

STATE COUNCIL OF TECHNICAL EDUCATION AND VOCATIONAL TRAINING, ODISHA
TEACHING AND EVALUATION SCHEME FOR DIPLOMA IN BEAUTY CULTURE 6TH SEM.(w.e.f 2019-20)

DISCIPLINE: BEAUTY CULTURE			SEMESTER:6TH								
SL.NO	SUBJECT CODE	SUBJECT	PERIODS			EVALUATION SCHEME					
			L	T	P	INTERNAL EXAM/ SESSIONAL	END SEM EXAM	EXAM (HOURS)	TOTAL MARKS		
THEORY											
1	TH-1	SPA AND WELLNESS	4	-	-	-	20		80	3HRS	100
2	TH-2	YOGA AND BODY PERFECTION – IV	4	-	-	-	20		80	3HRS	100
3	TH-3	SALOOON MANAGEMENT	4	-	-	-	20		80	3HRS	100
PRACTICAL											
4	PR-1	SPA AND WELLNESS	-	-	4	-	50	-	50	3HRS	100
5	PR-2	YOGA AND BODY PERFECTION - IV	-	-	4	-	25	-	50	3HRS	75
6	PR-3	SALOOON MANAGEMENT	-	-	4	-	50	-	50	3HRS	100
7	PR-4	PROJECT	-	-	8	-	50	-	100	3HRS	150
8	PR- 5	LIFE SKILL	-	-	4	-	25	-	-		25
9		SCA	-	-	3	-		-	-	-	
GRAND TOTAL			12	-	27	-	260	-	490	-	750

Each period is of 55 mins duration

Abbreviations: L-Lecture, T-Tutorial, P-Practical, TA-Teacher's Assignment, CT- Class Test

Minimum Pass Mark in each Theory Subject is 35% and Practical Subject is 50%

SCA shall comprise of Extension Lectures/ Personality Development/ Environmental issues /Quiz/ Hobbies/ Field visits/ cultural activities/ Library studies etc. Seminar and SCA shall be conducted in a section.

There shall be 1 Internal Assessment done for each Theory Subject. Sessional Marks shall be total of the performance of individual different jobs/ experiments in a subject throughout the semester.

SPA AND WELLNESS (THEORY-1)

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:

In this 21st century, spa therapy is a large area meant to encompass holistic therapies, beauty therapy, fitness and nutrition. With such a large area for consideration, it focuses on the holistic therapies that can be used in a beauty therapy context that is building upon the skills and techniques to relax and enhance the clients' well-being.

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth

B: OBJECTIVE: - THIS SUBJECT WILL ENABLE THE STUDENTS TO:

1. Work with the guidelines and standards for establishment of a spa as well as quality control the spa establishments.
2. Responsible for fulfilling all responsibilities related to spa.
3. Apply various techniques and skill through spa and other techniques to achieve holistic health.
4. Lead a very healthy life -- mentally, physically, emotionally and spiritually for themselves and also guide others to have a healthy and joyful life.

C. TOPIC WISE DISTRIBUTION OF PERIODS

SL.NO	CHAPTER NAME	PERIODS
1	INTRODUCTION TO SPA.	10
2	BASIC KNOWLEDGE REGARDING SPA.	15
3	SPA AND BEAUTY THERAPY.	35

D:CONTENTS

CHAPTER-1: INTRODUCTION TO SPA.

- 1.1 Definition of Spa
- 1.2 History of Spa
- 1.3 Understanding Spa concept

CHAPTER-2: BASIC KNOWLEDGE REGARDING SPA.

- 2.1 Area of Spa in human body
- 2.2 Requirement of Spa
- 2.3 Methods of Spa

CHAPTER-3: SPA AND BEAUTY THERAPY.

