SABARMATI UNIVERSITY
BACHELOR OF VOCATIONAL STUDIES
SEMESTER I
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core(Major)	Core Course-1	BV01BSMAC01	Introduction to Make-up skills – I	T/P	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV01BSMAC02	Hand and Feet Treatments	T/P	1	-	1	2	25/09	25/09	50/18
Minor	Minor Course	BV01BSMIC03	Fundamental of Skin Care – I	T/P	1	-	1	2	25/09	25/09	50/18
Multi-Disciplinary	Multi-Disciplinary	BV01BSMDC04	Computer Skill – I	T/P	1	-	1	2	25/09	25/09	50/18
Ability Enhancement Course		BV01BSAEC05	Communication Skill– I	T/P	1	-	1	2	25/09	25/09	50/18
Skill Enhancement Course/Internship/ Dissertation		BV01BSSEC06	**Industrial Training – I**	P	**-**	**15**	**15**	4	-	600/216	600/216
IKS/Value Added Course		BV01BSIKS07	Indian Knowledge System	T/P	2	0	2	2	25/09	25/09	50/18
			Minimum Quantifying Credits		**7**	**15**	**22**				**900/324**

Course Code	**BV01BSMAC01**	Title of the Course	**Introduction to Make-up skills – I**
Total Credits Of the Course	**01**	Hours per Week	**02**

Course Objectives:	The course "Introduction to Make-up Skills – I" aims to equip students with foundational knowledge and practical techniques in make-up artistry. Students will learn essential skills in skin preparation, color theory, and basic make-up application, fostering creativity and proficiency for careers in beauty and cosmetology.

Course Content

Unit	Description	Weightage *(%)
1.	**Fundamentals of Beauty:** – Eyebrow Shaping and bleaching Eyebrow shaping according to face structure: • Use of eyebrow pencil. Tweezing and threading • Judging of brow length • Enhancing the appearance of eyebrows and lashes, techniques of eyebrow shaping, use of false eyelashes, strip and individuals false eyelashes. – Bleaching-patch test, benefits, equipments and material various types, procedure and contraindications. – Preparation of wax. Suitable preparation of the work area and client – Hygiene application and disposal of wax. After care, home care treatment – Taking into account the rate and density of the hair growth – Other methods of hair removal to cover the advantage & disadvantage of each Sterilization of tools **Fundamentals of Make-up:** – Color Wheel, Skin tones, Brow shaping – Prepare the skin: Cleansing, Toning, Moisturizing – Selection of Tools: Different types of brushes, Make-up products, Selection of Sponges – Types of Make-up: Day make-up, Evening Make-up, Party Make-up	50%

2.	**Anatomy of Hair & Scalp Massage:** – Types of Hair, Structure of hair, Functions of Hair – Layers of Hair – Composition of Hair – Definition of massage &Massage manipulation – Benefits of massage – Trolley setting Procedure of scalp massage **Practical Applications and Creativity** – Daytime vs. Evening Make-up Looks – Special Occasion Make-up – Introduction to Trend Analysis and Fashion Make-up – Developing a Professional Portfolio	50%

Teaching-Learning Methodology	The course employs a blend of interactive lectures, hands-on workshops, and practical demonstrations. Students will engage in peer practice sessions, use digital resources for visual learning, and participate in portfolio development activities. Industry guest speakers and real-world projects enhance the learning experience.

Evaluation Pattern

Sr.No.	Details of the Evaluation	Weightage *(%)
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments.	
3.	University Examination	50%

Course Out comes :Having completed this course, the learner will be able to

1.	Students will demonstrate proficiency in fundamental make-up techniques, including skin preparation, color matching, and basic application skills.
2.	Students will develop the ability to create various make-up looks suitable for different occasions, enhancing their creativity and professional portfolio.

Suggested References:

Sr. No.	References
1.	Aucoin, K. (1997). *Making Faces*. New York, NY: Little, Brown and Company.
2.	Eldridge, L. (2013). *Face Paint: The Story of Makeup*. New York, NY: Abrams Image.
3.	Mallett, A. (2012). *Makeup: The Ultimate Guide*. New York, NY: Thunder Bay Press.
4.	Corson, R. (2003). *Stage Makeup* (10th ed.). Boston, MA: Allyn& Bacon.

Course Code	**BV01BSMAC02**	Title of the Course	**Hand and Feet Treatments**
Total Credits Of the Course	**01**	Hours per Week	**02**

Course Objectives:	The course "Hand and Feet Treatments" aims to provide students with comprehensive knowledge and practical skills in professional hand and foot care. Students will learn techniques for manicures, pedicures, and nail art, emphasizing hygiene, client care, and the use of appropriate tools and products for various treatments.

Course Content

Unit	Description	Weightage *(%)
1.	**Equipment & Products Use of the equipment and products for hand and feet:** – Nail enamel remover, Cuticle cream, massage cream/oil, nail strengthener – Hard skin remover for the feet, base coat, top coat, quick dry (spray and paint on) – Cuticle oil, cuticle remover, buffing paste – Exfoliant for skin of the hands and feet, nail enamel, ridge filler **Correct use of the following equipment for nail treatment:** – Emery board, Nail clippers, Orange wood stick – Rubber hoof stick, Cuticle knife – Cuticle nippers/Cuticle scissors – Chamois Buffer, Rasp or other hand skin remover – Gel Nails, Refill and After-Care, Temporary nail extension	50%
2.	– Procedures Nail Shaping Manicure and pedicure – Aroma Manicure and pedicure – De-tan Manicure and pedicure French Manicure and pedicure – Recognize the contraindication to manicure and pedicure safety and hygiene throughout preventing damage when using all the equipment and the products – Massage of the hands, arms foot and leg using all the classical massage movements.	50%

Teaching-Learning Methodology	The course utilizes a combination of interactive lectures, practical demonstrations, and hands-on practice. Students engage in peer activities, use multimedia resources for visual learning, and participate in real-world client simulations. Guest experts and industry visits further enhance practical understanding and professional development.

Evaluation Pattern		
Sr.No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments.	
3.	University Examination	50%

Course Out comes :Having completed this course, the learner will be able to	
1.	Students will be able to perform professional manicures and pedicures, applying appropriate techniques and ensuring high standards of hygiene and client care.
2.	Students will develop the ability to create and execute a variety of nail art designs, utilizing suitable tools and products to enhance aesthetic appeal.

Suggested References:

Sr. No	**References**
1.	Vartoughian, J. (2012). Footcare: Everything You Need to Know to Keep Your Feet Healthy. New York, NY: Simon & Schuster.
2.	Milady. (2016). Milady Standard Nail Technology. Clifton Park, NY: Cengage Learning.
3.	Pratelli, M. (2015). The Art of the Manicure. New York, NY: Rizzoli.
4.	Harper, K., &Mallett, A. (2008). The Complete Spa Book for Massage Therapists. Philadelphia, PA: Lippincott Williams & Wilkins.
5.	Gelsinger, K. (2014). Nail Art Sourcebook: Over 500 Designs for Fingertips and Toes. New York, NY: Watson-Guptill Publications.

Course Code	**BV01BSMIC03**	Title of the Course	**Fundamental of Skin Care – I**
Total Credits Of the Course	**01**	Hours per Week	**02**

Course Objectives:	The course "Fundamentals of Skin Care – I" aims to equip students with foundational knowledge and skills in skin anatomy, physiology, and analysis. Students will learn essential techniques in cleansing, exfoliation, and moisturization, along with understanding skin types and conditions, preparing them for entry-level positions in skincare and beauty industries.

Course Content

Unit	Description	Weightage *(%)
1.	**Personal Skills for professional:** – Personality Development o Personal Grooming – Professional Ethics – Communication Skills – Plan and organize service feedback files/documents. – Plan and manage work routine based on salon procedure. – Understand the client scheduling and bookings, maintaining work areas, equipment and product stocks to meet the schedule. – Maintain accurate records of clients, treatments and product stock levels **Skin Structure:** – Structure of Skin o Layers of Skin, Functions of Skin – Analysis of the Skin, Disorders of Skin Glands	50%
2.	**Trolley Setting:** – Select suitable materials and equipment. – Carry out appropriate sterilization and disinfection of tools. – Check and clean equipment according to procedures. – Place and arrange all the products in the trolley as required for each treatment **Professional Practices and Client Care** – Developing personalized skincare routines – Hygiene and sanitation standards in skincare – Effective communication and customer service skills	50%

Teaching-Learning Methodology	The course employs a blend of theoretical instruction, practical demonstrations, and hands-on workshops. Students engage in case studies, role-playing scenarios, and interactive sessions to apply knowledge in real-world contexts. Guest lectures from industry experts and field visits enhance understanding of professional standards and current practices in skincare.

Evaluation Pattern		
Sr.No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments.	
3.	University Examination	50%

Course Out comes :Having completed this course, the learner will be able to	
1.	Students will demonstrate proficiency in conducting accurate skin assessments, identifying various skin types and conditions, and recommending appropriate skincare regimens based on individual client needs.
2.	Students will acquire the skills to perform basic skincare treatments effectively, including cleansing, exfoliation, and moisturization techniques, adhering to industry standards of hygiene and client comfort.

Suggested References:	
Sr. No.	**References**
1.	Draelos, Z. D. (2015). Cosmetic Dermatology: Products and Procedures. Chichester, UK: Wiley-Blackwell.
2.	Baumann, L. S. (2009). Cosmetic Dermatology: Principles and Practice. New York, NY: McGraw-Hill Medical.
3.	Draelos, Z. D. (2014). Clinical Dermatology: A Color Guide to Diagnosis and Therapy. Edinburgh, UK: Saunders.
4.	Thibiant, S. (2012). Milady's Skin Care and Cosmetic Ingredients Dictionary. Clifton Park, NY: Cengage Learning.
5.	Begoun, P. (2009). The Original Beauty Bible: Skin Care Facts for Ageless Beauty. Renton, WA: Beginning Press.

Course Code	**BV01BSMDC04**	Title of the Course	**Computer Skill – I**
Total Credits of the Course	01	Hours per Week	02

Course Objective:	1. To develop computer skill in commerce students. 2. Computer skill helps commerce students to meet the needs of modern business. 3. Computer skilled students can efficiently use Information and Communication Technology as modern businesses are highly rely on it. 4. Computer skill increase the chances of getting hired

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Components of a computer system** – Computer, computer Hardware and software, Difference between Hardware and Software, History of Computer, Computer Generation, Types of computer, Block Diagram of Digital computer and function of its each part, post-power on self-test. Application of computer, characteristics of computer, limitations of computer. – **Memory:** Types of Memory, primary Memory (RAM, DRAM, SRAM, SDRAM, DDR, SDRAM, ROM, PROM, EPROM, EEPROM), Auxiliary, memory, cache Memory. **Input, output and storage Devices** – **Input Devices:** Keyboard, scanners, Joy Stick, Barcode reader, Digital Camera, Microphone, webcam, pointing Devices (Mouse, Touchpad).Touch Screen, Light Pen, OMR, OCR, MICR, Digitizer, Trackball – **Output Devices:** Monitors (CRT, TFT, LCD, LED), printers (Laser, inkjet, Dot Matrix, line, MFP, Bar Code, plotter), speakers projector. – **Storage Devices:** CD, DVD, Blue Ray Disc, Floppy Disc, Hard Disk, Memory Sticks/Pen Drives, Flash Memory Cards etc. Difference between Main/Primary Memory and Secondary/Auxiliary Memory. – Relative benefits of each in terms of speed and performance.	50%

2.	**Introduction to Software, Operating System and Windows** – Introduction of Software, Types of Software and its Examples. Introduction of Operating System, Overview of Various Types of Operating Systems. Introduction of various version of Windows Operating System, Overview of Windows 7, Concept of booting and How to start Desktop Computer. – **Desktop:** Working with desktop Icons (Computer, My Documents, Recycle Bin, Start Menu (Parts of Start Menu), Browser, Taskbar Overview (Start Button, Quick Launcher toolbar, the notification are), Parts of window (Minimize-Maximize and close button, Menu bar, scroll bar, Borders and Corners), Switching between Windows. **Windows Explorer:** Viewing of files, Folders and its concern operations (Open, Copy, Move, Rename, Delete, Cut, Paste, Create Shortcut, Properties, Print), Searching for Files/Folders. **Windows Accessories** – Notepad, WordPad, Paint, Calculator, Use of Snipping Tool, Use of Sound Recorder, Windows Photo Gallery, Connect to Projector, Sticky Note. **Windows Control Panel:** Mouse, Fonts, Date/Time, Display, Printer, Manage User Accounts, Regional Settings, How to Add Languages, Folder Options, Task bar and Start Menu. Windows Trouble Shootings.	50%

