

MES ABASAHEB GARWARE COLLEGE (AUTONOMOUS)**S.Y B.VOC BEAUTY WELLNESS****Faculty:-Interdisciplinary Studies****Subject: - BEAUTY AND WELLNESS****Course: - B.VOC BEAUTY WELLNESS****Structure and syllabus of- Sem. III and IV to be run from AY 2023-24**

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-III	UGBW-231	Cosmetology	4	4	2	50	50	100
	UGBW-232	Human Nutrition - I	4	4	2	50	50	100
	UGBW-233	Advance Beauty Care	4	4	2	50	50	100
	UGBW-234	Cosmetology	6	6	3	75	75	150
	UGBW-235	Human Nutrition – I	6	6	3	75	75	150
	UGBW-236	Advance Beauty Care	6	6	3	75	75	150

	Course Code	Name of Subject	Hours/Week	Credits	Exam Hours	Exam		
						Internal	External	Maximum
Semester-IV	UGBW-241	Human Nutrition – II	4	4	2	50	50	100
	UGBW-242	Advance makeup ,	4	4	2	50	50	100
	UGBW-243	Advance Hair treatment	4	4	2	50	50	100
	UGBW-244	Human Nutrition – II	6	6	3	75	75	150
	UGBW-245	Advance makeup ,	6	6	3	75	75	150
	UGBW-246	Advance Hair treatment	6	6	3	75	75	150

S.Y B.VOC BEAUTY WELLNESS SEMESTER III

UABW-231 COSMETOLOGY

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

Unit 1- Introduction

Definition of cosmetics, history of cosmetics used in India, Herbal cosmetics its significances.

Unit-2

Identification and evaluation of medicinal and cosmetic properties of herbal origin of components like Amla, Arjun, Behra, Retha, chommomile, Calindula, Aloe Vera, Rose, Sandal, Tulsi, Neem, Shikakai, Sandalwood turmeric, fuller's earth, Bramhi, Henna, Lemon, Orange, Manjistha, liquorice, Turmeric.

Unit-3

Emulsion –Definition, Types, Identification Test, stability test and ingredients used in emulsions.

Unit-4

Understanding the process of saponification, Introduction to domestic Soap market, complete study of cold process soap making with herbal actives various shapes, marble soaps and scented non scented soaps.

Unit-5

Different types of face packs and masks, their use and requirement according to skin type, composition and formulation of face packs and Masks with herbal actives. Various methods of packaging the herbal face packs and masks.

Unit-5

Different types of Shampoo's and Conditioner, Shikakai and Hair Cleansers their requirements, its advantages its composition and packaging method.

REFERENCE BOOKS:-

- Dr S. Suresh Babu Home Made Herbal cosmetics
- Milady's Standard Book of Cosmetology by
- Harry's Cosmetology
- Maya Paranjpe book of Herbal remedies for skin and Hair

UABW-232 HUMAN NUTRITION – I

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

UNIT-1 Introduction:

Definition of Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients. Detailed understanding of WHO.

Unit-2 Carbohydrates

Definition, Classification, Structure and properties. Monosaccharide's - glucose, fructose, galactose. Disaccharides - Maltose, lactose, sucrose Polysaccharides - Dextrin, starch, glycogen, resistant starch. Carbohydrates - Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health. Digestion and absorption of carbohydrate. Myths about carbohydrates. Types of carbohydrates. Benefits. Smother's Theory of carbohydrates. What are simple carbs and complex carbs.

Unit- 3: Lipids

Definition, Classification & Properties. Fatty acids-composition, properties, types. Lipids - sources, daily requirements, functions. Digestion & Absorption of nutrients. Role & nutritional significances of PUFA, MUFA, SFA, W-3 fatty acid.

Unit- 4: Proteins-

Definition, Classification, Structure & properties. Amino acids Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health. Digestion & absorption. Assessment of Protein quality (BV, PER, NPU). Factors affecting protein bio-availability including anti-nutritional factors.

Unit 5: Vitamins and Minerals

Bio-Chemical and Physiological Role Physiological role, bio-availability and requirements, sources, deficiency & excess.. Minerals & Trace Elements, deficiency & excess (Calcium, Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium) 4. 5. Water - Functions, daily requirements, Water balance. Effects of nutrients, vitamins and minerals on body

UNIT-6

Dietary Fiber its important and origin, water its importance's, composition of ORSL, Functions of water. Introduction to Junk Food, How does it affect. Concept of Balanced diet its importance's. and conscious choice about healthy and nutritious food. Dietary requirements of all food components its classifications. And Methods to accomplish the requirements

REFERENCE BOOKS:-

- Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health by Gary Taubes
- Milady's Standard Cosmetology by Milady o
- Understanding Nutrition by Eleanor Noss Whitney (Author), Sharon Rady Rolfes (Author)

UABW-233 ADVANCE BEAUTYCARE

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

Unit-1 Body System:-

Circulatory system- Structure of the heart and blood vessels ,Blood and blood circulation, Structure of the lymphatic system, Functions of the circulatory system. Respiratory system- What forms the respiratory system, the exchange of gases, what happens when we breathe?