- 3.1 Recent techniques for Spa in Beauty Therapy
- 3.2 Techniques / Methods, raw- materials and equipments used for various Spa Therapies
- 3.3 Types of Spa.
- 3.4 Body Spa
 - 3.4.1 Methods and techniques for Body Spa
 - 3.4.2 Materials & equipments required for Body Spa
 - 3.4.3 Advantages of Body Spa
 - 3.4.4 Safety precautions for Body Spa
- 3.5 Pedi Spa
 - 3.5.1 Methods and techniques for Pedi Spa
 - 3.5.2 Materials & equipments required for Pedi Spa
 - 3.5.3 Advantages of Pedi Spa
 - 3.5.4 Safety precautions for Pedi Spa
- 3.6 Mani Spa
 - 3.6.1 Methods and techniques for Mani Spa
 - 3.6.2 Materials & equipments required for Mani Spa
 - 3.6.3 Advantages of Mani Spa
 - 3.6.4 Safety precautions for Mani Spa
- 3.7. Hair Spa
 - 3.5.1 Methods and techniques for Hair Spa
 - 3.5.2 Materials & equipments required for Hair Spa
 - 3.5.3 Advantages of Hair Spa
 - 3.5.4 Safety precautions for Hair Spa
- 3.8. Spa Techniques in Facial Therapy
- 3.9. Ethics and rules of Spa Therapy
- 3.10 Advantages of Spa Therapy
- 3.11. Safety precautions for Spa Therapy
- 4.0 Definition and introduction to wellness.
- 5.0 Necessity of wellness.
- 6.0 Various dimension of wellness.
- 7.0 Various techniques for wellness.

NB: Other innovative methods of Spa therapy can be included in practical exercise.

SYLLABUS COVERAGE UP TO I.A

1.0 TO 2.0

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	The Official Guide to Spa Therapy	By- Jane Crabbing-Bailey, Dr John Harcup and John	Harrington, Publisher- Cengage Learning Vocational.
02	Spa Management - On Introduction	By - Many Wisnon, Lisa L Capozio	Pearson.
03	Holistic wellness in new age – a Comprehensive guide to New age, Healing practices the New age body	By Brace Lipton, Rob Williams, Bryant Mayans, Walter Jacobson,	The Light Works Publishing
	From prevention to wellness therapy group work	By Joan K.Parry,	1. Publisher-Routledge.

YOGA AND BODY PERFECTION –IV (THEORY-2)

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:

Student will be able to learn about different types of Yogasanas, mudra and bandha use different types of electrical machines and gadgets, preparation of charts related to different yogasanas, learn to prepare different types of diet charts according to the age groups in terms of calories.

B.OBJECTIVE: - THIS SUBJECT WILL ENABLE THE STUDENTS TO:

1: Get proper knowledge regarding various yogic asana and their physiological and Psychological impact upon

human body.

2 : learn various breathing techniques to deal with the mind through Sat -karma, mudra and pranayama.

3 : Be able to learn the techniques to lead a healthy, calm and qualitative life.

C. TOPIC WISE DISTRIBUTION OF PERIODS:

SL.NO.	CHAPTER NAME	PERIODS
1	ASANA	10
2	SHATKARMA	12
3	PRANAYAM	12
4	MUDRA & BANDHA	12
5	VIPASSANA	14

D. CONTENTS

CHAPTER-1 :ASANA

- 1.1 Purpose of hatha yoga.
- 1.2 Study about the state of raja yoga is unknown because of misconception.
- 1.3 Study about type of pain or tapa.
- 1.4 Study about place of practice.
- 1.5 Study about causes of failure in sadhana.
- 1.6 Study about Asana as the first stage of hatha yoga.
- 1.7 Study about Asana as describe by vashishtha and matsyendranath, swastikasana, gomukhasana, veerasana, koormasana, kukkutasana, uttankoormasana, Dhanurasana, matsyendrasana, benefits of matsyendrasana, paschimottanasana, Benefits of paschimottanasana, mayurasana, curative effects of mayurasana, Shavasana, and its benefits.
- 1.8 Study about the food which is prohibited to the sadhaka.
- 1.9 Study about the food which is conducive to hatha sadhana

CHAPTER-2: SHATKARMA

- 2.1. Shatkarma-six purificatory techniques.
- 2.2 Dhauti.
- 2.3 Basti.
- 2.4 Neti
- 2.5 Trataka.
- 2.6 Nauli.
- 2.7 Kapalbhati.
- 2.8 Freedom from excess doshas through shatkarma.