Teaching-Learning Methodology	ICT through (e.g PowerPoint presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Basic Knowledge of Computer
2.	Fundamental of software and Hardware
3.	Use of computer in daily life

Suggested References:	
Sr.No	**References**
1.	Computercoursewindows7andoffice2010byR.K.TaxaliPublisherTata McGraw Hill.
2.	Computer fundamentals by Anita Goel Pearson Publication New Delhi.
3.	Sinha, P.K.(2003),"ComputerFundamentals",3thEd.,BPBPublications
4.	Rajarama, V, "Fundamentals of Computers", PHI

On-line resources to be used if available as reference material

On-line Resources On-line resources to be used as and when required

Course Code	**BV01BSAEC05**	Title of the Course	**Communication Skill– I**
Total Credits Of the Course	**01**	Hours per Week	**02**

Course Objectives:	1. Introduce themselves, describe person, place or situation 2. Structure sentences for variety of purposes 3. Make or respond to enquiries; raise queries as and when required 4. Write letters for specific purposes 5. Use modal auxiliaries efficaciously 6. Communicate in Active and Passive Voice precisely

Course Content

Unit	Description	Weightage *(%)
1	**Introducing Business Communication** – Concepts, Definition & Attributes of Communication – Objectives Of business communication – Process of communication – Importance of effective communication in business	50%
2	**Business Etiquettes** – Concept & Importance – Etiquettes for: A) Meeting B) Telephone/Cellphone Conversation – Etiquettes at workplace (internal-superiors, peers & subordinates) – Etiquettes with stakeholders (external-Suppliers & customers)	50%

Teaching-Learning Methodology	Role Play, Discussion and Debate, Think Pair Share, Traditional classroom teaching as well as usage of ICT tools.

Evaluation Pattern

Sr. No	Details of the Evaluation	Weightage *(%)
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Introduce themselves, describe person, place or situation.
2.	Structure sentences for variety of purposes.
3.	Make or respond to enquiries; raise queries as and when required.
4.	Write letters for specific purposes
5.	Use modal auxiliaries efficaciously.
6.	Communicate in Active and Passive Voice precisely.

Suggested References:

Sr. No.	References
1.	Essentials of business communication–Rajendra pal & J S Korlahalli
2.	Developing Communication skills–Krishanmohan & Meera Benerji
3.	Effective Business Communication–Asha Kaul
4.	Communication Skills–Sanjay Kumar & Pushp Lata

Course Code	**BV01BSSEC06**	Title of the Course	**Industrial Training – I**
Total Credits Of the Course	**15**	Hours per Week	**-**

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	– Thestudentshavetoundergoneforinternship/onthejobtrainingunderanyConcernedOrganizationin the areas of QP/NOS – Apresentationaswellasreporthastopreparedandpresentedfortheviva-voceandsubmit it to the concerned faculty.	100%

Course Code	**BV01BSIKS07**	Title of the Course	**Indian Knowledge Systems**
Total Credits Of the Course	**02**	Hours per Week	**02**

Course Objective:	– The course will enable the student teachers to – Examine the concept of Bhartiya concept of spirituality and its various paths. – Examine the Bhartiya philosophy of life derived from Shashtr as (ancient scriptures) and it simplications for the Bhartiya lifestyle. – Analyse the concept of Indian Knowledge Systems (IKS) and emphasize its importance in preserving and disseminating indigenous knowledge. – High light the contributions of IKS to the world, particularly in the fields of mathematics and astronomy. – Explore the Bhartiya wisdom related to life sciences. – StudythescienceofarchitectureinancientIndiawithreferencetosignificantsites. – Provide an over view of Ayurveda, including its concepts, branches, important books, and pioneers in the field. – ExploreBhartiyaliteratureandtheBhartiyatheoryofaestheticsandrasainvariousartforms.

Course Content

Unit	Description	Weightage *(%)
1.	**Spiritual Bharat and Introduction to IKS** – Bhartiya Concept of Spirituality : GyaanMarg, Bhakti Marg, Karmmarg, YogMarg – Bhartiya Spiritual Thinking Leading to Unity – Bhartiya Philosophy of Life Derived from Shashtras and its Implications for Bhartiy Life Style – Introduction to IKS and Its Importance – Introduction of Various Indian Knowledge Systems	50 %
2.	**Contribution of IKS to the World** – Bhartiya Contribution in Mathematics and Astronomy – Bhartiya Wisdom related to Life Science: Physics, Chemistry, Botany – Bhartiy Science of Architecture with reference to Lothal, Mohan Jo Daro, Dholavira, Temple Architecture – Ayurveda : Concept, Branches, Books and Pioneers – Bhartiya Literature and Bhartiy Theory of Aesthetics and Rasa	50 %

Teaching-Learning Methodology	Lecture-cum-discussion, Group Discussion, Presentations, Seminars, tutorials, Research Exercises

Evaluation Pattern

Sr. No	Details of the Evaluation	Weightage *(%)
1.	Internal Written/Practical Examination Internal Continuous Assessment in the form of Practical, Vivavoce, Quizzes, Seminars, Assignments, Attendance	50%
2.	University Examination	50%

Course Outcomes: Having completed this course, the learner will be able to

1.	Understand the diverse paths of spirituality in Bhartiya culture, including GyaanMarg, Bhakti Marg, KarmMarg, and YogMarg, and recognize their significance in individual and collective spiritual growth.
2.	EvaluatetheBhartiyaphilosophyoflifederivedfrom Shashtrasandanalyzeitsimplications for contemporary Bhartiya lifestyles, fostering a deeper understanding of the connection between spirituality and everyday life.
3.	Explain the concept of Indian Knowledge Systems (IKS) and recognize its importance n preserving and promoting indigenous knowledge, fostering a sense of cultural identity and pride.
4.	Demonstrate knowledge of various Indian knowledge systems, such as Ayurveda, Vedic sciences, Yoga, Vedanta, and Jyotish, and appreciate etheir contributions to human knowledge and well-being.
5.	Recognize and appreciate the significant contributions of IKS to the world, particularly in the fields of mathematics and astronomy, and understand their impact on modern scientific advancements.
6	Analyze the Bhartiya wisdom related to life sciences, including physics, chemistry, and botany, as described in ancient texts, and understand their relevance and potential applications in contemporary scientific research.
7	Identify and analyze the unique architectural features and principles of ancient Indiansites like Lothal, Mohenjo-daro, Dholavira, and temple architecture, understanding their cultural, historical, and spiritual significance.

Suggested References:

- Radhakrishnan,S.(1992).TheHinduViewofLife.HarperCollinsPublishers.
- Singh, A.P., &Yagnik, S.(Eds.).(2019). Indian Knowledge Systems: Understanding the Human Uniqueness. Springer.
- Frawley, D., &Ranade, S.(2001).Ayurveda, Nature's Medicine. Lotus Press.
- Lad, V., &Frawley, D.(1986).The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine. Lotus Press.
- Dasgupta,S.(1947).AHistory of Indian Philosophy. Cambridge University Press.
- Pollock, S. (2006). The Language of the Gods in the World of Men: Sanskrit, Culture, and Power in Premodern India. University of California Press.
- Sarma, K. V. (2008). Indian Astronomy: A Source-Based Approach. National Council of Education Research and Training.
- Narlikar,J.V.,&Padmanabhan,T.(Eds.).(2016).DevelopmentofPhysicsinIndia.Springer.
- Mahdihassan, S. (1982). Ancient Indian Botany: Its Bearing on Art and Literature. Deccan College Post-Graduate and Research Institute.

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SEMESTER II
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core(Major)	CoreCourse-1	BV02BSMAC01	Beauty Regime	T/P	1	-	1	2	25/09	25/09	50/18
	CoreCourse-2	BV02BSMAC02	Hair Designing & Hair Styling	T/P	1	-	1	2	25/09	25/09	50/18
Minor	Minor Course	BV02BSMIC03	Pedicure & Manicure	T/P	1	-	1	2	25/09	25/09	50/18
Multi-Disciplinary	Multi-Disciplinary	BV02BSMDC04	Computer Skill - II	T/P	1	-	1	2	25/09	25/09	50/18
Ability Enhancement Course		BV02BSAEC05	Communication Skill - II	T/P	1	-	1	2	25/09	25/09	50/18
Skill Enhancement Course/Internship/ Dissertation		BV02BSSEC06	**Industrial Training – II**	P	-	**15**	**15**	4	-	600/216	600/216
Value Added Course (**Any One**)		BV02BSVAC07	Environmental Studies	T/P	2	0	2	4	25/09	25/09	50/18
		BV02BSVAC08	NCC-I	T/P	2	0	2	4	25/09	25/09	50/18
		BV02BSVAC09	NSS-I	T/P	2	0	2	4	25/09	25/09	50/18
		BV02BSVAC10	Yoga, Meditation & Fitness-I	T/P	2	0	2	4	25/09	25/09	50/18
Minimum Quantifying Credits					**7**	**15**	**22**				**900/324**

Course Code	**BV02BSMAC01**	Title of the Course	**Beauty Regime**
Total Credits of the Course	01	Hours per Week	**02**

Course Objectives:	The course "Beauty Regime" aims to educate students on comprehensive beauty routines and techniques essential for personal and professional grooming. Students will learn principles of skincare, makeup application, hair care, and nail care, emphasizing hygiene, product knowledge, and the development of practical skills suitable for diverse client needs.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	– Study and recognition of skin types Classification of skin types – **Special treatments to different types of skin:** – Acne, open pores, pigmented, matured, wrinkled skin. – Types of Facials Plain facial – Veg. Peels facial – Gauze facial, Ozone facial – Thermo herb facial, Gold & Silver facial	50%
2.	– Types of Face Masks Ingredients and effects of face masks Clay Masks Natural Masks (Vegetable & Fruits) Thermal Masks Paraffin Wax Masks – Latex Plastic Masks – Peel off Masks – Other Ayurvedic Masks. **Equipment needed for facial treatment:** – Tools & techniques Maintenance a high standard of hygiene & safety throughout – Contraindications to face masks & facials – Preparation of masks in suitable quantity at appropriate time – How a mask/facial should be applied and why – Face mask to the specific area they suit. Removal of the face mask comfortably – Promptly and thoroughly – Recommendation for future treatment plan to incorporate salon & home use of the products	50%

Teaching-Learning Methodology	The course employs a mix of theoretical lectures, practical demonstrations, and hands-on workshops. Students engage in role-playing exercises, case studies, and interactive sessions to apply beauty techniques effectively. Guest speakers from the beauty industry and field visits enhance learning, emphasizing current trends, products, and professional practices in beauty care.

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Out comes: Having completed this course, the learner will be able to	
1.	Students will demonstrate proficiency in executing a range of beauty treatments including skincare routines, makeup application techniques, hair styling, and nail care, meeting industry standards for hygiene and client satisfaction.
2.	Students will develop the ability to advise clients on personalized beauty regimens, integrating product knowledge and effective communication skills to enhance individual appearance and self-confidence.

