.6.4 Sarvangasana

- 3.7 Balancing asanas
 - 3.7.1 Ekapada pranamasana
 - 3.7.2 Eka Padasana
 - 3.7.3 Vrikshyasana
 - 3.7.4 Natarajasana.

CHAPTER – 4: SURYANAMASKAR.

- 4.1 Time of practice.
- 4.2 Preparation and positions of
 - 4.2.1 Pranamasan
 - 4.2.2 Hasta Utthanasana.
 - 4.2.3 Padahastanasana.
 - 4.2.4 Ashwa sanchalana.
 - 4.2.5 Parvatasana
 - 4.2.6 Astanga Namaskara
 - 4.2.7 Bhungasana
- 4.3 Bija mantra.
- 4.4 Contra-indications
- 4.6 General benefits and precautions of Suryanamskara.

CHAPTER – 5: PRANAYAMA, BHAVASUDHI AND MEDITATION

- 5.1 Definition of Pranayama.
- 5.2 Aspects of pranayama.
- 5.3 Pranic body, Breathing and life style
- 5.5 Key points for the practice of pranayama
- 5.6 Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai
- 5.7 Bhavasudhi: Definition, Concept & brief description
- 5.8 Meditation : Definition , brief description & benefits

CHAPTER- 6: BODY PERFECTION

- 6.1 Medical history of the client.: B.P, Pulse, Height, Weight, Age , Family & Diseases.
- 6.2 Planning for client treatment of Body perfection , disease & disorder, their cure by Yoga
- 6.3 Yogic balance diet
 - 6.3.1 Tamsik
 - 6.3.2 Rajsik
 - 6.3.3 Satvik
- 6.4 Electrical equipments and gadgets for figure correction,
 - 6.4.1 Name of the equipments
 - 6.4.2 Working principles of such equipments/ gadgets
 - 6.4.3 Benefits of such equipments/ gadgets

- 6.5 Exercise for body perfection
 - 6.5.1 Daily exercise programme
 - 6.5.2 Bust line building exercise
 - 6.5.3 Facial exercise
 - 6.5.4 Exercise for reduction of bulging belly
 - 6.5.5 Exercise for slim waist line

SYLLABUS COVERAGE UP TO I.A:

Chapter 1,2,3 and 4

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Asana Pranayama Mudrabandha	SWAMI SATYANANDA	Bihar School of Yoga
02	Astanga Yoga	SWAMI SATYANANDA	Bihar School of Yoga
03	Herbal Beauty Care	Rashmi Sharma	Pustak Mahal.

Th2. HAIR DRESSING-II

Name of the Course : Diploma in Beauty Culture			
Theory	4 Period per week	Internal Assessment	20 Marks
Total Periods	60 periods	End Sem. Exam.	80 Marks
Examination	3 hours	Total Marks	100 Marks

A. RATIONALE: Different aspects of Hairdressing includes cutting / styling/colouring of hair in order to change or improve a person's appearance. This is an important area of Beauty Culture which is a combination of hair colouring, hair cutting, and hair texturing techniques. Therefore subject of Hair Dressing-II to be learnt by the students of Beauty Culture diploma course in order to take care of their own hair and maintain their physical beauty by different haircuts, styles and colouring and also make their clients look more attractive and presentable.

B. OBJECTIVE: -

After completion of study of Hair Dressing-II, the student will be able to:

- 1- know about various colors available in market and use of natural colors.
- 2- use different types of artificial aids for different purposes of Hair dressing.
- 3- develop efficiency in adopting different thermal techniques for various types of hair styles required for the occasion.
- 4- handle various types of hair for chemical relaxation and the techniques to deal with chemically relaxed hair easily.