CHAPTER-3 PRANAYAM

- 3.1 Study about how to being established in asana, pranayama should be practiced.
- 3.2 Study about interconnection of mind and prana and their steadying through pranayama.
- 3.3 Study about what is life and death; the five function of vayu.

- 3.4 Study about purification of the nadis and chakras for retention of prana.
- 3.5 Study about Nadishodhana pranayama (alternate nostril breathing).
- 3.6 Study about the time and duration of practice.
- 3.7 Sign of perfect pranayama practice.
- 3.8 Diet and pranayama.

CHAPTER-4: MUDRA AND BANDHA

- 4.1 Study about the ten mudras destroy old age.
- 4.2 Study about the eight major siddhis obtained by mudra.
- 4.3 Study about the power of Maha mudra.
- 4.4 Study about the curative effects of mahamudra .
- 4.5 Study about the Mahavedha mudra (great piercing attitude)
- 4.6 Study about the benefits of mahavedha mudra.
- 4.7 Study about the Khechari mudra (attitude of dwelling in supreme consciousness)
- 4.8 Study about the technique of khechari mudra, the centre of ether.
- 4.9 Study about the Uddiyanbandha (abdominal retraction lock).
- 4.10 Study about the Benefits of uddiyanbandha.

CHAPTER-5: VIPASSANA

- 5.1 Introduction to Vipassana.
- 5.2 Study of Effect of Vipassana Meditation on the Body And Mind.
- 5.3 Study of effect Vipassana in Health.
- 5.4 Study of effect of Vipassana in Education.
- 5.5 Study of effect of Vipassana in Social change.
- 5.6 Study of effect of Vipassana in Organization and Management development.

SYLLABUS COVERAGE UP TO I.A:

CHAPTER- 1.0 (1.6) TO 2.0(2.6)

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Asana Pranayama Mudrabandha	Sm. SatyanandaSaraswati	yoga publications trust
02	Astanga Yoga	Sm. SatyanandaSaraswati	yoga publications trust
03	Hatha yogapradipika	Sm. Muktibodhananda	yoga publications trust
04	The art of living :Vipassana Meditation As thought By shri S.N Goenka	By William Hart	Vipassaana Research Publications

SALOON MANAGEMENT (THEORY-3)

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:

Student will be able to learn to manage a self-owned parlor or to assist the employer in managing the Parlor. Student will be an entrepreneur.

B: OBJECTIVE: - THIS SUBJECT WILL ENABLE THE STUDENTS TO:

1. Get better idea about store policies & planning the use of materials.
2. Get better objective for saloon manager
3. Handle the saloon on their own instead of hiring a manager
4. Take responsibilities for making profit.

C. TOPIC WISE DISTRIBUTION OF PERIODS

SL.NO.	CHAPTERS	PERIODS
1	WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON	15
2	PLANNING THE PHYSICAL LAYOUT	15
3	BUSINESS OPERATION AND PERSONNEL MANAGEMENT	15
4	BOOKING APPOINTMENTS	5
5	SELLING THE PRODUCT IN THE BEAUTY SALOON	5
6	BUSINESS LAW FOR THE SALOON	5

D: CONTENTS

CHAPTER-1: WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON.

- 1.1 Study of location
- 1.2 Parking facilities
- 1.3 Proper electrical and water supply
- 1.4 Wash room facility
- 1.5 Written Agreements
- 1.6 Location of other saloons in that area
- 1.7 Health care centre in nearby locality

CHAPTER-2: PLANNING THE PHYSICAL LAYOUT.