Suggested References:	
Sr.No	**References**
1.	David E. Bank and Estelle Sobel, Adams Media Corporation, Beautiful Skin: Every Woman's Guide to Looking Her best at any age. _
2.	Stephanie Tourles, Storey Books, Naturally Healthy Skin: Tips and Techniques for a lifetime of Radiant Skin.
3.	Dr. Renu Gupta, Skin Care _
4.	Arlene Mathew, The complete Beauty Book, Varun Publication, Bangalore.
5.	Kim Johnson, Knopf, Women's Face: Skin Care and Makeup
6.	Milady's, Text Book of Cosmetology, Milady Publication, America

Course Code	**BV02BSMAC02**	Title of the Course	**Hair Designing & Hair Styling**
Total Credits of the Course	01	Hours per Week	**02**

Course Objective:	The course "Hair Designing & Hair Styling" aims to equip students with fundamental and advanced skills in hairstyling, hair cutting, and hair design techniques. Students will learn to analyze hair types, recommend suitable treatments, and create diverse hairstyles, preparing them for careers in the beauty and salon industry.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	**Hair Care:** – Hair Care Basic Hair Structure Shampooing and Rinsing – Scalp Treatments for dandruff, falling hair, hair breakage, extra strength, growth stimulation. – Head Massage Hair Styling and Shaping Short Hair Styling: Roller setting, Blow drying – Long Hair Styling: Buns and Curls on hair, Art of making Switch, Advance hair styles – Braiding: Long and Short Hair **Hair Styling & Dressing:** – Different hair styles: Open Hair Styles, Semi-Tied & Up styles , Bridal Hair Dos, Party Hairdos, Sleep-in Looks, – Different Styling products: Use of Styling lotions, Mousse, Styling gel, Heat protestants, Serum, Hairspray cream, Finishing gel, volume mousse, silicon shiner, wax, finishing spray, Range and suitability of styling products, – Various hair accessories: Pins (types), clips (types), false hair, parandas, nets, veils, fresh flowers (gajra), etc. , – Out curls & In curls : Velcro rollers and Hot curls	50%
2.	**Scalp Massage & Hair Spa:** – Identifying client's hair and scalp condition – Selection of products for Hair massage & Hair SPA – Procedure of hair spa After care advice **Different Kinds of Hair Cuts:** – Hair Cuts: Steps, Layering, Feather Cut, Razor Cut, Fringe Styling, Short Hair Cut – Men Hair Cut, etc. (cutting angles 45, 90 degrees) – Cutting techniques: Notching, Slicing, Point cutting, Scissor over comb, Feathering, Thinning, Club cutting, Texturing – Hair cut and global scenario	50%

Teaching-Learning Methodology	The course utilizes a combination of theoretical lectures, practical demonstrations, and hands-on workshops. Students engage in peer activities, use multimedia resources for visual learning, and participate in real-world client simulations. Guest experts and industry visits further enhance practical understanding and professional development.

Evaluation Pattern

Sr.No	Details of the Evaluation	Weightage *(%)
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Out comes: Having completed this course, the learner will be able to

1.	Students will demonstrate proficiency in executing a variety of haircuts, styles, and coloring techniques, applying industry-standard practices to meet client preferences and trends.
2.	Students will develop the ability to analyze hair textures, recommend suitable treatments, and create personalized hair designs, fostering creativity and client satisfaction in professional hairstyling settings.

Suggested References:

Sr.No	References
1.	Cunnane Phillips, R. (2011). Milady Standard Hair Cutting Principles. Clifton Park, NY: Cengage Learning.
2.	Franco, L. (2014). Hair Styling: Tips and Tricks for Girls. New York, NY: Simon & Schuster.
3.	Jagger, M. (2010). The Complete Book of Hairstyling. London, England: Carlton Books.
4.	Milady. (2016). Milady Standard Cosmetology. Clifton Park, NY: Cengage Learning.
5.	Santini, J., &Biaggi, R. (2012). Hair's How: Step-by-Step Hairstyling Book. New York, NY: Hair's How Magazine.

Course Code	**BV02BSMIC03**	Title of the Course	**Pedicure & Manicure**
Total Credits of the Course	01	Hours per Week	**02**

Course Objective:	The course "Pedicure & Manicure" aims to equip students with comprehensive knowledge and practical skills in professional hand and foot care. Students will learn techniques for manicures, pedicures, nail art, and specialized treatments, emphasizing hygiene, client comfort, and proficiency in using appropriate tools and products for diverse clientele in the beauty industry.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	**Overview of Nails & Client:** – Structure of Nails: Shape and texture of Nails – Disorders of Nails – Hygiene and Safety: Sanitization, Disinfection, Sterilization, Disposal of Waste Client Consultation – Prepare Client's record – Personal Presentation and ideal Behavior **Manicure:** – Prepare the trolley – Arrange the products and tools – Understand the structure of client's nails – Procedure of Manicure – Massage techniques – Contraindications – Nail paint application	50%
2.	**Pedicure** – Prepare the trolley – Arrange the products and tools – Understand the structure of client's nails – Procedure of Pedicure – Massage techniques – Contraindications Nail paint application **Specialized Treatments and Client Care** – Treatment of common nail and skin conditions – Advanced nail art techniques – Client consultation and customization of services\ – Business and professional practices in manicure and pedicure	50%

Teaching-Learning Methodology	The course employs a blend of theoretical instruction, practical demonstrations, and hands-on practice. Students participate in simulated salon environments, applying manicure and pedicure techniques on peers and models. Guest speakers from the industry provide insights into current trends and client expectations, enhancing professional skills and knowledge application.

Evaluation Pattern

Sr. No.	Details of the Evaluation	Weightage *(%)
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Out comes: Having completed this course, the learner will be able to

1.	Students will demonstrate proficiency in performing professional manicures and pedicures, applying techniques such as nail shaping, cuticle care, and polish application to industry standards of hygiene and client satisfaction.
2.	Students will develop the ability to recommend and execute specialized nail treatments and nail art designs, catering to individual client preferences and enhancing aesthetic outcomes in salon settings.

Suggested References:

Sr.No	References
1.	Milady. (2016). Milady Standard Nail Technology. Clifton Park, NY: Cengage Learning.
2.	Pratelli, M. (2015). The Art of the Manicure. New York, NY: Rizzoli.
3.	Robb-Nicholson, C. (Ed.). (2010). Harvard Women's Health Watch: The Manicure-Pedicure Guidebook. Boston, MA: Harvard Health Publications.
4.	Mallett, A. (2012). Makeup: The Ultimate Guide. New York, NY: Thunder Bay Press.
5.	Thomas, L. (2008). Professional Nail Art: Guide to Nail Art Techniques. New York, NY: Sterling.

Course Code	**BV02BSMDC04**	Title of the Course	**Computer Skill - II**
Total Credits of the Course	01	Hours per Week	**02**

Course Objective:	**1.** To develop computer skill in commerce students. **2.** Computer skill helps commerce students to meet the needs of modern business. **3.** Computer skilled students can efficiently use Information and Communication Technology as modern businesses are highly rely on it. **4.** Computer skill increases the chances of getting hired.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	**Introduction to Web** – **Internet** (Internet & WWW, Website Address and URL, Modes of Connecting Internet, Popular Web Browsers) – **Gmail** (Introduction to Gmail Window, Details of Compose dialog box fields- To, CC, BCC, Subject etc., Compose an e-mail, add attachment and add signature, How to add more than one recipients at a time) **Word Processing & Presentation Tools** – Introduction to Word Processing software, benefits of word processing software, examples of word processors – Working with documents: Basic operations, formatting text & paragraphs, using tables, shapes, inserting pictures, mail merge facility – Introduction to Presentation tools and their basic features – Working with presentation slide: creating, editing, formatting and previewing, inserting picture, clipart, shapes and chart, adding header, footer, animations and slide transitions ,Printing slide content	50%
2.	**Spreadsheets** – Introduction to Spreadsheets and Spreadsheet packages – Building Spreadsheets using formulas, conditional calculations – Built-in functions – Database Utilities : sorting, filtering, extracting – Creating charts – Working with External data – Data analysis using What-if analysis – Pivot table and Pivot chart **Basics of HTML** – Introduction to HTML, HTML tags, Structure of HTML document, – Text and Paragraph Formatting, ordered and unordered lists	50%

	– HTML tables Designing HTML forms	

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Out comes: Having completed this course, the learner will be able to

1.	Basic knowledge of Internet, Power point, Excel & Word, HTML
2.	Use of computer in daily life

Suggested References:

Sr. No	**References**
1.	Computer course windows 7 and office 2010 by R.K. Taxali Publisher Tata McGraw Hill.
2.	Introduction to Internet and HTML scripting 2nd edition, BhaumikShroff
3.	Sinha, P.K.(2003),"Computer Fundamentals",3rd Ed.,BPB Publications

On-line resources to be used if available as reference material

On-line Resources

1. https://online.glyndwr.ac.uk/what-are-computer-applications/
2. https://informationq.com/application-and-types-of-computer-applications/
3. https://www.tutorialspoint.com/computer_fundamentals/computer_applications.htm

Course Code	**BV02BSAEC05**	Title of the Course	**Communication Skill - II**
Total Credits of the Course	01	Hours per Week	**02**

Course Objective:	• The paper is designed to enhance the communicative skills of the students. It focuses on some theories and detailed tips to improve usage of language effectively Language.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Fundamental of Communication** – Meaning, Importance & Objectives – Principles of communication – Techniques of effective communication – Barriers of effective communication	50%
2.	**Types of Communication & Communication skills** – Written - Oral - Face-to-face - Silence - Merits and limitations of each type – Cross cultural dimensions of business communication technology and communication – Ethical & legal issues in Business communication	50%

	Practical The students are required to do Dictation, Narration, Listening Comprehension, Note Making/Note Taking as given by concerned faculty	

Teaching-Learning Methodology	**Learner-centered Instructional methods** Direct method, quiz, assignments, interactive sessions, seminars, visual presentations, group discussions, project based learning and use of e-resources, including films

Evaluation Pattern		
Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	50%
3.	University Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	How to communicate professionally
2.	Etiquettes of communication
3.	Student learn how to correspondence

Suggested References:	
Sr. No	**References**
1.	Business Communication-K.K. Sinha- Galgotia Publishing Company, New Delhi.
2.	Mediaand Communication Management-C.S. Rayudu-Himalaya Publishing House, Bombay.
3.	Business Communication (Principles, Methods and Techniques) Nirmal Singh-Deep
4.	Business Communication -Dr. S. V. Kadvekar, Prin. Dr. C. N. Rawal and Prof. Ravindra

On-line resources to be used as and when required

On-line Resources

- https://hbr.org/topic/subject/business-communication
- https://ddceutkal.ac.in/Syllabus/MA_English/Paper_21.pdf
- https://www.indeed.com/career-advice/career-development/importance-of-business-communication

Course Code	**BV02BSSEC06**	Title of the Course	**Industrial Training – II**
Total Credits of the Course	15	Hours per Week	-

Course Objective:	1. The Purpose of this Course is to Enable the Students for In-Depth analysis of a topic relating to his/her area of Specialization 2. Develop and develop a comprehensive understanding on the same. For This the Students will Choose his/her faculty guide in his/her area of specialization and work on the topic jointly with the faculty. 3. The Students will Work on their projects individually and not in pairs or teams. 4. The Institute may help the student in selecting a faculty guide in case a student is not able to do so, or if a faculty member is chosen by too many students.

Course Content

Unit	Description	Weightage *(%)
1.	– The students have to undergone for internship/ on the job training under any Concerned Organization in the areas of QP/NOS – A presentation as well as report has to prepared and presented for the viva-voce and submit it to the concerned faculty.	100%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr.No	Details of the Evaluation	Weightage *(%)
1.	Internal Written/MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Able to do Export Import
2.	Various loan arrangement for business
3.	Study of Secondary data from Books, Journal and magazine Articles, Newspaper Articles, Websites, Electronic & Physical Databases, Etc.
4.	Primary Data Collection Through Interviews, Discussions & Other Research Instruments. Students are encouraged to Pursue the research in the organization where they had undergone their summer Internship.