C. TOPIC WISE DISTRIBUTION OF PERIODS:

SL.NO	CHAPTER NAME	PERIODS
1	HAIR COLORING	15
2	HAIR LIGHTENING	10
3	ARTIFICIAL AIDS.	10
4	THERMAL HAIR SETTING AND STYLING TECHNIQUES.	10
5	CHEMICAL HAIR RELAXING AND RELATED THEORY.	15
TOTAL		60

D. COURSE CONTENTS

CHAPTER- 1: HAIR COLORING-

- 1.1 Classification / Analysis of hair
- 1.2 Basic law of colour
- 1.3 Types of colour: Primary & Secondary colour
- 1.4 Classification of hair colour: -Temporary, Semi permanent
- 1.5 Colour application - global colour on virgin hair, on coloured hair.
- 1.6 Types of hair colouring-
 - 1.6.1 Highlights technique.
 - 1.6.2 Bronde technique.
 - 1.6.3 Ombre technique.
 - 1.6.4 Sombre technique.
 - 1.6.5 Balayage technique.
- 1.7 Advantages and disadvantages of hair colour
- 1.8 Safety precautions for hair colouring

CHAPTER- 2: HAIR LIGHTENING

- 2.1 Different types of hair lighteners & their effects.
- 2.2 Oxidation.
- 2.3 Preparation for Lightening.
- 2.4 Lightening the Hair.
- 2.5 Hair lightening problem and solutions.
- 2.6 Lightening for special effects
- 2.7 Safety measures for Hair Lightening .

CHAPTER- 3: ARTIFICIAL AIDS:

- 3.1 History of wigs.
- 3.2 Types of wigs.
- 3.3 Different types of hair pieces, selection of hair pieces
- 3.4 Basic principles of hair cutting and shaping including handling various hair densities
- 3.5 Cleansing and drying of hair pieces.
- 3.6 Maintenance of artificial hair pieces.

CHAPTER-4: THERMAL TECHNIQUES:

- 4.1 Introduction
- 4.2 Blow dry styling technique
- 4.3 Hair pressing
- 4.4 Hot roller styling
- 4.5 Precautionary measures for thermal setting and styling procedure
- 4.6 Electrical massage by high frequency and infra red lamp
- 4.7 Definition of light therapy

CHAPTER-5: CHEMICAL HAIR RELAXING AND RELATED THEORY:

- 5.1 Analysis of hair

- 5.2 Chemical hair relaxing products
- 5.3 Chemistry of hair relaxing process
- 5.4 Neutralizer
- 5.5 Precautions

SYLLABUS COVERAGE UP TO I.A

Chapter -1.0 TO 3.0.

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Text Book of Cosmetology	Mary Healy	Prentice-Hall of Private
02	The Science of Hair Care	Charles Zviak	CRC Press
03	Hair	Benyl Franklin	Rupa &co.
04	Skin & Hair Care	Dr.Rajeev Sharma	Manoj Publications
05	Science & Practice of Cosmetology	Mrs Puspa Balwant Singh Bawa	Institute of Beauty Culture, Defense Colony ,New Delhi

Th3. COSMETIC CHEMISTRY

Name of the Course : Diploma in Beauty Culture			
Theory	4 Period per week	Internal Assessment	20 Marks
Total Periods	60 periods	End Sem. Exam.	80 Marks
Examination	3 hours	Total Marks	100 Marks

A. RATIONALE:

STUDY OF COSMETIC CHEMISTRY IS AN INTEGRAL PART OF BEAUTY CULTURE COURSE . THE STUDENTS MUST HAVE KNOWLEDGE ABOUT COMPOSITION, PREPARATION, PROPERTIES , USES OF DIFFERENT COSMETICS AND ALSO TO BE ABLE TO HANDLE WITH ANY SIDE EFFECTS OF COSMETICS-

B. OBJECTIVE: -

After completion of study of Cosmetic Chemistry, the student will be able to:

1. get adequate knowledge of different elements and compounds used in cosmetics by knowing the physical and chemical properties of various elements, compounds.
2. know the composition of various cosmetics and their properties thereby use various cosmetics easily.
3. develop an interest to prepare different cosmetics.

C. TOPIC WISE DISTRIBUTION OF PERIODS:

SL .NO	CHAPTER NAME	PERIODS
1	Water.	05
2	Acid, Base & Salt	05
3	Gas preparations.	06
4	Creams.	10
5	Hand and feet cosmetics.	06
6	Facial masks.	06
7	Face make-up.	10
8	Cosmetics for hair and scalp.	05
9	Hygienic Preparation.	04
10	Bath preparation and depilatories.	03
TOTAL		60

D. COURSE CONTENTS

CHAPTER- 1: WATER.