Unit-2 Electricity

Detailed introduction to electricity with knowledge of circuit, current, ohms law, amperes, volts anions, conductors, non-conductors, ammeter, voltmeter, precautions and measures.

Unit-3 Basic Electric Equipment's Detailed study of working principal, Procedure contraindications advantages and precautions of basic electric equipment's such as

- Steamer
- Brushing Unit
- Electric Foot tub
- Ultrasonic machine

Unit-4 Advance electric equipment's

Detailed study of working principal, Procedure contraindications advantages and precautions of basic electric equipment's such as

- Galvanic Machine
- High Frequency Machine
- Micro current Face lifting Machine
- Vacuum Suction Machine
- Micro derma abrasion machine

Unit 5 Skin treatments using Electric Equipment's

- Use ozone steam for acne prone skin
- Deep cleansing treatment using brushing unit
- DE incrustation treatment for oily and crust skin
- Intophorosis treatment for dry and mature skin
- Direct current treatment using high frequency
- Indirect current treatment using high frequency
- High Frequency
- Use of ultrasonic machine for better emulsion penetration
- De-squamatisation of skin using micro derma abrasion machine
- Anti-aging skin treatment with micro current face lift machine
- Lymphatic drainage treatment using vacuum suction

Unit-6 Nail Art

Extension of nail gel and acrylic type and nail art introduction safe removal and safety precautions. Case study Skin analysis, Proper Machine selection, Product choice determination, number of sitting for a particular treatment, interval of time required between two sittings and case study details

UABWP-234 COSMETOLOGY

- CREDIT-6
- Internal -75 marks
- External -75 marks

- 1. Identification of Various herbs visually** Amla, Arjun, Behra, Retha, chommomile, Calindula, Aloe Vera, Rose, Sandal, Tulsi, Neem, Shikakai, Sandalwood turmeric, fuller's earth, Bramhi, Henna, Lemon, Orange, Manjistha, liquorice, Turmeric.
- 2. Emulsion Identification Types**
- 3. Formulation of basic creams – moisturizing, all purpose, fairness, Night etc.**
- 4. Shampoo Formulation**
- 5. Formulation of Herbal Face Pack**
- 6. Anti- acne Cream**
- 7. Anti Tan Cream**
- 8. Anti wrinkle Craem**
- 9. Formulation of Herbal Shikakai**
- 10. Formulation of Hair oil for hair growth, prevention of hair dandruff**
- 11. Formulation of basic herbal soap cold process method.**

Exam of this skill component can be conducted as following

Short Practical— identification of Herbs

Long practical --- formulation of Packs/ soap/oil/emulsions

Viva

UABWP-235 HUMAN NUTRITION – I

- CREDIT-6
 - Internal -75 marks
 - External -75 marks.
1. Demonstration and Identify Fats, Oil, Proteins, Carbohydrates, Vitamin present in regular meals
 2. Identify – Food Pyramid
 3. Identification of antioxidants and their benefits
 4. Identification of beauty benefits of various components of food.
 5. Calculation of BMI
 6. Calculation of BMR
 7. Methods of Calorie Counting
 8. Designing of Meal Plan for a healthy college student
 9. Designing of Meal Plan for weight loss
 10. Designing of Meal Plan for weight gain
 11. Food Recommended for increasing immunity.
 12. Demonstration of Healthy Recipes (without gas)
 - Salads
 - Energy bar
 - Bhel sprout
 - Paustik Ladu
 - Soups

Exam of this skill component can be conducted as following

Short Practical - Calculation of BMI, BMR, Meal Planning

Long practical --- demonstration of healthy Recipes

Viva

UABWP-236 ADVANCE BEAUTY CARE

- CREDIT-6
- Internal -75 marks
- External -75 marks.

1. Demonstration and Practise of hygiene and sanitization principles in beauty sector
2. Skin Analysis and product selection
3. ozone steam for acne prone skin
4. Deep cleansing treatment using brushing unit
5. Deincrustation treatment for oily and crust skin
6. Intophorosis treatment for dry and mature skin
7. Direct current treatment using high frequency
8. Indirect current treatment using high frequency
9. High Frequency
10. Use of ultrasonic machine for better emulsion penetration
11. De-squamatisation of skin using micro derma abrasion machine
12. Anti-aging skin treatment with micro current face lift machine
13. Lymphatic drainage treatment using vacuum suction
14. Acrylic Nail plate making
15. Nail glitters application
16. Removal of acrylic nail plate.
17. Case study with electrical skin treatment.