Suggested References:

Sr.No	References
1.	Understanding Global Trade by Elhanan Helpman
2.	The World that Trade Created by Kenneth Pomeranz
3.	Global Trade Policy: Questions and Answers by Pamela J .Smith
4.	Rethinking International Trade by Paul Krugman

On-line resources to be used if available as reference material

On-line Resources

1. https://services.india.gov.in/service/listing?cat_id=73&ln=en
2. https://www.dgft.gov.in/CP/
3. https://www.eximbankindia.in/

Course Code	**BV02BSVAC07**	Title of the Course	**Environmental Studies**
Total Credits Of the Course	**02**	Hours per Week	**04**

Course Objectives:	The course will enable the student teachers to 1. To aware the students about Environmental effects on human beings 2. Natural resources and its Impact 3. Provide Information on Renewable resources

Course Content		
Unit	**Description**	**Weightage *(%)**
1	**Overview of Environmental Studies:** – Definition, – Scope, – Importance. – Renewable and Non Renewable Resources, – Equitable use of resources for sustainable lifestyles	50%
2	**Natural Resources and Associated Problems:** – Forest Resources, – Water Resources, – Mineral Resources, – Energy Resources, – Land Resources. – Role of Individual in conservation of Natural Resources Case Study on various resources	50%

Teaching-Learning Methodology	Lecture-cum-discussion, Group Discussion, Presentations, Seminars, tutorials, Research Exercises

Evaluation Pattern		
Sr. No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	University Examination	50%

Course Out comes: Having completed this course, the learner will be able to	
1.	To know Equitable use of resources for sustainable lifestyles
2.	Significance of Environment
3.	Forest & Water Resources in India
4.	Role of Individual in conservation of Natural Resources

Suggested References:	
Sr. No.	**References**
1.	Social Learning in Environmental Management: Towards a Sustainable Future by Meg Keen, Valerie A. Brown, Rob Dyball
2.	Principles of Environmental Science by William P. Cunningham and Mary Ann Cunningham
3.	Principles of Environmental Science by William P. Cunningham and Mary Ann Cunningham
4.	Lad, V., & Frawley, D. (1986). The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine. Lotus Press.
5.	Environmental Studies From Crisis to Cure by R. Rajagopalan

Course Code	**BV02BSVAC08**	Title of the Course	**NCC-I**
Total Credits Of the Course	**02**	Hours per Week	**04**

Course Objectives	– Course Content Part (I) Theory – Course Content Part (II)Practical – Course Objectives: – Cadets will be able to: - Know about the history of NCC and Awareness of Nation. – Its organization and incentives of NCC for their career prospects.
	– Acquire knowledge of duties and conduct of NCC cadets – Understand about different NCC camps and their conducts.
	– Understand the concept of national integration and its importance. – Understand the concept of self-awareness and emotional intelligence.
	– Understand the concept of critical & creative thinking. – Understand the process of decision making & problem solving.
	– Understand the concept of team and its functioning. – Understand the concept and importance of Social service.

	Course Content Course Content Part (I) Theory	
Unit	**Description**	**Weightage *(%)**
1.	**Unit 1- NCC General & National Integration Awareness (NI).** – Incentives of NCC, Duties of NCC Cadet. NCC Camps: Types & Conduct. – National Integration: Importance & Necessity, Factors Affecting National Integration, Unity in Diversity & Role of NCC in Nation Building, Threats to National Security.	25 %
2.	**Unit 2- Personality Development &Military History**. – Intra & Interpersonal skills - Self-Awareness- &Analysis, Empathy, Critical & creative thinking, Decision making and problem solving. – Study Of Battles of Indo-Pak Wars 1965 & 1971, Acquire awareness about the basic weapon system in use in the Armed Forces.	25 %

Course Objectives	– Course Content Part (I) Theory – Course Content Part (II)Practical – Course Objectives:
	— Understand that drill as the foundation for discipline and to command a group for common goal.
	— Understand the importance of a weapon its detailed safety precautions necessary for prevention of accidents.
	— Develop awareness about different types of terrain and how it is used in battle craft.
	— Develop the concept of various markings on the map and how they are co-related to the ground features.

	Course Content Course Content Part (II) Practical	
Unit	**Description**	**Weightage *(%)**
1.	**Unit 1. Drill, Weapon Training** – Foot Drill Dahiea, Bayne, Aageaur Piche Kadam Lena, Chal se Murdna, TejChal se Salute Karna, TejKadam Taalaur Tham, TejKadam Taal se Kadam Badalna. Teeno Teen se Ek File aurek file se Teeno Teen Banana – Weapon Training Range procedure & Theory of group, Short Range firing.	25 %
2.	**Unit 2. Map Reading & Field Craft & Battle Craft** – Protractor Bearing and its conversion methods, Service protractor and its uses, Prismatic compass and its uses and GPS, Navigation by compass and GPS. – Field Craft & Battle Craft indications of landmarks and Targets, Intro, Definitions, Types of Ground, Indication of Landmarks, Methods of ident of targets, difficult targets.	25 %

Teaching-Learning Methodology	Classroom teaching and learning Ground –Based learning (Practical) Project-Based Learning Problem-Based Learning Inquiry-Based Learning Group Discussion. Collaborative Learning Ground work practical. Army Wing Camps Taring.

Evaluation Pattern		
Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical & Viva	15%
3.	External Examination Written	35%
4.	External Examination Practical & Viva	35%

Course Outcomes	
1.	After completing this course, the cadets will be able to: - Imbibe the conduct of NCC cadets.
2.	Respect the diversity of different Indian culture.
3.	Practice togetherness and empathy in all walks of their life.
4.	Do their own self-analysis and will work out to overcome their weakness for better performance in all aspects of life.
5.	Understand creative thinking & its components.
6.	Think divergently and will try to break functional fixedness.
7.	Make a team and will work together for achieving the common goals.
8.	Do the social services on different occasions.

Suggested References	
Sr. No.	**References**
1	NCC Hand Book
2	DG NCC App
3	NCC DG Pressy
4	NATIONAL CADET CORPS (S.GAUR)

On-line resources to be used if available as reference material
On-line Resources
https://indiancc.nic.in/ncc-general-elective-subject-course-design/

Course Code	**BV02BSVAC09**	Title of the Course	**NSS-I**
Total Credits Of the Course	**02**	Hours per Week	**04**

Course Objectives	1. Develop among students a Sense of Social and Civil Responsibility
	2. Develop Competence required for group-living and Sharing of Responsibilities.
	3. Development of the personality of students through Community Service.
	4. Understand the Community in which they work.
	5. To know the basis concept, Philosophy, objectives and various advisory Committees of NSS.
	6. To understand the basic programmes and activities of NSS.

Course Content		
Unit	**Description**	**Weightage (%)**
1.	**National Service Scheme :Introduction and Basic Concepts: (Theory)** – Introduction of National Service Scheme – History & Philosophy of NSS – Mission, Objective, Symbol, NSS Badge, Flag, NSS Songs and NSS Day – Maintenance of daily Record	**50%**
2.	**Activity based Programmes : (Practical)** – Various NSS Programmes, Activities and it's Aims. – Orientation of NSS volunteers. – Regular Activities, One Day Camp and Special Camp – Celebrations of important days recognized by united nations, Central Govt., State Govt.	**50%**

Teaching-Learning Methodology	• Lecture Method • Online Lectures • Group Discussion • Practical Activities

Evaluation Pattern		
Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written /Practical (Written 25% + Practical 25%)	**50%**
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance, Practical	
3.	University Examination (Written 25% + Practical 25%)	**50%**

CourseOutcomes: HavingCompletedthiscourse,thestudentswillbeableto	
1.	Familiar with the basic concept, Philosophy, objectives and various advisory Committees of NSS
2.	Understand the community in which they work.
3.	Understand themselves in relation to their community.
4.	Make them a sense of Social and Civil Responsibility
5.	Develop Competence required for group-living and Sharing of Responsibilities.
6.	Have development of the personality of them through Community Service.
7.	Understand the basic programmes and activities of NSS

Suggested References	
Sr.No	**References**
1.	NATIONAL SERVICE SCHEME MANUAL

On-line resources to be used if available as reference material
https://nss.gov.in

Course Code	**BV02BSVAC10**	Title of the Course	**Yoga, Meditation & Fitness -I**
Total Credits Of the Course	**02**	Hours per Week	**04**

Course Objectives	1. To maintain physical fitness and wellness among the students
	2. To guide the students about the concept of health and happiness through Yog
	3. To guide the students about mental health
	4. To prepare the students to maintain the mental and physical health
	5. To guide the students to lead a happy life with Yog and meditation

Course Content		
Unit	**Description**	**Weightage (%)**
1.	**Yog :- Introduction and Basic concepts:** Meaning, Definition, Importance and Types of Yog Origin and Development of Yog. Meaning, Concept, Steps and Importance of AshthangYog. How Yog is different from Physical exercise. Yog practice in daily life and its benefits. Benefits of Suryanamskar.	**50%**
2.	**A. Yog& Meditation for Fitness: (Practical & Theory)** – Music & Meditation, Omkar Mantra & Meditation, Benefits of Meditation **B. Practical Aspect: (Practical & Theory)** – Prayer, Suryanamskar with Mantra, Subtle Exercise – Pranayams: Anulom-Vilom, Bhramri Pranayam, 3SR Breathing Technique-practice and Benefits – Aasans with their names, Practical and Benefits: – Standing Position: Trikonasan, TiryakTadasan, Ardhchandrasan, Tadasan, Vrikshasan. – Sitting Position: Padmasan, Sukhasan, Vakrasan, Yogmudrasan, Ushtrasan, Paschhimotasan – Asana lying on the stomach: Bhujangasan, Dhanurasan, Makrasan, Balasan – Asana lying on the back: Markatasan Setubandhasan, Shalbhasan, Pavanmuktasan, Ardhhalasan. – Relaxation Position: YogNindra, Savasan	**50%**

Teaching-Learning Methodology	Teaching learning methodology: Student Centric teaching learning methodology with practical and theory sessions with demonstration, group discussion and practical sessions along with traditional methods of teaching.

Evaluation Pattern		
Sr.No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written [Written 25%+ Practical 25%]	50%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance, Practical	
3.	University Examination[Written 25%+ Practical 25%]	50%

Course Outcomes:	
1.	Students will increase in concentration & will power through Yog& Meditation
2.	Students will learn how to lead a balanced life.
3.	Students will understand the basic body system, root of diseases and remedies from Yog
4.	Students will experience the positive change in their life with the practices of Yog.
5.	Students will receive the grand Yog story of India.

Suggested References	
Sr. No	**References**
1	Yoga Sukshma Vyayma by Dhirendra Brahmachari
2	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar,I
3	Karma Yoga, Bhati Yoga, Raja Yoga, Jnana Yoga by Swami Vivekananda
4	Yoga Sutras of Patanjali by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
5	Hatha Yoga by Swami Sivananda. Publisher: The Divine Life Society, Uttarakhand, India
6	Gheranda Samhita by Swami Nirjanananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
7	Essence of Yoga by Swami Shivananda Saraswati. Publisher: The Divine Life Society
8	Yoga and Kriya by Swami Shivaananda Saraswati. Publisher; Yoga Publication Trust, Munger, Bihar, India

On-line resources to be used if available as reference material
On-line Resources
http://lyu.ac.in/yoga/
http://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page

SABARMATIUNIVERSITY
BACHELOR OF VOCATIONAL STUDIES
SEMESTER III
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core (Major)	Core Course-1	BV03BSMAC01	Hair Dresser & Stylist	T	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV03BSMAC02	Salon and Customer Care	T	1	-	1	2	25/09	25/09	50/18
	Core Course-3	BV03BSMAC03	Basic Ayurveda, Naturopathy & Beauty	T	1	-	1	2	25/09	25/09	50/18
Multi-Disciplinary	Multi-Disciplinary	BV03BSMDC04	Sterilization, Hygiene & Sanitation	T	1	-	1	2	25/09	25/09	50/18
Ability Enhancement Course		BV03BSAEC05	Soft Skills for Business	T	1	-	1	2	25/09	25/09	50/18
Skill Enhancement Course/Internship/ Dissertation		BV03BSSEC06	Industrial Training– III	P	-	15	15	4	-	600/216	600/216
IKS/Value Added Course		BV03BSIKS07	Indian Knowledge System – II	T	2	-	2	2	25/09	25/09	50/18
Minimum Quantifying Credits					**7**	**15**	**22**		**150/54**	**750/270**	**900/324**

Course Code	**BV03BSMAC01**	Title of the Course	**Hair Dresser & Stylist**
Total Credits of the Course	01	Hours per Week	01

Course Objectives:	1. To develop fundamental knowledge and practical skills in hair care, shampooing, conditioning, cutting, and styling techniques. 2. To train students in professional salon practices including hygiene, safety standards, and customer service. 3. To enable learners to perform advanced hair treatments such as hair coloring, straightening, spa treatments, and hair styling professionally.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	**Prepare and maintain work area** – PC1. check for spills/leakages occurred while providing services – PC2. identify and segregate recyclable, non-recyclable and hazardous waste generated in separate bin – PC3. store the unused disposable material properly in a dedicated area; material such as disposable masks, gloves, etc. – PC4. ensure electrical equipment and appliances are switched off when not in use	25%
2.	**Prepare self and client** – PC5. store records, materials and equipment securely in line with the policies – PC6. carry out the procedure using methods that minimize risk of cross infection – PC7. apply shampoo using rotary massage technique – PC8. carry out and adapt massage techniques to suit the client needs and to perform the service plan	25%
3.	**Perform blow drying of hair** – PC11. complete the procedure to the satisfaction of the client in a commercially acceptable time and as per organizational standards – PC12. ensure the work area is kept clean and tidy during the service – PC13. dispose waste materials as per organisational standards in a safe and hygienic manner – PC14. use work methods to minimise wastage	25%

4.	**Perform Indian head massage and hair spa services** – PC15. check the client's comfort and wellbeing throughout the service and adapt procedures to – ensure the same, reassure the client with necessary information and positive comments as required – PC16. perform and adapt the service procedures using materials, equipment and techniques correctly and safely to meet the needs of the client – PC17. promptly refer problems that cannot be solved to the relevant superior for action – PC18. complete the service to the satisfaction of the client in a commercially acceptable time and as per organisational standards	25%

Teaching Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation)Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	External Examination Written / MCQ &Viva-voce	100%

Suggested References:	
Sr.No.	**References**
1.	Milady. (2016). *Milady Standard Cosmetology* (13th ed.). Cengage Learning.
2.	Brown, L. (2018). *Hairdressing: The Foundations*. Cengage Learning EMEA.
3.	West, S. (2017). *Professional Hairdressing: The Official Guide to Level 2 & 3*. Cengage Learning.