- 1.1 Different sources of water.
- 1.2 Different types of water.
- 1.3 Hardness of water and types of hardness.
- 1.4 Causes of hardness.
- 1.5 Removal of hardness of water by Limesoda process(Both Hot & Cold)

CHAPTER- 2: ACID, BASE & SALT

- 2.1 Definition acid , base & salt in the light of Arrhenius theory, Lowry Bronsted theory & Lewis theory
- 2.2 Types of acid ,base & salt
- 2.3 Examples of acid ,base & salt
- 2.4 Neutralization reaction between acid & base
- 2.5 Hydrogen Ion concentration.
- 2.6 Definition of pH.
- 2.7 pH scale, acidity & basicity

CHAPTER-3: GAS PREPARATIONS (Ammonia &Hydrogen Peroxide)

- 3.1 Sources of ammonia (NH₃) gas.
- 3.2 General methods of preparation of NH₃ gas.
- 3.3 Laboratory method of preparation of NH₃ gas
- 3.4 Physical and Chemical properties of NH₃ gas.
- 3.5 General uses of NH₃ gas and its application in Beauty Treatment
- 3.6 Sources of Hydrogen Peroxide H₂O₂ gas.
- 3.7 General methods of preparation of H₂O₂ gas.
- 3.8 Laboratory method of preparation of H₂O₂ gas.
- 3.9 Physical and Chemical properties of H₂O₂ gas.
- 3.10 General uses of H₂O₂ and its application in beauty treatment.

CHAPTER- 4: CREAMS

Introduction, composition and function of the following creams:

- 4.1 Cleaning creams.
- 4.2 Cold cream.
- 4.3 Vanishing cream.
- 4.4 Antibacterial cream.
- 4.5 Bleaching cream.
- 4.6 Sunscreen cream/lotion.
- 4.7 Anti-wrinkle cream.
- 4.8 Nourishing cream.

CHAPTER-5: HAND AND FEET COSMETICS.

Composition and function of the following cosmetics.

- 5.1 Nail polish.
- 5.2 Nail polish remover.
- 5.3 Different types of homemade packs for hand and feet.

CHAPTER-6: FACIAL MASKS.

- 6.1 Types of facial masks- natural and chemical.
- 6.2 Composition and functions of different facial masks.

CHAPTER-7: FACE MAKE-UP.

Composition and functions of the following make-ups:

- 7.1 Powder:
 - 7.1.1 Talcum powder
 - 7.1.2 Coloured face powder
 - 7.1.3 Compact face powder
- 7.2 Rouge: Types, Composition & Function
- 7.3 Lipstick: Composition, Function & Physiological action of different ingredients of lipstick
- 7.4 Eye make-up : Composition & Function of the following
 - 7.4.1 Eyeliner & Eyebrow pencil
 - 7.4.2 Eye shadow
 - 7.4.3 Mascara

CHAPTER- 8: COSMETICS USED FOR HAIR AND SCALP.

Composition and functions of

- 8.1 Shampoo.
- 8.2 Rinses.
- 8.3 Conditioner.
- 8.4 Setting lotions.
- 8.5 Dyes.

CHAPTER-9: HYGIENIC PREPARATION.

Composition and functions of the followings

- 9.1 Deodorants.
- 9.2 Antiperspirants.
- 9.3 Perfumes.

CHAPTER-10: BATH PREPARATION AND DEPILATORIES.