- 2.1 Main entrance
- 2.2 Parking
- 2.3 The reception area
- 2.4 Lobby
- 2.5 Therapy area
- 2.6 Washroom

CHAPTER -3: BUSINESS OPERATION AND PERSONNEL MANAGEMENT

- 3.1 Create Goodwill
- 3.2 Be a leader of beauty fashion
- 3.3 Allocation of fund

CHAPTER- 4: BOOKING APPOINTMENTS

- 4.1 Important daily records
- 4.2 Appointment records
- 4.3 Keeping service records
- 4.4 Grievance records

CHAPTER- 5: SELLING IN THE BEAUTY SALOON

- 5.1 Selling principles
- 5.2 Types of patrons and ways of handling them

SYLLABUS COVERAGE UP TO I.A

1.0 TO 3.0

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Salon Buzz	Dennis cardona	CreateSpace Independent Publishing platform
02	Good Practice in salon Management	Dawn Mernagh-Ward and Jennifer Cartwright	Nelson Thornes Ltd
03	Cosmetology	Mary Healy	Prentice-Hall of India Pvt Ltd.

SPA AND WELLNESS (PRACTICAL-1)

Total period: 60

Examination – 4 hours

(04 periods / wk)

Full marks: Pr.50 +Sess .50 =100

CHAPTER-1: BODY SPA.

- 1.1 Preparation of Spa room
- 1.2. Preparation of the Trolley
- 1.3 Practice of general Body Spa techniques
- 1.4 Body polishing through Spa techniques
- 1.5 Body lightening techniques through Spa
- 1.6 Practice body Spa to overcome various physical ailments

CHAPTER-2 : PEDI SPA.

- 2.1 Preparation of Spa room

- 2.2. Preparation of the Trolley
- 2.3 Practice of general Pedi Spa techniques
- 2.4. Practice of Pedi Spa to cure various ailments at foot and leg

CHAPTER-3 :MANI SPA.

- 3.1 Preparation of Spa room
- 3.2. Preparation of the Trolley
- 3.3 Practice of general Mani Spa techniques
- 3.4. Practice of Mani Spa to cure various ailments at hands and nail

CHAPTER-4 :HAIR SPA.

- 4.1 Preparation of Spa room
- 4.2. Preparation of the Trolley
- 4.3 Practice of general Hair Spa techniques
- 4.4. Practice of Hair Spa to cure various ailments related to scalp and Hair

NB: Other innovative methods of Spa therapy can be included in practical exercise.

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	The Official Guide to Spa Therapy	By- Jane Crabbing-Bailey, Dr John Harcup and John	Harrington, Publisher-Cengage Learning Vocational.
02	Spa Management - On Introduction	By - Many Wisnon, Lisa L Capozio	Pearson.
03	Holistic wellness in new age – a Comprehensive guide to New age, Healing practices the New age body	By Brace Lipton, Rob Williams, Bryant Mayans, Walter Jacobson,	The Light Works Publishing
	From prevention to wellness therapy group work	By Joan K.Parry,	1. Publisher-Routledge.

YOGA AND BODY PERFECTION –IV

(PRACTICAL-2)

Total period: 60

Examination – 3 hours

(04periods /wk)

Full marks: Pr 50+Sess 25=75

CHAPTER-1: ASANA

Practice of various Asanas and its curative effects

- 1.1 Vashishtha
- 1.2 Matsyendrasana
- 1.3 swastikasana
- 1.4 Gomukhasana
- 1.5 Veerasana
- 1.6 Koormasana
- 1.7 Kukkutasana
- 1.8 Uttankoormasana
- 1.9 Dhanurasana
- 1.10Mayurasana
- 1.11Shavasana.

CHAPTER-2: SHATKARMA

Practice of various shatkarmas

- 2.1 Dhauti.
- 2.2 Basti.
- 2.3 Neti
- 2.4 Trataka.
- 2.5 Nauli.
- 2.6 Kapalbhathi.