On-line resources to be used if available as reference material
On-line Resources – Beauty & Wellness Sector Skill Council – Qualification Packs https://www.bwssc.in – National Skill Development Corporation (NSDC) https://www.nsdcindia.org – Milady Cosmetology Learning Resources https://www.milady.com

Course Code	**BV03BSMAC02**	Title of the Course	**Salon and Customer Care**
Total Credits of the Course	01	Hours per Week	01

Course Objectives:	1. Develop strong **communication and interpersonal skills** for interacting with clients. 2. Increase understanding of the professional roles, duties and work ethics of salon personnel.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Salon professional & Salon Design** – Salon professional: Roles and duties – Work ethics. – Importance of maintaining a healthy life style-exercise, image – Salon Design: Features of good salon design – furnishing and equipments for a hair salon, layout and décor for a hair salonst	50%
2.	**Reception skills** – Role and duties of a receptionist – Enter appointments in an appointment book for various services – Answering phone calls, take and record a message for a client or another member of staff, accept different types of payments, complete a gift voucher, display of stock to promote sales.	50%

Teaching Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Understand ergonomic principles to ensure comfort and safety for both clients and staff.
2.	Identify and apply professional salon practices, including roles, ethics, and hygiene standards.

Suggested References:	
Sr.No.	**References**
1.	Beauty Therapy: The Official Guide to Level 2 - Lorraine Nordmann — Macmillan
2.	Creating an Excellent Salon - Iris Rigazzi-Traling — Hodder & Stoughton

On-line resources to be used if available as reference material
On-line Resources – https://wise.msu.edu.in/b-voc-in-cosmetology – https://bvoc.kalingauniversity.ac.in/beauty-wellness/ – https://bvoc.kalingauniversity.ac.in/wp-content/uploads/2023/06/Syllabus-B.Voc-in-Beauty-Wellness-2022-23-1.pdf

Course Code	**BV03BSMIC03**	Title of the Course	**Basic Ayurveda, Naturopathy & Beauty**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Describe the historical development and philosophy of naturopathy as a holistic health system. 2. Understand the fundamental principles of Ayurveda including Tridosha, Panchamahabhuta, Agni, and Prakriti.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Overview of Ayurveda** – Principles of Ayurveda – Beauty treatment in Ayurveda: - Skin treatment for Acne, Sunburns, Hyper-pigmentations, Freckles, Dark under eyes circles, Blemishes, Stretch marks, Scars and Anti ageing. – Ayurvedic treatment for Hair fall, Pre-mature Graying, Baldness, chemically (damaged) coloured hair. Ayurvedic Massage therapy- Abhyanga, Hot Stone Massage. Ayurvedic steam bath.	50%
2.	**Beauty and Naturopathy** – Basic knowledge about Naturopathy. – Various treatments with nature cure such as: Earth (Mud Therapy), Air therapy, Diet therapy (Fasting), Water therapy (Steaming etc.). – Fire therapy – Shirodhara: Potli and Indian Head Massage : Purpose, History, Benefits, Essential steps, Treatment , preparation, Safety precautions/Do's & Don’ts, After care.	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Demonstrate basic naturopathic lifestyle techniques for health promotion.
2.	Interpret Ayurvedic terminology and principles used in wellness therapy.

Suggested References:	
Sr.No.	**References**
1.	Principles of Ayurvedic Medicine — Modern commentary.
2.	Sushruta Samhita – Foundational Ayurvedic surgery & health science.
3.	Charaka Samhita – Classical Ayurvedic textbook (edited translations available online).

On-line resources to be used if available as reference material

On-line Resources
• https://www.visvabharati.ac.in/home/wp-content/uploads/2025/11/B.Sc_.-NEP-detailed-syllabus.pdf • https://vac.du.ac.in/view-details.html • https://bvoc.kalingauniversity.ac.in/wp-content/uploads/2023/06/Syllabus-B.Voc-in-Beauty-Wellness-2022-23-1.pdf

Course Code	**BV03BSMDC04**	Title of the Course	**Sterlization, Hygiene & Sanitation**
Total Credits of the Course	**01**	Hours per Week	**01**

Course Objectives:	1. Apply standard procedures for effective sanitization and infection control. 2. Understand the principles and importance of sterilization, hygiene, and sanitation in industrial and clinical settings.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	**Sterlization** – Methods of Sterilization – Sanitation and its Types – Physical Agents **Hygiene** – What is Personal Hygiene – What is Public Hygiene – Hygiene and Good Grooming	50%
2.	**Sanitation** – Methods of Sterilization – Sanitation and its Types – Physical Agents – Suggestions for Sanitation – General Salon Hygiene Rules	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr. No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance.	
3.	External Examination	50%

Course Out comes: Having completed this course, the learner will be able to develop	
1.	Comply with legal and ethical standards related to hygiene & sanitation.
2.	Demonstrate correct practices for maintaining personal and workplace hygiene.
3.	Explain fundamentals of hygiene and sanitation in various environments.

Suggested References:	
Sr.No.	**References**
1.	"Textbook of Microbiology" – by Ananthanarayan&Paniker (for basics of microbes & sterilization).
2.	"Fundamentals of Infection Prevention and Control" – by Rowan & Lafferty, Wiley-Blackwell.
3.	"Disinfection, Sterilization, and Preservation" – by Hugo & Russell, 5th Edition, Blackwell Publishing.

On-line resources to be used as and when required
On-line Resources – **http://www.who.int/gpsc/en/** – **http://www.fao.org/food-safety/en/** – **http://www.cdc.gov/handwashing/**

Course Code	**BV03BSAEC05**	Title of the Course	**Soft Skills for Business**
Total Credits of the Course	**01**	Hours per Week	**01**

Course Objectives:	• The paper is designed to enhance the communicative skills of the students. • It focuses on some theories and detailed tips to improve usage of language effectively Language.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Interview Techniques** – Importance – Types of Interview – Art of conducting and giving interviews – Interview Skills – Corporate readiness	50%
2.	**Communication skills** – Significance, – Process &Forms of communication – Communication gap Listening skills, basics of managerial speaking skills Body language- how to develop matter for a speech Effective use of presentation aids' – Preparation of Resume & CV – GD & Interview	50%
Teaching-Learning Methodology	Learner-centered Instructional methods Direct method, quiz, assignments, interactive sessions, seminars, visual presentations, group discussions, project based learning and use of e-resources, including films	

Evaluation Pattern		
Sr. No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance.	
3.	External Examination	50%

Course Out comes: Having completed this course, the learner will be able to develop	
1.	How to communicate professionally
2.	Understand Interview Techniques
3.	Student learn how to correspondence

Suggested References:	
Sr.No.	**References**
1.	Business Communication - K. K. Sinha - Galgotia Publishing Company, New Delhi.
2.	Media and Communication Management - C. S. Rayudu - Himalaya Publishing House,Bombay.
3.	Business Communication (Principles, Methods and Techniques) Nirmal Singh - Deep
4.	Business Communication - Dr. S.V. Kadvekar, Prin. Dr. C. N. Rawal and Prof. Ravindra

On-line resources to be used as and when required
On-line Resources • **https://hbr.org/topic/subject/business-communication** • **https://ddceutkal.ac.in/Syllabus/MA_English/Paper_21.pdf** • **https://www.indeed.com/career-advice/career-development/importance-ofbusinesscommunication**

Course Code	**BV03BSSEC06**	Title of the Course	**Industrial Training– III**
Total Credits of the Course	**15**	Hours per Week	**30**

Course Objectives:	1. The Purpose of this Course is to Enable the Students for In-Depth analysis of a topic relating to his/her area of Specialization 2. Develop and develop a comprehensive understanding on the same. For This the Students will Choose his/her faculty guide in his/her area of specialization and work on the topic jointly with the faculty. 3. The Students will Work on their projects individually and not in pairs or teams. 4. The Institute may help the student in selecting a faculty guide in case a student is not able to do so, or if a faculty member is chosen by too many students.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	• The students have to undergone for internship/ on the job training under any Concerned Organization in the areas of QP/NOS • A presentation as well as report has to prepared and presented for the viva-voce and submit it to the concerned faculty.	100%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage**
1.	External Examination in the form of Practical ,Viva-voce and Reports	100%

Course Out comes: Having completed this course, the learner will be able to develop	
1.	Create project Report
2.	Enhance the confidence for future aspects

Suggested References:	
Sr.No.	**References**
1.	"Designing Effective Instruction" by Gary R. Morrison, Steven M. Ross, Jerrold E.Kemp, Howard K. Kalman
2.	"Training and Development for Dummies" by Elaine Biech
3.	"Effective On-the-job Training: Developing an OJT Program" by Joseph A. Benkowski

On-line resources to be used as and when required
On-line Resources • **https://www.simplilearn.com/how-to-create-a-project-reportarticle**

Course Code	**BV03BSIKS07**	Title of the Course	**Indian Knowledge System – II**
Total Credits of the Course	**02**	Hours per Week	**02**

Course Objectives:	– The course will enable the learners to… – To analyse the etymology and meaning of the word "Dharma" and its significance in various cultures and religions. – To explore the characteristics of Dharma and how it manifests in different contexts. – To examine the explanations of the concept of Dharma by renowned scholars and thinkers throughout history. – To recognize the importance of Dharma in shaping human life, ethics, and societal values. – To identify the different forms of Dharma present in contemporary society and specifically in the context of Kaliyug (the current age according to Hindu cosmology). – To appreciate the significance of Aacharn dharma (ethical conduct and righteous behavior) in upholding Dharma. – To analyze examples of various characteristics of Dharma in the lives of notable scholars, philosophers, and religious figures. – To introduce and gain an overview of the major Dharma shastras (ancient Indian texts that discuss laws, duties, and ethical principles). – To foster critical thinking and open discussion regarding the interpretation and application of Dharma in modern times. – To develop deeper understanding of the cultural, ethical, and spiritual dimensions of Dharma and its relevance in contemporary society.

Course Content

Unit	Description	Weightage *(%)
1.	**Introduction of Dharma** 1. Etymology and meaning of the word Dharma. 2. Characteristics of word Dharma. 3. Explanation of the word Dharma by great scholars. 4. The importance of Dharmainhumanlife.	50%
2.	**Importance of Dharma Shastras** 1. Forms of Dharma at present and kaliyug. 2. Importance ofAacharn dharma. 3. Examples of various characteristics of Dharma in the life of scholars. 4. Introduction to the major Dharma shastras	50%

Teaching-Learning Methodology	**Learner-centered Instructional methods** Direct method, quiz, assignments, interactive sessions, seminars, visual presentations, group discussions, project based learning and use of e-resources, including films

Evaluation Pattern		
Sr. No	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written/Practical Examination	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance.	
3.	External Examination	50%

Course Out comes: Having completed this course, the learner will be able to develop	
1.	Identify the historical and cultural context of the word "Dharma" and explain its etymology and core meaning.
2.	Analyze the characteristics of Dharma and its manifestations in various aspects of human life, including personal ethics, social responsibilities, and spiritual practices.
3.	Evaluate the explanations of Dharma provided by eminent scholars and thinkers, and critically examine different perspectives on its interpretation and application.
4.	Recognize the importance of Dharma in guiding ethical decision-making, promoting harmony in relationships and communities, and fostering a just and compassionate society.
5.	Apply the concepts of Dharma to contemporary issues and challenges, demonstrating an understanding of the different forms of Dharma in present times, the significance of Aacharndharma, and the in fluence of Dharma in the lives of scholars and individuals who exemplify its principles.

