

Kurukshetra University, Kurukshetra
(Established by the State Legislature Act-XII of 1956)
("A++" Grade, NAAC Accredited)



**Scheme of Examination
for
Post Graduate Programme
PG Diploma in Skin and Hair Therapy**

**Curriculum and Credit Framework for Postgraduate Programme
with effect from the session 2024-25**

**Department of Home Science
Faculty of Life Sciences**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119
HARYANA, INDIA**

Kurukshetra University, Kurukshetra
Scheme of Examination for Postgraduate Diploma in Skin and Hair therapy

Curriculum and Credit Framework for Postgraduate Programmes
(CBCS LOCF) with effect from the session 2024-25 (in phased manner)

Semester -I

Course Type	Course code	Nomenclature of course	Theory (T) Practical (P)	Credits	Contact hours per week				Internal assessment mark	End Term Examination Marks	Total Marks	Examination hours	
					L: Lecture	P: Practical	S: Seminar	Total					
CC-1	P24-SHT-101	Basic of Beauty Therapy	T	4	26	4	0	0	4	30	70	100	3
CC-2	P24-SHT -102	Tools And Techniques in Skin Care	T	4		4	0	0	4	30	70	100	3
CC-3	P24-SHT -103	Hair Care Therapy and Styling	T	4		4	0	0	4	30	70	100	3
CC-4	P24-SHT -104	Human Anatomy and Physiology	T	4		4	0	0	4	30	70	100	3
PC-1	P24-SHT -105	Basic Make Up and Hair Care	P	4		0	0	8	8	30	70	100	4
PC-2	P24-SHT -106	Use of Tools and Techniques in Skin Care	P	4		0	0	8	8	30	70	100	4
Seminar	P24-SHT-107	Seminar	S	2		0	2	0	2	0	50	50	1

Semester –II

CC-5	P24-SHT - 201	Advanced Beauty Therapies	T	4	26	4	0	0	4	30	70	100	3
CC-6	P24-SHT - 202	Personality Development and Saloon Management	T	4		4	0	0	4	30	70	100	3
CC-7	P24-SHT - 203	Nail Care and Styling	T	4		4	0	0	4	30	70	100	3
CC-8	P24-SHT - 204	Nutrition and Yoga	T	4		4	0	0	4	30	70	100	3
PC-3	P24-SHT - 205	Advance Beauty Therapy and Yoga	P	4		0	0	8	8	30	70	100	4
PC-4	P24-SHT - 206	Make up, Hair styling and Nail Care	P	4		0	0	8	8	30	70	100	4
CHM	M24-CHM-201	Constitutional, Human & Moral Values and IPR	T	2		2	0	0	2	15	35	50	3
	P24-INT -200	Internship	An internship course of 4 credits of 4-6 weeks duration during summer vacation after 2nd semester is to be completed by every student. Internship can be either for enhancing the employability or developing the skills the research aptitude.							50	50	100	

Programme Learning Outcomes (PLOs) for PG Programmes

PLOs	PG Diploma in Skin and Hair Therapy
	After the completion PG Diploma in Skin and Hair Therapy the student will be able to:
PLO-1: Knowledge and Understanding	Demonstrate the fundamental and advanced knowledge of the subject and understanding of recent developments and issues, including methods and techniques, related to the Skin and Hair Therapy
PLO-2: General Skills	Acquire the general skills required for performing and accomplishing the tasks as expected to be done by a skilled professional in the fields of Skin and Hair Therapy
PLO-3: Technical/ Professional Skills	Demonstrate the learning of advanced cognitive technical/professional skills required for completing the specialized tasks related to the profession and for conducting and analyzing the relevant research tasks indifferent domains of the Skin and Hair Therapy
PLO-4: Communication Skills	Effectively communicate the attained skills of the Skin and Hair Therapy in well-structured and productive manner to the society at large.
PLO-5: Application of Knowledge and Skills	Apply the acquired knowledge and skills to the problems in the subject area, and to identify and analyze the issues where the attained knowledge and skills can be applied by carrying out research investigations to formulate evidence-based solutions to complex and unpredictable problems associated with the field of Skin and Hair Therapy or otherwise.
PLO-6: Critical thinking and Research Aptitude	Attain the capability of critical thinking in intra/inter-disciplinary areas of the Skin and Hair Therapy enabling to formulate, synthesize, and articulate issues for designing of research proposals, testing hypotheses, and drawing inferences based on the analysis.
PLO-7: Constitutional, Humanistic, Moral Values and Ethics	Know constitutional, humanistic, moral and ethical values, and intellectual property rights to become a scholar/professional with ingrained values in expanding knowledge for the society, and to avoid unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
PLO-8: Capabilities/qualities and mind set	To exercise personal responsibility for the outputs of own work as well as of group/team and for managing complex and challenging work(s) that requires new/strategic approaches.
PLO-9: Employability and job-ready skills	Attain the knowledge and skills required for increasing employment potential, adapting to the future work and responding to the rapidly changing demands of the employers/industry/society with time.