- 10.1 Composition & function of

- 10.1.1 Bubble bath.
- 10.1.2 Body massages oil.
- 10.1.3 Depilatories
- 10.1.4 Hot and cold wax

SYLLABUS COVERAGE UP TO I.A

Chapter (1.0 to 6.0)

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	A hand book of cosmetics	B.M. MITHAL & R.N SAHA	M.K Jain for Vallabh prakashan.
02	A concise book of cosmetics	K.Sapath	Birla publications Pvt .Ltd

Th4. DIETETICS

Name of the Course : Diploma in Beauty Culture			
Theory	4 Period per week	Internal Assessment	20 Marks
Total Periods	60 periods	End Sem. Exam.	80 Marks
Examination	3 hours	Total Marks	100 Marks

A. RATIONALE:

Dietetics is the science of how food and nutrition affects human health. The field of dietetics has a strong emphasis on public health and a commitment to educating the students about the importance of making proper dietary choice. The subject dietetics to be learnt by the students of the Beauty Culture diploma course for getting proper knowledge about food we, eat which has a significant impact on our health. Also this subject is very relevant in making the changes in diet which can help to prevent or control many health problems including obesity, diabetes and certain risk factors for cancer and heart disease.

B. OBJECTIVE: -:

After completion of study of Dietetics, the student will be able to:

- 1- design individual nutritional therapies to address specific health issues, such as unhealthy weight.
- 2- become a facilitator for nutrition programs at health care/educational /correctional and other institutions
- 3- increase public awareness towards proper nutritional standards and habits.
- 4- work with food manufacturers to improve the nutritional quality of ready made/ packaged foods.
- 5- get accuracy and comprehension of food labels

C. TOPIC WISE DISTRIBUTION OF PERIODS:

SL.NO.	CHAPTER NAME	PERIODS
1.	Knowledge about dietetics	15
2	Food ,nutrition and health	12
3	Calorie & its value in diet	11
4	Diet planning	12
5	Diet & its effects on human body	10
TOTAL		60

D. COURSE CONTENTS

CHAPTER – 1: KNOWLEDGE ABOUT DIETETICS

- 1.1 Definition of dietetics
- 1.2 Basic ingredients of normal diet
- 1.3 General idea about protein, carbohydrates, fats, minerals, salt, vitamins and water.
- 1.4 Definition and explanation of beauty diet, food containing vitamins and its method of preparation to prevent its destruction
- 1.5 Preparation of diet to maintain normal health and weight.

CHAPTER – 2: FOOD, NUTRITION AND HEALTH

- 2.1 Introduction
- 2.2 Food and its function.
- 2.3 Functions of food.
- 2.4 Meaning of Nutrition.
- 2.5 Concept of Health.
- 2.6 Meaning of Nutritional status.

CHAPTER – 3: CALORIES AND ITS VALUE IN DIET

- 3.1 Definition of calorie
- 3.2 Calculate diet in terms of calories
- 3.3 Preparation of balance diet for vegetarians, non-vegetarians ,growing boys & girls
- 3.4 Preparation of diet for reducing or putting on weight
- 3.5 Beauty and slimming diet planning
- 3.6 Calculation of calorie need for different age groups
- 3.7 Preparation of different diet chart in terms of calorie
- 3.8 Exercise on number of calories to be calculated for different age group in view of economic factors of the client.

CHAPTER – 4: DIET PLANNING

- 4.1 Planning of a diet to be taken during summer, winter and rainy season
- 4.2 Planning of cheaper balance diet that contain protein, minerals and vitamins.
- 4.3 Preparation of seasonal diet chart
- 4.4 Preparation of balance diet for client in terms of cost
- 4.5 Calculation of food items in terms of costs.
- 4.6 Effect of cost in diet

CHAPTER – 5: DIET AND ITS EFFECT ON HUMAN BODY

- 5.1 Effects of food on various system of human body.
- 5.2 Types of food having good effect on the important organs of the body.
- 5.3 Food having more food value and less cost
- 5.4 Planning of a diet chart that has more food value and less cost
- 5.5 Planning of therapeutic diet for common disorders.