References

"Dharma: Its Early History in Law, Religion and Narrative" by Alf Hiltebeitel

"Dharma: The Hindu, Jain, Buddhist and Sikh Traditions of India "by Veena R. Howard." The Concept of Dharma in Valmiki Ramayana" by Dr. Nityanand Mishra

"Dharma in Hinduism: A Historical and Philosophical Perspective" by Arvind Sharma

"Dharma and Ecology of Hindu Communities: Sustenance and Sustainability" edited by Pankaj Jain

"Understanding Dharma: The Four Authentic Sources" by Pradip Gangopadhyay

SABARMATI UNIVERSITY
BACHELOR OF VOCATIONAL STUDIES
SEMESTER IV
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core (Major)	Core Course-1	BV04BSMAC01	Bridal, Fashion and Portfolio Makeup Artist	T	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV04BSMAC02	Pre-Bridal Grooming Plan	T	1	-	1	2	25/09	25/09	50/18
	Core Course-3	BV04BSMAC03	Basics of Beauty Therapies	T	1	-	1	2	25/09	25/09	50/18
Minor	Minor Course	BV04BSMIC04	Anatomy of Skin	T	1	-	1	2	25/09	25/09	50/18
Ability Enhancement Course		BV04BSAEC05	Critical & Logical Thinking	T	1	-	1	2	25/09	25/09	50/18
Skill Enhancement Course/Internship/ Dissertation		BV04BSSEC06	Industrial Training– IV	P	-	16	16	4	-	650/234	650/234
VAC		BV04BSVAC07	Yoga, Meditation & Fitness -II	T	1	-	1	2	25/09	25/09	50/18
Minimum Quantifying Credits					**6**	**16**	**22**		**150/54**	**800/288**	**950/342**

Course Code	**BV04BSMAC01**	Title of the Course	**Bridal, Fashion and Portfolio Makeup Artist**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. To develop knowledge of skin structure, cosmetic products, and professional makeup tools used in bridal, fashion, and portfolio makeup services. 2. To train students in applying professional makeup techniques such as corrective makeup, contouring, highlighting, air-brush makeup, and photographic makeup. 3. To build practical skills in client consultation, hygiene standards, and creating customized makeup looks for bridal and fashion requirements

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Perform skincare services** – adhere to the health and safety standards laid out by the manufacturer and salon – position self and client correctly to ensure privacy, comfort and wellbeing throughout theservice – perform and adapt the therapy using materials, equipment and techniques correctly and safelyto meet the needs of the client – carry out facial care/ clean-up process using the products and equipment as per service levels laiddown by the salon	25%
2.	**Perform bridal makeup services** – sanitize the hands prior to treatment commencement – prepare the client and provide suitable protective apparel – position self and client throughout procedure to ensure privacy, comfort and wellbeing – define a suitable treatment plan to meet the clients needs – select and prepare suitable skin care and make up products to meet the clients needs and workplanPareto Principle.	25%
3.	**Perform groom makeup services** – PC3. sanitize the hands prior to treatment commencement – PC4. prepare the client and provide suitable protective apparel – PC5. position self and client throughout procedure to ensure	25%

	privacy, comfort and wellbeing – PC6. define a suitable treatment plan to meet the clients needs	
4.	**Perform fashion and photographic make-up** – PC4. sanitize the hands prior to treatment commencement – PC5. prepare the client and provide suitable protective apparel – PC6. position self and client throughout procedure to ensure privacy, comfort and wellbeing – PC7. define a suitable treatment plan to meet the clients needs	25%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage**
1.	External Examination	100%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Students will be able to analyze different skin types and select appropriate makeup products and techniques.
2.	Students will be able to perform bridal, fashion, and portfolio makeup using professional tools, corrective techniques, and industry standards.
3.	Students will demonstrate professional practices including client consultation, hygiene, safety, and presentation in makeup services

Suggested References:	
Sr.No.	**References**
1.	Bennett, M. (2015). *The makeup manual: Your beauty guide for brows, eyes, skin, lips, and more*. Chronicle Books.
2.	Jones, R. (2018). *The complete makeup artist: Working in film, fashion, television and theatre* (2nd ed.). Cengage Learning.
3.	Delamar, P. (2017). *The complete make-up artist: A practical guide for professional makeup artists*. Cengage Learning

On-line resources to be used if available as reference material

On-line Resources
• Beauty & Wellness Sector Skill Council – Qualification Pack for Bridal, Fashion and Portfolio Makeup Artist https://www.bwssc.in • National Skill Development Corporation – Beauty & Wellness Courses https://nsdcindia.org • Professional Makeup Tutorials and Techniques (Global Beauty Industry Learning) https://www.probeauty.org

Course Code	**BV04BSMAC02**	Title of the Course	**Pre-Bridal Grooming Plan**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Enhance entrepreneurship skills to manage bridal grooming services in salons, freelance models, and wedding service domains. 2. Develop professional skills in consultation, skin analysis, makeup, hair management, nutrition, fitness & etiquette for brides.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Pre - Bridal Sessions** – Face: Eyebrow grooming, facial for nourishing the skin, IPL treatment to reduce hair growth, if required. Body: Diet consultation and Gym enrollment for figure correction – Body waxing, bleaching and polishing treatment, Aromatherapy for deep massage. – Hand & Feet care: Manicure & Pedicure, Nail art, professional mehendi designing, artificial nails if desired	50%
2.	**Pre - Bridal Packages** – Designing pre - bridal/bridal packages for different prices, Designing wedding blogs and inviting reviews. – Fixing bridal makeup team, hair designing team & treatment team. – Dress rehearsal: Trial make over sessions & draping according to different cultures & themes	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	

3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Demonstrate entrepreneurial skills necessary for offering pre-bridal grooming services.
2.	Apply advanced skincare, makeup, hair treatments & grooming techniques suitable for bridal needs.
3.	Understand bridal beauty needs including skin, hair, and body requirements.

Suggested References:

Sr.No.	**References**
1.	Milady's Standard EstheticsMilady
2.	Cosmetology & Beauty CultureVarious Authors
3.	Makeup Manual for Bridal & FashionRae Morris

On-line resources to be used if available as reference material

On-line Resources

- http://www.byrdie.com
- http://www.beautycrew.com.au
- http://www.makeupforever.com

Course Code	**BV04BSMAC03**	Title of the Course	**Basics of Beauty Therapies**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Identify skin types, contraindications, and appropriate products. 2. Understand professional beauty therapy practices and standards in skincare and treatments.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Therapy for Normal Skin** – Skin Analysis of client – Client consultation – Preparing for the therapy – Procedure of therapy – Carry out of electrotherapy – Application of Packs – Benefits and contraindications	50%
2.	**Therapy for Dry & Oily skin** – Skin Analysis of client – Client consultation – Preparing for the therapy – Procedure of therapy – Carry out electrotherapy – Application of Packs – Benefits and contraindications	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage**
1.	Internal Written/MCQ	

2.	Internal Continuous Assessment in the form of Practical, Viva -voce, Quizzes, Seminars, Assignments, Attendance	50%
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Identify common skin diseases and contraindications relevant to facial/body therapies.
2.	Identify and analyze skin types and decide effective therapeutic procedures.
3.	Prepare treatment plans for face, body, hands, and feet according to client needs.

Suggested References:	
Sr.No.	**References**
1.	Beauty Basics: The Official Guide to Beauty Therapy (Level 1) — introductory beauty therapy text.
2.	Shahnaz Husain's Beauty Book — practical guide on skincare & treatments.
3.	Milady's Standard Cosmetology — classic textbook covering theory, hygiene, skin and body treatments.

On-line resources to be used if available as reference material

On-line Resources
• https://www.elevify.com/en-ug/courses/beauty-fashion-and-textiles/beauty/beauty-therapy-course-1c97b • https://www.udemy.com/course/basic-beginners-beauty-therapy-course/ • https://alison.com/course/introduction-to-beauty-therapy

Course Code	**BV04BSMIC04**	Title of the Course	**Anatomy of Skin**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Explain the roles of accessory structures (hair, nails, glands) in integumentary function. 2. Identify the layers of skin (epidermis, dermis, hypodermis) and their histological features. 3. Understand the structure and function of the skin as the largest organ of the body.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Cosmetology & Skin** – Aims and Objectives – Importance – Anatomy of Skin – Function of Skin – Types of Skin	50%
2.	**Massage** – Benefits of massage. – Basic Manipulations used in massage. – Points to remember while Massage. – Facial Therapies with Pressure points of Different types of skin.	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	

3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Correlate structural features with common dermatological conditions.
2.	Explain the functions of skin in protection, regulation, and sensation.
3.	Describe the gross anatomy of skin and its layers.

Suggested References:	
Sr.No.	**References**
1.	extbook of Dermatology – Rook, Wilkinson & EblingMajor content for skin structure & function
2.	Clinically Oriented Anatomy – Keith L. Moore, Arthur F. Dalley, Anne M. R. Agur Publisher: Wolters Kluwer
3.	Gray's Anatomy for Students – Richard L. Drake, A.W. Vogl, A.W.M. Mitchell Publisher: Elsevier

On-line resources to be used if available as reference material

On-line Resources
• https://www.healthline.com/health/epidermis • https://teachmeanatomy.info/integumentary-system/skin/overview/ • https://www.kenhub.com/en/library/anatomy/skin-anatomy

Course Code	**BV04BSAEC05**	Title of the Course	**Critical & Logical Thinking**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. To understand the principles underlying coding-decoding techniques used to encrypt and decrypt information. 2. To Analyze Data Using Column Charts and Bar Charts & Pie Charts.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**LOGICAL REASONING** • Simple Analogy; Pattern and Series of Numbers • Letters, Figures • Coding-Decoding of Numbers • Letters, Symbols (Figures)	50%
2.	**Data Analysis & interpretation** • Tables • Column Charts • Bar Charts • Line Charts • Pie Chart	50%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage**
1.	Internal Written/MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva -voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Analyze Coding-Decoding of Letters, Symbols.
2.	Develop the ability to identify correlations, fluctuations, and outliers in time-series data through graphical representation.

Suggested References:	
Sr.No.	**References**
1.	A Modern Approach To Verbal & Non Verbal Reasoning By R S Agarwal
2.	Analytical and Logical reasoning By Sijwali B S
3.	Quantitative aptitude for Competitive examination By R S Agarwal
4.	Analytical and Logical reasoning for CAT and other management entrance test By Sijwali B S
5.	Quantitative Aptitude by Competitive Examinations by Abhijit Guha 4th edition

On-line resources to be used if available as reference material

On-line Resources
1. https://prepinsta.com/
2. https://www.indiabix.com/
3. https://www.javatpoint.com/

Course Code	**BV04BSSEC06**	Title of the Course	**Industrial Training– IV**
Total Credits of the Course	16	Hours per Week	36

Course Objective:	1. The Purpose of this Course is to Enable the Students for In-Depthanalysis of a topic relating to his/her area of Specialization 2. Develop and develop a comprehensive understanding on the same. ForThis the Students will Choose his/her faculty guide in his/her area ofspecialization and work on the topic jointly with the faculty. 3. The Students will Work on their projects individually and not in pairsor teams. 4. The Institute may help the student in selecting a faculty guide in casea student is not able to do so, or if a faculty member is chosen by too manystudents.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	• The students have to undergone for internship/ on the job training under any Concerned Organization in the areas of QP/NOS • A presentation as well as report has to prepared and presented for the viva-voce and submit it to the concerned faculty.	100%

Teaching-Learning Methodology	ICT through (e.g Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage**
1.	External Examination in the form of Practical ,Viva-voce and Reports	100%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Create project Report
2.	Enhance the confidence for future aspects

Suggested References:	
Sr. No.	**References**
1.	"Designing Effective Instruction" by Gary R. Morrison, Steven M. Ross, Jerrold E. Kemp, Howard K. Kalman
2.	"Training and Development for Dummies" by Elaine Biech
3.	"Effective On-the-job Training: Developing an OJT Program" by JosephA. Benkowski

On-line resources to be used if available as reference material

On-line Resources
1. https://www.simplilearn.com/how-to-create-a-project-reportarticle

Course Code	**BV04BSVAC07**	Title of the Course	**Yoga, Meditation & Fitness**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	• To develop physical fitness, flexibility, and overall body strength through yoga practices.
	• To promote mental relaxation, concentration, and emotional balance through meditation techniques.
	• To create awareness about healthy lifestyle habits and the importance of regular physical activity.
	• To enhance self-discipline, stress management, and inner well-being.
	• To encourage holistic development by integrating body, mind, and breath coordination.