CHAPTER-3 PRANAYAM

- 3.1 Practice Of Nadisodhana stage -3 along with Kumbhak
- 3.2 Practice of Nadisodhan-3 along with bandha
- 3.3 Practice of Suryabheda
- 3.4 Ujjayi along with bandha and mudra
- 3.5 Bhastrika along with bandha and mudra
- 3.6MoorchhaPranayam
- 3.7 Kaplhabhathi along with bandha and mudra

CHAPTER-4: MUDRA AND BANDHA

- 4.1 Practice of Khechari Mudra

- 4.2 Shanmuki
- 4.3 VipareetiKarani Mudra
- 4.4 Paschini Mudra
- 4.5 Maha Mudra
- 4.6 Mahabheda Mudra
- 4.7 Ashwini Mudra
- 4.8 JalandharaBandha
- 4.9 UdiyanaBandha
- 4.10 MoolaBandha
- 4.11 MahaBandha

CHAPTER-5: VIPASSANA

5.1 Practice of Anapana(for 10 mins)

5.2 Practice of Anapana(for 30 mins)

5.3 Practice of Vipassana

Learning Resources			
Sl. No.	Title of the Book	Name of Authors	Name of Publisher
01	Asana Pranayama Mudrabandha	Sm. SatyanandaSaraswati	yoga publications trust
02	Astanga Yoga	Sm. SatyanandaSaraswati	yoga publications trust
03	Hatha yogapradipika	Sm. Muktibodhananda	yoga publications trust
04	The art of living :Vipassana Meditation As thought By shri S.N Goenka	By William Hart	Vipassaana Research Publications

SALOON MANAGEMENT (PRACTICAL-3)

Total period: 60

Examination – 3 hours

(04periods / Wk)

Full marks: pr. 50+Sess 50=100

CONTENTS

1. Practice of communication with the patrons in the saloon
2. Practice in greeting the patrons.
3. Practice in handling prospective patrons.
4. Practice in handling a regular patron.
5. Practice in handling different types of patrons.
6. Practice in keeping appointment records.
7. Practice in keeping service records.
8. Practice in keeping daily records.
9. Practice in how to adjust complaints by phone.
10. The students will do the project work on different problems related to beauty culture under the direct guidance and supervision of concerned faculty. Simultaneously they will visit at least 2 to 3 beauty clinics and health clubs for proper analysis. Finally, they will submit the project report which will be evaluated by the external examiner.

Pr4. PROJECT Phase - II

Name of the Course: Diploma in Beauty Culture			
Course code:		Semester	6 th
Total Period:	129	Examination	3 hrs
Lab. periods:	8 P / week	Sessional	50
Maximum marks:	150	End Sem Examination	100

RATIONALE

Students' Project Work aims at developing innovative skills in the students whereby they apply the

knowledge and skills gained through the course covered in many subjects and Labs, by undertaking a project. The prime emphasis of the project work is to understand and apply the basic knowledge of the principles of Beauty Culture and practices in real life situations, so as to participate and manage a large Beauty Culture projects, in future. Entire Project spreads over 5th and 6th Semester. Part of the Project covered in 5th Semester was named as *Project Phase-I* and balance portion to be covered in 6th Semester shall be named as *Project Phase-II*.

OBJECTIVES

After undergoing the Project Work, the student will be able to:

- Implement the theoretical and practical knowledge and skills gained through various subjects/courses into an application suitable for a real practical working environment, preferably in an industrial environment.
- Identify and contrast gap between the technological knowledge acquired through curriculum and the actual industrial need and to compensate it by acquiring additional knowledge as required.
- Carry out cooperative learning through synchronous guided discussions within the class in key areas, asynchronous document sharing and discussions, as well as prepare collaborative edition of the final project report.
- To develop the skill of writing Project Report

Project Phase-I and Phase-II

The Project work duration covers 2 semesters(5th and 6th sem). The Grouping of students, selection of Project, assignment of Project Guide to the Group was done in the beginning of 5th semester under Project Phase-I. The students were allowed to study literature, any existing system and then define the Problem/objective of the Project. Preliminary work of the system also have to be complete in Phase-I. Development/ further progress may also begin in this phase. Project Milestones are to be set so that progress can be tracked .