SYLLABUS COVERAGE UP TO I.A

Chapter (1.0 to 3.0)

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Food & Nutrition for community	B.V.Ramashastrri.	National Institute of Nutrition,Indian Council of Medical research.,Hydrabad
02	Food & Nutrition(Fact & Figure)	L.C.Gupta & Kusum Gupta	National Institute of Nutrition,Indian Council of Medical research.,Hydrabad

Th5. ENVIRONMENTAL STUDIES

(Common to all Branches)

Name of the Course: Diploma in Beauty Culture			
Course code:		Semester	3 rd
Total Period:	60	Examination :	3 hrs
Theory periods:	4P / week	Internal Assessment:	20
Maximum marks:	100	End Semester Examination ::	80

A. RATIONALE:

Due to various aspects of human developments including the demand of different kinds of technological innovations, most people have been forgetting that, the Environment in which they are living is to be maintained under various living standards for the preservation of better health. The degradation of environment due to industrial growth is very much alarming due to environmental pollution beyond permissible limits in respect of air, water industrial waste, noise etc. Therefore, the subject of Environmental Studies to be learnt by every student in order to take care of the environmental aspect in each and every activity in the best possible manner.

B. OBJECTIVE:

After completion of study of environmental studies, the student will be able to:

1. Gather adequate knowledge of different pollutants, their sources and shall be aware of solid waste management systems and hazardous waste and their effects.
2. Develop awareness towards preservation of environment.

C. Topic wise distribution of periods:

Sl. No.	Topics	Period
1	The Multidisciplinary nature of environmental studies	04
2	Natural Resources	10
3	Systems	08
4	Biodiversity and it's Conservation	08
5	Environmental Pollution	12
6	Social issues and the Environment	10
7	Human population and the environment	08
	Total:	60

D. COURSE CONTENTS

1. **The Multidisciplinary nature of environmental studies:**

1.1 Definition, scope and importance.

1.2 Need for public awareness.

2. **Natural Resources:**

Renewable and non renewable resources:

2.1 Natural resources and associated problems.

2.1.1. Forest resources: Use and over-exploitation, deforestation, case studies, Timber extraction mining, dams and their effects on forests and tribal people.

2.1.2. Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dam's benefits and problems.

2.1.3. Mineral Resources: Use and exploitation, environmental effects of extracting and using mineral resources.

2.1.4. Food Resources: World food problems, changes caused by agriculture and over grazing, effects of modern agriculture, fertilizers- pesticides problems, water logging, salinity, .

2.1.5. Energy Resources: Growing energy need, renewable and non-renewable energy sources, use of alternate energy sources, case studies.

2.1.6. Land Resources: Land as a resource, land degradation, man induces landslides, soil erosion, and desertification.

2.2 Role of individual in conservation of natural resources.

2.3 Equitable use of resources for sustainable life styles.

3. **Systems:**

3.1. Concept of an eco system.

3.2. Structure and function of an eco system.

3.3. Producers, consumers, decomposers.

3.4. Energy flow in the eco systems.

3.5. Ecological succession.

3.6. Food chains, food webs and ecological pyramids.

3.7. Introduction, types, characteristic features, structure and function of the following eco system:

3.8. Forest ecosystem:

3.9. Aquatic eco systems (ponds, streams, lakes, rivers, oceans, estuaries).

4. **Biodiversity and it's Conservation:**

- 4.1. Introduction-Definition: genetics, species and ecosystem diversity.
- 4.2. Biogeographically classification of India.
- 4.3. Value of biodiversity: consumptive use, productive use, social ethical, aesthetic and optin values.
- 4.4. Biodiversity at global, national and local level.
- 4.5. Threats to biodiversity: Habitats loss, poaching of wild life, man wildlife conflicts.

5. **Environmental Pollution:**

5.1. Definition Causes, effects and control measures of:

- 5.1.1 Air pollution.
- 5.1.2 Water pollution.
- 5.1.3 Soil pollution
- 5.1.4 Marine pollution
- 5.1.5 Noise pollution.
- 5.1.6 Thermal pollution
- 5.1.7 Nuclear hazards.

5.2. Solid waste Management: Causes, effects and control measures of urban and industrial wastes.

5.3. Role of an individual in prevention of pollution.

5.4. Disaster management: Floods, earth quake, cyclone and landslides.

6. **Social issues and the Environment:**

- 6.1. Form unsustainable to sustainable development.
- 6.2. Urban problems related to energy.
- 6.3. Water conservation, rain water harvesting, water shed management.
- 6.4. Resettlement and rehabilitation of people; its problems and concern.
- 6.5. Environmental ethics: issue and possible solutions.
- 6.6. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust, case studies.
- 6.7. Air (prevention and control of pollution) Act.
- 6.8. Water (prevention and control of pollution) Act.
- 6.9. Public awareness.