Course Content Course Content Part (I) Theory		
Unit	**Description**	**Weightage *(%)**
1.	**Home Nursing** – Introduction, Quality of a nurse, Duties of nurse, Common Nursing Instrument – Sick Room, observation of the sick , Signs and symptoms to be noted, Taking pules, Respiration & Temperature – Relationship between temp Pulse and respiraion , Setting of blood pressure apparatus	50%
2.	**YOGASANS** – Advantage from asanas-1, – Hints for successful yogasanas, – Types of yogasanas, – Madiativeasanas , – Physical asanas.	50%

Teaching-Learning Methodology	Classroom teaching and learning Ground –Based learning (Practical) Project-Based Learning Problem-Based Learning Inquiry-Based Learning Group Discussion. Collaborative Learning Ground work practical. Army Wing Camps Taring.

Evaluation Pattern		
Sr.No.	**Details of the Evaluation**	**Weightage**
1.	Internal Written/MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva -voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	After completing this course, the cadets will be able to: - Imbibe the conduct of NCC cadets.
2.	Respect the diversity of different Indian culture.
3.	Practice togetherness and empathy in all walks of their life.
4.	Do their own self-analysis and will work out to overcome their weakness for better performance in all aspects of life
5.	Understand creative thinking & its components.
6.	Think divergently and will try to break functional fixedness.
7.	Make a team and will work together for achieving the common goals.
8.	Do the social services on different occasions.

On-line resources to be used if available as reference material

On-line Resources
On-line Resources https://indiancc.nic.in/ncc-general-elective-subject-course-design/

SABARMATIUNIVERSITY
BACHELOR OF VOCATIONAL STUDIES
SEMESTER V
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core (Major)	Core Course-1	BV05BSMAC01	Senior Yoga Instructor	T	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV05BSMAC02	Introduction to Facial Electrotherapy	T	1	-	1	2	25/09	25/09	50/18
	Core Course-3	BV05BSMAC03	Advance Hair Treatment	T	1	-	1	2	25/09	25/09	50/18
Minor	Core Course-1	BV05BSMIC04	Chemical Hair Procedures	T	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV05BSMIC05	Basics of Depilation	T	2	-	2	2	25/09	25/09	50/18
Skill Enhancement Course/Internship/ Dissertation		BV05BSSEC06	Industrial Training – V	P	-	16	16	4	-	650/234	650/234
Minimum Quantifying Credits					**6**	**16**	**22**		**125/45**	**775/279**	**900/324**

Course Code	**BV05BSMAC01**	Title of the Course	**Senior Yoga Instructor**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. To develop advanced knowledge of yoga philosophy, asanas, pranayama, meditation and relaxation techniques for holistic wellness. 2. To train learners to conduct and manage professional yoga sessions for individuals and groups in different settings. 3. To build the ability to design yoga training programs and guide yoga instructors for improved health and well-being.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors** – transmit the value of self-awareness and self-responsibility throughout the process – develop appropriate practice strategies to the guest – set the goals, expectations and aspirations of the guest – develop a working assessment of the guests condition, limitations and possibilities – determine which aspects of the guest conditions, goals and aspirations might be addressed through Advanced Hatha yoga	25%
2.	**Conduct face yoga sessions** – ensure the space is well-lit, quiet, and free from distractions – provide yoga mats with back support if needed. Guest should be seated upright with a relaxed spine – briefly explain what Face Yoga is — a combination of facial exercises, massages, and relaxation techniques for toning and rejuvenating the face – discuss the purpose, benefits, and expected outcomes of the session. Check for any discomfort, facial injuries, or	25%

	contraindications – ensure hands are clean before touching the face	
3.	**Corporate yoga sessions for holistic well-being** – develop structured yoga modules for various corporate levels (entry level, mid-level, senior Level and executive level) – integrate hatha yoga, chair yoga, pranayama, meditation, and relaxation techniques – incorporate mindfulness, breath work, and workplace-friendly postures – modify sessions for short breaks (15-30 min) and longer in-depth workshops	25%
4.	**Implement meditation and mindful eating practices** – breath awareness meditation (focus on deep, conscious breathing for relaxation – mindfulness meditation (train the mind to stay present and focused) – loving-kindness meditation (cultivate compassion and positive thinking) – yoga nidra (induce deep relaxation and stress relief)	25%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr. No.	Details of the Evaluation	Weightage *(%)
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to

1.	Learners will be able to demonstrate advanced yoga practices including asanas, pranayama, meditation and relaxation techniques.

2.	Learners will be able to design and conduct structured yoga sessions for different age groups and wellness needs.
3.	Learners will be able to train and mentor junior yoga instructors while ensuring safety, hygiene and professional standards

Suggested References:

Sr.No.	References
1.	Iyengar, B. K. S. (2005). *Light on Yoga: The Bible of Modern Yoga*. New York: Schocken Books.
2.	Saraswati, S. S. (2008). *Asana Pranayama Mudra Bandha*. Munger, India: Bihar School of Yoga.
3.	Feuerstein, G. (2011). *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Prescott, AZ: Hohm Press

On-line resources to be used if available as reference material

On-line Resources

- Ministry of AYUSH – Yoga Resources https://www.ayush.gov.in
- Yoga Certification Board (Government of India) https://yogacertificationboard.nic.in
- Yoga Institute – Learning Resources https://theyogainstitute.org

Course Code	**BV05BSMAC02**	Title of the Course	**Introduction to Facial Electrotherapy**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Identify various facial electrotherapy equipment and their uses. 2. Understand the basic electrical principles relevant to cosmetology.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**High Frequency** – What is high frequency machine – How does this machine work – Direct and indirect current – The difference between orange and violet electrodes – Benefits of high frequency machine facial – Products used for high frequency therapy – Contraindications	50%
2.	**Galvanic** – To perform application of desincrustation/ iontophoresisgel/solution. – To know galvanic electrode preparation – To know maintenance of galvanic electrodes – Products used for treatment – Risks and Precautions	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%

2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Identify appropriate treatment selection based on skin condition.
2.	Demonstrate safe use of electrotherapy machines in facial treatments.
3.	Explain electrical concepts like current, voltage, resistance, frequency.

Suggested References:

Sr.No.	**References**
1.	Electrotherapy ExplainedJane Buckle
2.	Fundamentals of Electrotherapy and InstrumentationDr. K. L. Mittal
3.	Modern Beauty TherapyJenny Smith

On-line resources to be used if available as reference material

On-line Resources

- http://www.cedr.com/electrotherapy/safety-guidelines.html
- http://www.beauty-bible.com/cosmetology/electrotherapy
- http://www.electrotherapy.org/education/basics.htm

Course Code	**BV05BSMAC03**	Title of the Course	**Advance Hair Treatment**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Prepare learners for employment in salons, hair studios, trichology clinics, and entrepreneurial ventures. 2. Develop professional skills in advanced hair services using industry-standard techniques and products. 3. Provide in-depth understanding of advanced hair care theory and practice.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Advance Hair Styling** – Knowledge of advance Hair Styling according to facial shapes, length, density and texture. – Product knowledge – Knowledge of styling with the help of hair extension, hair accessories & Electrical Equipments.	50%
2.	**Products knowledge** – Selection of Tools, Equipments& Styling products – Client Consultation – Practice of trendy hair styles with the use of different types of hair accessories. – Practice of attaching Hair Extension for creating advance hair Styles – Safety Precautions/ Do's & don'ts – After care	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Apply ethical practice, hygiene, and safety standards in salon environments.
2.	Analyze different hair types and conditions to choose appropriate treatments.
3.	Demonstrate knowledge of hair biology, growth cycle, and scalp conditions.

Suggested References:	
Sr.No.	**References**
1.	"Advanced Hairdressing" – Marian NewmanTechniques for creative & corrective hair treatments.
2.	"Hair Care: An Illustrated Dermatologic Handbook" – Zoe DraelosFocus on hair/scalp disorders and advanced treatment insight.
3.	"Milady Standard Cosmetology" – Delmar Cengage LearningComprehensive text on hair science & salon procedures.

On-line resources to be used if available as reference material

On-line Resources
• http://ugc.ac.in/pdfnews/022020/Guidelines-BVoc.pdf • http://www.beautyschoolsdirectory.com/article/hair-treatments • http://dermnetnz.org/topics/hair-anatomy/

Course Code	**BV05BSMIC04**	Title of the Course	**Chemical Hair Procedures**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Acquire safe and professional skills in performing chemical hair processes such as perming, relaxing, straightening, coloring and lightening. 2. Understand hair structure, chemistry of hair and scalp, and how chemical agents interact with biological hair fibers.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Permanent Waving** – Principle Actions in cold waving Basic Requirements. – Scalp and Hair Analysis Curling Rods Chemical Solutions Sectioning and Blocking Patterns for sectioning and blocking Winding or wrapping the hair. – Proper use of end papers. – Pre-permanent wave shampoo. – Test Curls. Applications of Waving Lotion. – Neutralization of the Hair.	50%
2.	**Chemical Hair Relaxing** – Action of Chemical Products Analysis of Patron's Hair Strand Test Chemical – Hair Relaxing Process – Ammonium Thioglycollate (thio) Relaxer	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Apply chemical hair relaxing and straightening techniques safely (e.g., thioglycollate and relaxers).
2.	Perform permanent waving (perm) and neutralization procedures with correct sectioning and wrapping techniques.
3.	Explain the principles of hair chemistry, bonding and reaction mechanisms used in chemical hair treatments.

Suggested References:	
Sr.No.	**References**
1.	**Chemical Hair Relaxing and Texturizing** (by industry professionals) – Focus on relaxers and texturizing techniques.
2.	Pivot Point Hairdressing Course – Chemical Services Module – in-depth module on hair chemical treatments.
3.	Milady Standard Cosmetology – Comprehensive text covering hair chemistry, chemical services and salon practices

On-line resources to be used if available as reference material

On-line Resources
– https://www.zuriacademy.com/certificate-in-hair-chemical-work/ – https://www.elevify.com/en-in/courses/beauty-fashion-and-textiles/hairdressing/hair-chemical-course-10b16 – http://bvoc.kalingauniversity.ac.in/wp-content/uploads/2023/06/Syllabus-B.Voc-in-Beauty-Wellness-2022-23-1.pdf

Course Code	**BV05BSMIC05**	Title of the Course	**Basics of Depilation**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Apply safety precautions, sanitation procedures and contra-indication awareness during depilation services. 2. Demonstrate proficiency in various hair removal methods such as threading, waxing, and bleaching. 3. Understand the theory and fundamentals of depilation including principles of hair growth and removal techniques.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Threading** – Material required for threading – Eyebrow shaping – Threading and Tweezing – Preparation of client – Precautions and Reminders – Contraindications	50%
2.	**Bleaching** – Client consultation – Basic trolley setting for bleach – Patch Test / Pre-Bleach Treatment – Procedure for different types of bleach cream – Moisturizing / cold compression (post-bleach treatment) – Precautions and Reminders – Benefits of Bleach – Contraindications – Ensuring sterilization and sanitization	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Identify and manage contra-actions and contraindications associated with hair removal procedures.
2.	Perform various depilation techniques accurately and safely on different body areas.
3.	Describe the purpose, tools, materials and techniques used in threading, waxing, and bleaching treatments.