In Phase-II Development, Testing, Documentation and Implementation have to be complete. Project Report have to be prepared and complete in Phase-II. All Project reports should be organized uniformly in proper order, irrespective of group. Teacher Guides can make suitable alteration in the components of Task and schedule.

At the end of Project Phase-II in 6th semester there shall be one presentation by each group on whole Project work undertaken by them.

A suggestive criterion for assessing student performance by the external (preferably person from industry) and internal (teacher) examiner is given in table below:

Sl. No.	Performance Criteria

1.	Selection of project assignment
2.	Planning and execution of considerations
3.	Quality of performance
4.	Providing solution of the problems or production of final product
5.	Sense of responsibility
6.	Self expression/ communication/ Presentation skills
7.	Interpersonal skills/human relations
8.	Report writing skills
9	Viva voce

The teachers are free to evolve other criteria of assessment, depending upon the type of project work.

It is proposed that the institute may organize an annual exhibition of the project work done by the students and invite leading Industrial organisations to such an exhibition.

The Project Report need to be prepared as per standard format and following is the indicative format. The Teacher Guide may make minor alteration keeping the sense in tact.

Organization of Project Report

1. Cover page:

It should contain the following (in order)

- (i) Title of the Project
- (ii) “Submitted in partial fulfillment of the requirements for the Diploma in <Branch Name>”
- (iii) By Name of the Student(s)
- (iv) Logo of the Institution
- (v) Branch Name/Depart Name and Institution Name with Address
- (vi) Academic Year

2. 1st Inner page

Certificate:

It should contain he following

“This is to certify that the work in this Project Report entitled <Project Title> by <Name of student(s)> has been carried out under my supervision in partial fulfillment of the requirements for the Diploma in <Branch Name>” during session <session > in <Branch /Department Name> of <Institute name> and this work is the original work of the above student(s).

Seal and signature of the Supervisor/Guide with date

3. 2nd Inner Page
Acknowledgement by the Student(s)
4. Contents.
5. Chapter wise arrangement of Reports
6. Last Chapter: Conclusion
It should contain
 - (i) Conclusion
 - (ii) Limitations
 - (iii) Scope for further Improvement
7. References

Pr-5 LIFE SKILL

(Common to All Branches)

Practical	4 Periods per week	Sessional	25 Marks
Total Periods	60 Periods	Total Marks	25 Marks

Objective: After completion of this course the student will be able to:

- Develop team spirit i.e. concept of working in team
- Apply problem solving skills for a given situation
- Use effective presentation techniques
- Apply task management techniques for given projects
- Enhance leadership traits
- Resolve conflict by appropriate method
- Survive self in today's competitive world
- Face interview without fear

DETAIL CONTENTS:

1. SOCIAL SKILL

Society, Social Structure, Develop Sympathy and Empathy
Swot Analysis – Concept, How to make use of SWOT
Inter personal Relation: Sources of conflict, Resolution of conflict ,
Ways to enhance interpersonal relation

2. PROBLEM SOLVING

Steps of Problem solving:

- Identify and clarify the problem,
- Information gathering related to problem,
- Evaluate the evidence,
- Consider alternative solutions and their implications,
- Choose and implement the best alternative,
- Review
- Problem solving techniques:

1) Trial and error, 2) Brain storming, 3) Lateral (Out of Box) thinking

3. PRESENTATION SKILL

Body language , Dress like the audience
Posture, Gestures, Eye contact and facial expression. STAGE FRIGHT,
Voice and language – Volume, Pitch, Inflection, Speed, Pause
Pronunciation, Articulation, Language, Practice of speech.

Use of AV aids such as Laptop with LCD projector, white board etc.

4. GROUP DISCUSSION AND INTERVIEW TECHNIQUES

Group Discussion:

Introduction to group discussion, Ways to carry out group discussion, Parameters— Contact, body language, analytical and logical thinking, decision making

Interview Technique :

Dress, Posture, Gestures, facial expression, Approach
Tips for handling common questions.