7. **Human population and the environment:**

- 7.1. Population growth and variation among nations.
- 7.2. Population explosion- family welfare program.
- 7.3. Environment and humanhealth.
- 7.4. Human rights.
- 7.5. Value education
- 7.6. Role of information technology in environment and human health.

Syllabus coverage up to Internal assessment

Chapters: 1, 2 and 3.

Learning Resources:			
Sl.No	Title of the Book	Name of Authors	Name of Publisher
1.	Textbook of Environmental studies	Erach Bharucha	#UGC
2.	Fundamental concepts in Environmental Studies	D.D. Mishra	S.Chand & Co-Ltd
3.	Text book of Environmental Studies	K.Raghavan Nambiar	SCITECH Publication Pvt. Ltd.
4.	Environmental Engineering	V.M.Domkundwar	Dhanpat Rai & Co

Pr1. YOGA AND BODYPERFECTION-II

Name of the Course : Diploma in Beauty Culture			
Theory	5 Period per week	Sessional Assessment	25Marks
Total Periods	75 periods	End Sem. Exam.(Practical)	50 Marks
Examination	3 hours	Total Marks	75 Marks

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 Learning & practice of various yogasanas to keep the mind free from thoughts and worries.
- 1.6 Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana)
- 1.7 Learning and practice of Suryanamaskar and its impact on human body.
- 1.8 Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai)

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, explain 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 Learning and performing different exercises for obesity & good physique.
- 2.7 Treatment by using different electrical and other instruments for achieving good physique.

Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Asana Pranayama Mudrabandha	Swami Satyananda	School of Yoga, Bihar
02	Astanga Yoga	Swami Satyananda	School of Yoga, Bihar
03	Herbal Beauty Care	Rashmi Sharma	Pustak mahal.

Pr2. HAIR DRESSING-II

Name of the Course : Diploma in Beauty Culture			
Practical	5 periods per week	Sessional Assessment	25Marks
Total Periods	75 periods	End Sem. Exam.(Practical)	50 Marks
Examination	3 hours	Total Marks	75 Marks

CONTENTS.

CHAPTER- 1: HAIR COLORING

- 1.1 Practice of classification and Analysis of hair for coloring.
- 1.2 Practice of various combinations of color by using temporary colour, semi permanent colour and complementary colour.
- 1.3 Practice of identification of Primary & Secondary colour
- 1.4 Practice of classification of hair Colour: -Temporary, Semi permanent
- 1.5 Practice of colour application - global colour on virgin hair, on coloured hair
- 1.6 Practice of types of hair colouring-
 - i) Highlights technique.
 - ii) Bronde technique.
 - iii) Ombre technique.
 - iv) Sombre technique.
 - v) Balayage technique.
- 1.7 Practice of safety precautions for hair colouring

CHAPTER- 2: HAIR LIGHTENING

- 2.1 Practice of lighteners and their effects.
- 2.2 Practice for Oxidation.
- 2.3 Practice for preparation for Lightening.
- 2.4 Practice of lightening the Hair as per the need of the client.
- 2.5 Practice of hair lightening problem and solutions.
- 2.6 Practice of lightening for special effects
- 2.7 Practice of safety measures for Hair Lightening.

CHAPTER- 3: ARTIFICIAL AIDS:

- 3.1 Practice of fixing of wigs.
- 3.2 Practice of various hair styles along with wigs.
- 3.3 Practice for removal of wigs.
- 3.4 Practice of fixing of different types of hair pieces.
- 3.5 Practice of various types of hair style by using hair pieces.
- 3.6 Practice of cleansing and drying of hair pieces.
- 3.7 Practice of maintenance of artificial hair pieces.