Exam of this skill component can be conducted as following

Short Practical – Skin analysis

Long practical - Facial with machine

Viva

S.Y B.VOC BEAUTY WELLNESS SEMESTER IV

UGBW-241 Human Nutrition – II

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

UNIT-1

Concept and definition of terms-Nutrition, Malnutrition and Health: Scope of Nutrition,RDA-Recommended dietary allowance. Minimum Nutritional Requirement and RDA: formulation of RDA and Dietary Guidelines Reference Man and Reference Woman, Adult consumption unit.

UNIT-2

Growth & Development from infancy to adulthood: Somatic, physical, brain and mental development, puberty, menarche, pre-pubertal and pubertal changes, Factors affecting growth and development. Importance of Nutrition for ensuring adequate development of all age groups

Unit-3

Nutrition During Pregnancy:Factors (non-nutritional) affecting pregnancy outcome, importance of adequate weight gain during pregnancy, antenatal care and its schedule, Nutritional requirements during pregnancy and modification of existing diet and supplementation, Deficiency of nutrients, specially energy, iron folic acid, protein, calcium, iodine. Common problems of pregnancy and their managements, specially - nausea, vomiting, pica, food aversions, pregnancy induced hypertension, obesity, diabetes. Adolescent pregnancy. Importance of metabolism. How to increase it. Food that improves metabolic activity. Other factors affecting metabolism.

UNIT-4

Nutrition during Infancy: Infant physiology relevant to feeding and care, Breast feeding colostrum's, its composition and importance in feeding, Initiations of breast feeding. Advantages of exclusive breast feeding.

Basic principles of breast feeding. Introduction of supplementary foods, initiation and management of weaning, Baby-led weaning. Bottle feeding-circumstances under which bottle feeding is to be given. Care & sterilization of bottles. Preparation of formula. Mixed feeding, breast feeding and artificial feeding.

Importance of process of

Weaning. Food supplements at the first stage of weaning. Nutritional needs of toddlers, preschool, school going children-and adolescents- Dietary management.

Unit-5:

Nutritional requirements and general dietary guidelines for elderly, major nutritional and health problems during old age. Special importance to the dietary requirements during life style diseases and dietary requirements of today's sedentary life style. Exercise: Importance and regularity difference between muscle loss and fat loss. And co-ordination between diet and exercise.

UNIT-6

Weight Management as a business the benefits of exercise. Diet types. Anticipate food allergies.

International, national, regional agencies and organisations. Nutritional intervention, programmes to combat malnutrition.

References:

- 1)SrilakshmiB(2014): Dietetics, 7th Multicolour Ed. New Age International (P) Ltd.
2. Guthrie AH(1986):Introductory Nutrition, 6th Revised Ed., McGraw-Hill Inc., US.
3. Robinson CH and Lawler M(1990): Normal and Therapeutic Nutrition. 17th Revised Ed. Macmillan USA.

UGBW-242 ADVANCE MAKEUP

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

UNIT 1:-

- A. History of make up
 - 1. Introduction
 - 2. History of make up
 - 3. Importance of make up
- B. Classification of skin types
 - 1. Introduction
 - 2. Classification of skin types
- C. Make up & color wheel theory
 - 1. Introduction
 - 2. The color wheel
 - 3. Warms & cool color
 - 4. Skin tones
- D. Make up products
 - 1. Introduction
 - 2. Products
 - 3. Tools & equipments
 - 4. Sponge
 - 5. Powder puff
 - 6. Make brushes types
 - 7. Cleaning make up brushes

UNIT 2:-

- A. Face contouring & crective make up
 - 1. Introduction
 - 2. Light & shade techniques
 - 3. Lips shapes & corrections
 - 4. Eyes shapes & correction
- B. Make up procedure
 - 1. Introduction
 - 2. Step by step application of make up
 - 3. Supra foundation & it's key features
 - 4. Derma foundation & it's products range

UNIT 3:-

- A. Self day & evening make up
 - 1. Introduction of both
 - 2. Procedures
- B. Day & evening party make up
 - 1. Introduction of both
 - 2. Procedures
- C. Engagement make up
 - 1. Introduction
 - 2. Procedures
 - 3. Day look
 - 4. Evening look

UNIT 4:-

- A. Reception make up
 - 1. Introduction
 - 2. Procedure
- B. Bridal make
 - 1. 5 states bridal make up
 - 2. Procedure
- C. Groom make up
 - 1. Introduction
 - 2. Preparation of makeup kit

UGBW-243 ADVANCE HAIR TREATMENT

- CREDIT- 4
- Internal- 50 Marks
- External -50 Marks

Unit-1 Introduction

Why Study Properties of the Hair and Scalp, Structure of the Hair, Chemical Composition of Hair Growth, Hair Loss, Disorders of the Hair, Disorders of the Scalp, Hair and Scalp Analysis.