5. WORKING IN TEAM

Understand and work within the dynamics of a groups.

Tips to work effectively in teams,

Establish good rapport, interest with others and work effectively with them to meet common objectives,

Tips to provide and accept feedback in a constructive and considerate way ,
Leadership in teams, Handling frustrations in group.

6. TASK MANAGEMENT

Introduction, Task identification, Task planning ,
organizing and execution, Closing the task

PRACTICAL

List of Assignment: *(Any Five to be performed including Mock Interview)*

a. SWOT analysis:-

Analyse yourself with respect to your strength and weaknesses, opportunities and threats.

Following points will be useful for doing SWOT.

- a) Your past experiences,
- b) Achievements,
- c) Failures,
- d) Feedback from others etc.

b. Solve the True life problem assigned by the Teacher.

3. Working in a Team

Form a group of 5-10 students and do a work for social cause e.g. tree plantation, blood donation, environment protection, camps on awareness like importance of cleanliness in slum area, social activities like giving cloths to poor etc.(One activity per group where Team work shall be exhibited)

4. Mock Interview

5. Discuss a topic in a group and prepare minutes of discussion.

6. Deliver a seminar for 5 minutes using presentation aids on the topic given by your teacher.

7. Task Management

Decide any task to be completed in a stipulated time with the help of teacher. Write a report considering various steps in task management (with Break up into sub tasks and their interdependencies and Time)

Note: -1. Please note that these are the suggested assignments on given contents/topic. These assignments are the guide lines to the subject teachers. However the subject teachers are free to design any assignment relevant to the topic.

Note: -2. The following Topics may be considered for Seminar/GD in addition to other Topics at the discretion of the Teacher.

(Comparison with developed countries, Occupational Safety, Health Hazard, Accident & Safety, First-Aid, Traffic Rules, Global Warming, Pollution, Environment, Labour Welfare Legislation, Labour Welfare Acts, Child Labour Issues, Gender Sensitisation ,Harassment of Women at Workplace)

METHODOLOGY:

The Teacher is to explain the concepts prescribed in the contents of the syllabus and then assign different Exercises under Practical to the students to perform.

Books Recommended:-

SI.No	Name of Authors	Title of the Book	Name of the Publisher
01	E.H. Mc Grath , S.J	Basic Managerial Skills for All	PHI
02	Lowe and Phil	Creativity and problem solving	Kogan Page (I) P Ltd
03	Adair, J	Decision making & Problem Solving	Orient Longman
04	Bishop , Sue	Develop Your Assertiveness	Kogan Page India
05	Allen Pease	Body Language	Sudha Publications Pvt. Ltd.

Equipment List

SL.NO	SEMESTER	NAME OF THE SUBJECT	NAME OF THE EQUIPMENT	QUANTY
1	3RD	YOGA AND BODYPERFECTION-II (PRACTICAL -1)	BODY SHAPER	02NOS
2	3RD	YOGA AND BODYPERFECTION-II (PRACTICAL -1)	NETI POT	20NOS
3	3RD	YOGA AND BODYPERFECTION-II (PRACTICAL -1)	YOGA BALL	05NOS
4	3RD	YOGA AND BODYPERFECTION-II (PRACTICAL -1)	WEINGHING MACHINE	03NOS
5	3RD	HAIR DRESSING-III (Practical-2)	HAND DRYER	10NOS
6	3RD	HAIR DRESSING-III (Practical-2)	CRIMPER	10NOS
7	3RD	HAIR DRESSING-III (Practical-2)	STRAIGHTNER –	10NOS
8	3RD	HAIR DRESSING-III (Practical-2)	EXTENTION BORAD	10NOS
9	3RD	HAIR DRESSING-III (Practical-2)	BARBER SICSORS	20NOS
10	3RD	HAIR DRESSING-III (Practical-2)	HAIR STEAMER	05NOS