Suggested References:	
Sr.No.	**References**
1.	Cosmetology & Beauty Therapy Textbooks (commonly used in B.Voc/beauty therapy programs)
2.	Waxing Made Easy: A Step-by-Step Guide – Renee Poignard
3.	Milady's Hair Removal Techniques – Helen Bickmore

On-line resources to be used if available as reference material

On-line Resources

- http://ptu.ac.in/resources/userfiles/file/syllabus/B_Voc_/B_Voc_%20Beauty%20Therapy%20%26%20Aesthetics%20Batch%202019%20%2805-08-2020%29.pdf
- https://bvoc.kalingauniversity.ac.in/beauty-wellness/
- https://cbseacademic.nic.in/web_material/Curriculum23/sec/407-BEAUTY_AND_WELLNESS_X.pdf

Course Code	**BV05BSSEC06**	Title of the Course	**Industrial Training – V**
Total Credits of the Course	16	Hours per Week	36

Course Objective:	1. The Purpose of this Course is to Enable the Students for In-Depth analysis of at topic relating to his/ her area of Specialization 2. Develop and develop a comprehensive understanding on the same. For This the Students will Choose his/her faculty guide in his/her area of specialization and work on the topic jointly with the faculty. 3. The Students will Work on their projects individually and not in pairs or teams. 4. 4. The Institute may help the student in selecting a faculty guide in case a student is not able to do so, or if a faculty member is chosen by too many students.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	− The students have to undergone for internship/on the job training under any Concerned Organization in the areas of QP/NOS. − A presentation as well as report has to prepared and presented for the viva-voce and submit it to the concerned faculty.	100%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr.No.	**Details of the Evaluation**	**Weightage**
1.	External Examination in the form of Practical ,Viva-voce and Reports	100%

Course Outcomes: Having completed this course, the learner will be able to

1.	Create project Report
2.	Enhance the confidence for future aspects

Suggested References:	
Sr.No.	**References**
1.	"Designing Effective Instruction" by Gary R. Morrison, Steven M. Ross, Jerrold E. Kemp, Howard K. Kalman
2.	"Training and Development for Dummies" by Elaine Biech
3.	"Effective On-the-job Training: Developing an OJT Program" by Joseph A. Benkowski

On-line resources to be used if available as reference material

On-line Resources
1. https://www.simplilearn.com/how-to-create-a-project-report-article

SABARMATIUNIVERSITY
BACHELOR OF VOCATIONAL STUDIES
SEMESTER VI
Beauty and Spa
(B.VOC-BS)

Subject		Course No.	Subject Title	T/P	Credit			Exam Duration	Marking Scheme		
					T	P	T		Internal	External	Total
Discipline Specific Course Core (Major)	Core Course-1	BV06BSMAC01	Research Methodology	T	1	-	1	2	25/09	25/09	50/18
	Core Course-2	BV06BSMAC02	Photographic Make-up	T	1	-	1	2	25/09	25/09	50/18
	Core Course-3	BV06BSMAC03	Saloon & Assemblage Management	T	1	-	1	2	25/09	25/09	50/18
Minor	Core Course-1	BV06BSMIC04	Techniques of Hair Texturing	T	1	-	1	2	25/09	25/09	50/18
Ability Enhancement Course		BV06BSAEC05	Hair Technology	T	2	-	2	2	25/09	25/09	50/18
Internship		BV06BSINT06	Internship	P	-	**16**	**16**	2	-	650/234	650/234
Minimum Quantifying Credits					**6**	**16**	**22**		**125/45**	**775/279**	**900/324**

Course Code	**BV06BSMAC01**	Title of the Course	**Research Methodology**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Understand the advanced research design models and approaches. 2. Understand the advanced research design models and approaches.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Sample Design** – Types of Sample Design – Probability/Non-Probability sample design – How to select a random sample – Complex Random Sampling Designs	50%
2.	**Measuring and Scaling Techniques** – Measurement in Research, Measurement Scales – Sources of Error in Measurement, Tests of sound measurement, Techniques for – developing measurement tools – Scaling - meaning, classification, important scaling techniques – Scale construction: - Liker, Thurston. – Methods of Data Collection o Different methods of Primary data collection: Observation, Interview, Questionnaire, Schedules o Different Methods of Secondary Data Collection : Processing and Analysis of Data	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**

1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Analyze quantitative and qualitative data using statistical and thematic techniques.
2.	Apply appropriate sampling methods and data collection tools.
3.	Demonstrate understanding of advanced research designs and techniques.

Suggested References:	
Sr.No.	**References**
1.	Uma Sekaran & Roger Bougie – Research Methods for Business
2.	Ranjit Kumar – Research Methodology: A Step-by-Step Guide
3.	C. R. Kothari – Research Methodology: Methods and Techniques

On-line resources to be used if available as reference material

On-line Resources

- http://www.socialresearchmethods.net/kb/
- https://us.sagepub.com/en-us/nam/research-methods
- https://www.tutorialspoint.com/research_methodology/index.htm

Course Code	**BV06BSMAC02**	Title of the Course	**Photographic Make-up**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Develop professional etiquette and collaboration skills between make-up artists, photographers, and stylists. 2. Provide hands-on skills to design and apply make-up for portraits, fashion, editorial and commercial photography.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Make up Techniques** – Creative make up techniques – Digital photographic makeup application – Fashion Styling for photo shoots – Hairstyling for Fashion – Communicate and behave in a professional manner – Select and use products, tools and equipment for photographic make-up application	50%
2.	**Used all application techniques Portfolio reference** – Base application – Highlighting and shading – Concealing Blending – Application of eye products – Application of lip products	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Demonstrate correct use of tools, products, and hygiene standards in make-up application.
2.	Apply photographic make-up techniques that enhance subject features under different lighting conditions.
3.	Understand the fundamentals of make-up and its application for different skin types and tones.

Suggested References:	
Sr.No.	**References**
1.	"The Art of Makeup" – by Kevyn Aucoin
2.	"Face Forward: A Guide to Makeup & Beauty" – by Kevyn Aucoin
3.	"Makeup for Photographers & Digital Artists" – by Mick Hurbis-Cherrier

On-line resources to be used if available as reference material

On-line Resources

- http://www.makeupworld.net/photography-make-up-tips.asp
- http://beauty-editorial.com/how-to-apply-photo-makeup-tips
- http://makeup.com/articles/makeup-artist-for-photography

Course Code	**BV06BSMAC03**	Title of the Course	**Saloon & Assemblage Management**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Provide students with foundational knowledge of salon operations and ownership structures. 2. Develop competency in handling employee and staff-related issues.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Saloon Management** – Salon – Planning, Location – Salon Ownership – Space allotment, installation and fittings	50%
2.	**Types of services** – Types of services and their cost. – Types of employees and employment. – Record keeping: Income and Expenditure – Retailing and Salesmanship	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Demonstrate knowledge of hygiene, sanitation, and safety standards in salons.
2.	Apply salesmanship and customer service skills in a salon setup.
3.	Understand different ownership and operational structures of a salon business.

Suggested References:	
Sr.No.	**References**
1.	Beauty Therapy: The Essentials – Phillip Hallan & Neil Barker
2.	Entrepreneurship for Hair and Beauty – Rebecca Barnes
3.	Professional Beauty Therapy – Jemma King
4.	Salon Management: A Guide to Success – Lisa Lawson

On-line resources to be used if available as reference material

On-line Resources

- https://www.annejac.ac.in/wp-content/uploads/2023/05/NEW-BW-SYLLABUS.pdf
- https://bvoc.kalingauniversity.ac.in/beauty-wellness/
- https://www.kmvjalandhar.ac.in/wp-content/uploads/Annexure-F-15-iii.pdf

Course Code	**BV06BSMIC04**	Title of the Course	**Techniques of Hair Texturing**
Total Credits of the Course	01	Hours per Week	01

Course Objective:	1. Learn various texturizing methods and finishing techniques crucial for modern salon services. 2. Understand professional tools and implements used in hair texturing and texturizing.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Introduction to Cutting Hair** – Aveda Haircutting Principles – Terminology Aveda Hair Cutting – Foundations – Determining Whether to Cut Wet or Dry – Hair Cutting Techniques o Consolation of Client o Techniques & Hair Cutting according to Scalp and Hair Texture	50%
2.	**Handling the Scissors and Comb** – Parts of the Scissors – Scissors Positions – Holding the Scissors – Styling Comb – Holding Comb and Scissors	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Suggest suitable texturing method based on face shape and hair characteristics.
2.	Apply a range of hair texturizing techniques (e.g., point cutting, thinning, slicing) in practical scenarios.
3.	Identify and use the correct products, tools and implements for hair texturing and styling.

Suggested References:	
Sr. No.	**References**
1.	Laser Hair Removal – David J. Goldberg (for related reference in hair tech context)
2.	Professional Hair Dressing – Martin Green & Leo Palladino
3.	Complete Beauty Book – Helen Foster

On-line resources to be used if available as reference material

On-line Resources

- https://sahajbeautyacademy.com/course/hair/
- https://www.pivotpoint.edu/2020/12/hair-texturizing-techniques-taught-in-cosmetology-classes/
- https://www.kmvjalandhar.ac.in/wp-content/uploads/Final-web-B.Voc-BW-Syllabus-session-2022-23-1.pdf

Course Code	**BV06BSAEC05**	Title of the Course	**Hair Technology**
Total Credits of the Course	02	Hours per Week	02

Course Objective:	1. Teach professional consultation techniques, tool handling, safety, and hygiene. 2. Provide practical and theoretical knowledge of hair structure, types, and growth processes.

Course Content		
Unit	**Description**	**Weightage *(%)**
1.	**Overview of Technology** – Introduction to Trichology – The Trichological Sciences Anatomy & Physiology of the Human Hair and Scalp: Structure and Function	50%
2.	**Hair Loss conditions and their causes** – Alopecia Areata (patchy hair loss) – Alopecia Totalis& Universalis – Androgenic Alopecia in males and females (genetic hair loss) – Anagen and Telogen Effluviums (hair shedding) – Cicatricle Alopecia (scarring hair loss)	50%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern		
Sr. No.	**Details of the Evaluation**	**Weightage *(%)**
1.	Internal Written / MCQ	50%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance	
3.	External Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Execute basic to advanced hair styling techniques including blow-dry, curling, and texturing.
2.	Demonstrate professional shampooing and conditioning methods safely and hygienically.
3.	Explain the structure, types, and growth cycle of human hair and scalp conditions.

Suggested References:

Sr.No.	**References**
1.	Scissors and Comb Haircutting: A Cut-By-Cut Guide — Bob Ohnstad
2.	Milady's Standard Cosmetology — Milady
3.	Hair Cutting Basics — Martha G. Fernandez

On-line resources to be used if available as reference material

On-line Resources

- https://www.svrcc.in/courses/beautician/
- http://www.universityvidya.in/general-course/specialization/bachelor-of-vocation-in-beauty-and-wellness
- http://ptu.ac.in/wp-content/uploads/2020/10/B_Voc_%20Beauty%20Therapy%20%26%20Aesthetics%20Batch%2019.pdf

Course Code	**BV06BSINT06**	Title of the Course	**Internship**
Total Credits of the Course	16	Hours per Week	36

Course Objective:	1. The Purpose of this Course is to Enable the Students for In-Depth analysis of at topic relating to his/ her area of Specialization 2. Develop and develop a comprehensive understanding on the same. For This the Students will Choose his/her faculty guide in his/her area of specialization and work on the topic jointly with the faculty. 3. The Students will Work on their projects individually and not in pairs or teams. 4. The Institute may help the student in selecting a faculty guide in case a student is not able to do so, or if a faculty member is chosen by too many students.

Course Content

Unit	**Description**	**Weightage *(%)**
1.	– The students have to undergone for internship/on the job training under any Concerned Organization in the areas of QP/NOS. – A presentation as well as report has to prepared and presentedfor the viva-voce and submit it to the concerned faculty.	100%

Teaching-Learning Methodology	ICT through (e.g. Power Point presentation, Audio-Visual Presentation) Group Discussion, Role Playing, Case Study

Evaluation Pattern

Sr. No.	**Details of the Evaluation**	**Weightage**
1.	External Examination in the form of Practical ,Viva-voce and Reports	100%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Create project Report
2.	Enhance the confidence for future aspects

Suggested References:	
Sr. No.	**References**
1.	"Designing Effective Instruction" by Gary R. Morrison, Steven M. Ross, Jerrold E. Kemp, Howard K. Kalman
2.	"Training and Development for Dummies" by Elaine Biech
3.	"Effective On-the-job Training: Developing an OJT Program" by Joseph A. Benkowski

On-line resources to be used if available as reference material

On-line Resources
1. https://www.simplilearn.com/how-to-create-a-project-report-article