CHAPTER-4: THERMAL TECHNIQUES:

- 4.1 Practice of blow dry styling technique
- 4.2 Practice of various hair style by blow dryer.
- 4.3 Practice of Hair pressing and styling.
- 4.4 Practice of Hot roller styling
- 4.5 Practice for making curls by various types of curling rods.
- 4.6 Practice of various hair style by using curling rods.
- 4.7 Practice of Precaution to be taken during thermal setting and styling procedure

CHAPTER-5: CHEMICAL HAIR RELAXING

- 5.1 Practice of analysis of hair
- 5.2 Practice of chemical hair relaxing products
- 5.3 Practice of chemical hair relaxing by using various products.
- 5.4 Practice of chemical hair relaxing procedure
- 5.5 Practice of chemical hair relaxing procedure for Neutralizer
- 5.6 Practice of Precaution to be taken during chemical hair relaxing products

Book Recommended

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Text Book of Cosmetology	Mary Healy	Prentice- Hall of private
02	The Science of Hair Care	Charles Zviak	CRC Press
03	Hair	Benzyl Franklin	Rupa & co
04	Skin & Hair Care	Dr.Rajeev Sharma	Manoj Publications
05	Science & Practice of Cosmetology	Mrs Puspaa Balwant Singh Bawa	Institute of Beauty Culture, Defense Colony ,New Delhi

Pr3. COSMETIC CHEMISTRY

Name of the Course : Diploma in Beauty Culture			
Practical	3 periods per week	Sessional Assessment	25Marks
Total Periods	45 periods	End Sem. Exam.(Practical)	25 Marks
Examination	3 hours	Total Marks	50 Marks

EXPERIMENTS:

1. **Preparation of creams**
 - i) Cold cream
 - ii) Cleansing cream
 - iii) Cleansing lotion
 - iv) Vanishing cream
2. Preparation of face powder.
3. Preparation of Antiseptic lotion and cream.
4. Preparation of lipsticks.
5. Preparation of Kajal.
6. Preparation of hot wax and cold wax.
7. Preparation of face packs.
8. Preparation of scrubber.
9. Preparation of shampoos rinses.
10. Preparation of henna dye/herbal dye for coloring of hair.
11. Preparation of perfume.
12. Preparation of soap.

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	A hand book of Cosmetic	BM MITHAL & R.N SAHA	M.K Jain for Vallabh prakashan.
02	A concise Book of Cosmetics	K.Sapath, Publication	Birla publications Pvt Ltd

Pr4. PHYSIOTHERAPY, MAGNETO THERAPY AND ACCUPRESSURE

Name of the Course : Diploma in Beauty Culture			
Practical	3 periods per week	Sessional Assessment	25Marks
Total Periods	45 periods	End Sem. Exam.(Practical)	25 Marks
Examination	3 hours	Total Marks	50 Marks

1.0 PRACTICE OF TECHNIQUES OF PHYSIOTHERAPY.

- 1.1 Preparation.
- 1.2 Practice of physical examination
- 1.3 Practice of various methods of Diagnosis
- 1.4 Practice of different aids for physical therapy

2.0 PRACTICE OF APPLICATION OF PHYSIOTHERAPY.

- 2.1 Practice of various techniques for various ailments to be cured by Physiotherapy
- 2.2 Practice of Safety precautions

3.0 PRACTICE OF METHODS OF APPLICATION OF MAGNETO THERAPY

- 3.1 Preparation.
- 3.2 Practice of various techniques of Magneto Therapy
- 3.3 Practice of products used for Magneto Therapy
- 3.4 Practice of various techniques for various ailments to be cured by Magneto Therapy
- 3.5 Safety precautions for Magneto Therapy

4.0 PRACTICE OF STONE THERAPY.

- 4.1 Preparation.
- 4.2 Practice of choosing of stone required for Stone Therapy
- 4.3 Practice of techniques of Stone Therapy
- 4.4 Practice of safety precautions for Stone Therapy

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Acupressure and magneto therapy holistic approach to healing and preventing ailment..	Dr. Inder Puri, Dr. Chanda Seth	Haranand publications
02	Manipulative Physiotherapy – Assessment, Treatment and Improvisation	Amrit Biswas,	Jaypee brothers medical publishers.