11	3RD	HAIR DRESSING-III (Practical-2)	INFRA RED LAMP	05NOS
12	3RD	HAIR DRESSING-III (Practical-2)	ADVANCE DIGITAL HIGH FREQUENCY MACHINES	05NOS
13	3RD	HAIR DRESSING-III (Practical-2)	ADVANCE HOOD HAIR STEAMER	05NOS
14	4TH	YOGA THERAPY(PR-1)	YOGA MATS	10NOS
15	4TH	YOGA THERAPY(PR-1)	DIGITAL JUGGER MACHINE	02NOS
16	4TH	YOGA THERAPY(PR-1)	ADVANCE MULTI GYM	05NOS
17	4TH	YOGA THERAPY(PR-1)	BODY SHAPER	02NOS
18	4TH	YOGA THERAPY(PR-1)	ADVANCE EXERCISE CYCLE	05NOS
19	4TH	YOGA THERAPY(PR-1)	DIGITAL WEIGHING MACHINE	03NOS
20	4TH	YOGA THERAPY(PR-1)	ADVANCE ROWING MACHINE	05NOS
21	4TH	YOGA THERAPY(PR-1)	DUMBBELL	05SETS
22	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	DIGITAL GALVANIC MACHINE	10NOS
23	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	DIGITAL HIGH FREQUENCY MACHINE.	10NOS
24	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	VIBRATOR	10NOS
25	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	FACE LIFTING MACHINE	10NOS
26	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	PEELING MACHINE	10NOS
27	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	OZONE AND VAPORIZER	10NOS
28	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	INFRARED LAMP	10NOS
29	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	MAKE-UP BRUSH SET.-	10NOS
30	4TH	BEAUTY CULTURE – II (PRACTICAL – 2)	FOOT SCRAPER	10NOS
31	4TH	BEAUTY CULTURE – II	PEDICURE &	10NOS

		(PRACTICAL – 2)	MANICURE TOOLS SETS	
32	5TH	BEAUTY CULTURE –III (PRACTICAL– 1)	MAKE UP AIR BRUSH SETS	10NOS
33	5TH	BEAUTY CULTURE –III (PRACTICAL– 1)	EYE LASHES EXTENTION TOOLS	10NOS
34	5TH	HAIR DRESSING-III (PR-2)	HAND DRAYER	10NOS
35	5TH	HAIR DRESSING-III (PR-2)	CRIMPER	10NOS
36	5TH	HAIR DRESSING-III (PR-2)	STRAIGHTNER	10NOS
37	5TH	HAIR DRESSING-III (PR-2)	CURLING IRON	10NOS
38	5TH	HAIR DRESSING-III (PR-2)	EXTENTION BOAD	10NOS
39	5TH	HAIR DRESSING-III (PR-2)	DIGITAL HIGH FREQUINCE	10NOS
40	5TH	HAIR DRESSING-III (PR-2)	COLOUR WEINGHING MACHINE	10NOS
41	5TH	SPA AND WELLNESS (PRACTICAL-4)	WOODEN BODY SPA STEAMER	02NOS
42	5TH	SPA AND WELLNESS (PRACTICAL-4)	FOOT SPA MACHINE	05NOS
43	5TH	SPA AND WELLNESS (PRACTICAL-4)	HAIR OZONIZER AND STEAMER	05NOS
44	6TH	SALOON MANAGEMENT (PRACTICAL-3)	SKIN ANALYZER	05NOS
45	6TH	SALOON MANAGEMENT (PRACTICAL-3)	HAIR ANALYZER	05NOS
46	6TH	SALOON MANAGEMENT (PRACTICAL-3)	DIGITAL GALVANIC	05NOS
47	6TH	SALOON MANAGEMENT (PRACTICAL-3)	DIGITAL HIGH FREQUENCY	05NOS
48	6TH	SALOON MANAGEMENT (PRACTICAL-3)	ULTRASONIC MACHINE	05NOS
49	6TH	SALOON MANAGEMENT (PRACTICAL-3)	INFRARED LAMP	05NOS
50	6TH	SALOON MANAGEMENT (PRACTICAL-3)	WOODEN HAND MASSAGER SETS-	05NOS