Unit-2 Hair Design

Philosophy of Design, Elements of Hair Design, Principles of Hair Design, Influence of Hair and Type on Hairstyle, Creating Harmony between Hairstyle and Facial Structure, Designing for Men, Basic Principles of Haircutting, Client Consultation, haircut angles, and various methods, advance Haircuts layered, asymmetrical, step cut, feather cut.

Unit-3 Hair Color

Hair Coloring: Classifications of Hair Coloring Aniline Derivative Tints Patch Test Preparation for hair Tinting Permanent hair coloring, Semi Permanent Tints, Temporary color Rinses. Hair Lightening: Effects of hair Lighteners Problems in hair Lightening Types of lightening Hydrogen Peroxide and its uses Lightening Virgin hair.

Unit-4

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.

Chemical Hair Relaxing: Action of Chemical Products Analysis of Patron's Hair Strand Test Chemical Hair Relaxing Process Ammonium Thioglycollate (thio) Relaxer

Unit-5

Procedure, principles, and advantages of Dandruff Treatment, hair fall treatment using electric machines High Frequency.

UGBWP-244 HUMAN NUTRITION – II

- CREDIT-6
- Internal -75 marks
- External -75 marks.

1. Process involved in cooking: pressure cooking, microwave, steaming, grilling, deep fat frying.
2. General concepts of weights and measures. Eye estimation of raw and cooked foods
3. Preparation of food from different food groups and their significance in relation to health.
4. Preparation of supplementary food for different age group and their nutritional significance.
5. Planning and preparation of low cost diet for Grade I and Grade II malnourished child
6. Anthropometric Measurement of infant - Length, weight, circumference of chest, mid-upper arm circumference, precautions to be taken.
7. Comparison with norms and interpretation of the nutritional assessment data and its Significance. Weight for age, height for age, weight for height, body Mass Index (BMI) Waist - Hip Ratio (WHR). Skin fold thickness.
8. Growth charts - plotting of growth charts, growth monitoring and promotion.
9. Clinical assessment and signs of nutrient deficiencies specially PEM (Kwashiorkor, Marasmus) I vitamin A deficiencies, Anaemia, Rickets, B-Complex deficiencies.
10. Estimation of food and nutrient intake: Household food consumption data, adult consumption unit, 24 hours dietary recall 24 hours record, Weighment method, food diaries, food frequency data, use of each of the above, information available through each individual, collection of data, estimation of intakes.

Exam of this skill component can be conducted as following

Short Practical - Calculation of BMI, BMR, Meal Planning

Long practical --- demonstration of healthy Recipes

Viva

UGBWP-245 ADVANCE MAKEUP

- CREDIT-6
- Internal -75 marks
- External -75 marks.

1. Demonstration and Practise of HD Make up technique
2. Demonstration and Practise of 3d make up techniques
3. Demonstration and Practise of pancake and pallets as base for make up
4. Demonstration and Practise of face glitters and pigments
5. Demonstration and Practise of mehindi make –up
6. Demonstration and Practise of Sangeet make up/ Reception make up
7. Demonstration and practise of bridal make up
 - Maharashtra
 - Bengali
 - Muslim
 - Tamil
 - Christian
 - Gujarati
 - Punjabi
 - Assami
 - South Indian Bride
8. Portfolio making and submission
9. Advance sari and Dupappta Draping
10. Advance hair styles –
 - Layered hair styles,
 - messy bun hair styles,
 - tribal boho,
 - Dutch bird etc.

Exam of this skill component can be conducted as following

Short Practical – Hair style

Long practical --- Make up Look as per the external examiner choice

Viva

UGBWP -246 ADVANCE HAIR TREATMENT

- CREDIT-6
- Internal -75 marks
- External -75 marks.

1. Hair analysis
2. Hair cuts
3. Layer cut
4. Asymmetrical cuts
5. Step cuts
6. Feather cut
7. Hair colour
8. Global hair colour
9. Highlights hair colour
10. Ombre techniques
11. Waving techniques
12. Chemical treatment
13. Hair straightening
14. Hair soothing
15. Keratin cystin
16. Perming hair treatment
17. High frequency hair treatment
18. Hair setting

Exam of this skill component can be conducted as following

Short Practical –Advance hair Cut

Long practical --- Chemical treatment of Hair

Viva