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Syllabus
for
Post Graduate Programme

Post Graduate Diploma in Skin and Hair Therapy

Curriculum and Credit Framework for Postgraduate Programme
with effect from the session 2024-25

Department of Home Science
Faculty of Life Sciences

KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119

HARYANA, INDIA

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	I		
Name of the Course	Basic of Beauty Therapy		
Course Code	P24-SHT-101		
Course Type	CC-1		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 1. Acquaint with the basic fundamentals required for the beauty culture</p> <p>CLO2. Have knowledge regarding examination of face, neck and hair to have proper selection of treatment and application of most suitable cosmetics.</p> <p>CLO3. Be able to various electrical heat, light, ultrasound and oil treatment for skin conditioning along with the types of electrical current and its safety</p> <p>CLO 4. Understand different types of makeup, manicure and pedicure.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Examining the face and neck:- Skin analysis, facial anatomy and skin types, Assessing the client, Examining the face, Bone structure, Muscles of the face, neck and shoulders, the nerves, Blood supply, Diseases and disorders of the skin, Allergies to facial treatments		15
II	Facial massage and skin care:- Saloon treatments and home care, Skin care, Advice for home care, Cleansers, Exfoliation – Scrubbing - to		15

	remove dead skin, Toners, Moisturizers, Face masks, Specialized skin products. Eye care, Neck care, Lip care, Caring for dark skin, Profession facial treatment. Cleaning the skin, Removing skin blockages, Exfoliating, Facial massage, Applying a face mask, Completing facial treatments.	
III	Make-Up:- Choosing and using color cosmetics Make-up services, Wedding make-up, Preparing for makeup for a fashion show, Hygiene precautions, Choosing and applying make-up products, Foundation, Face powder, Contour cosmetics, Corrective make-up – to give ideal shape (oval) the Make Up given to any shape of face, Eye cosmetics, Corrective eye-make-up, Lip cosmetics, Corrective lip make-up, Allergies to make-up products	15
IV	<ul style="list-style-type: none"> ● Manicure and pedicure:- Treatment for the nails, hands and feet assessing the client for treatment, Structure and growth of nails. Diseases and disorders of the hands and feet. Manicure , Hand massage, Pedicure, Foot massage Removing and lightening hair:- Methods of removing unwanted hair, Waxing and bleaching, depilation, Bleaching, Other methods of hair removal 	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
● Class Participation:	5	Written Examination
● Seminar/presentation/assignment/quiz/class test etc.:	10	
● Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
A Practical Guide to Beauty Therapy Janet Simms ISBN 0-7487-1505-8		
Beauty Therapy –The Foundation Lorraine Nordman ISBN 0-333-60107-6		
A Guide for Health & Beauty Therapists Volume1 Face, Hands & Feet Gaynot Winard ISBN 0-582-24790-X		
Principles & Techniques for the Beauty Specialist Ann Gallant ISBN 0-748715509		

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	I		
Name of the Course	Tools And Techniques in Skin Care		
Course Code	P 24-SHT-102		
Course Type	CC-2		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO1. Understand various electrol heat, light, ultrasound and oil treatment for skin conditioning. CLO2. Understand different type of electrical equipment used for skin care. CLO3. Be capable of Lymphatic Drainage system CLO4. Be capable of understanding different types of Therapy.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Specialized Electrical treatment for face: High Frequency- Direct Galvanic Machine treatment For dehydrated skin –Ageing process For congested skin –Crusty skin		15
II	Treatment for Sebor rhea Acne treatment, Alopecia, dandruff treatment Blemished skin treatments Scrubs, enzyme peel and other methods of exfoliation		15
III	Faradic current NMS Motor point and Facial electrode method Lymphatic Drainage		15

IV	Types of Therapy: Light therapy: Infrared, Ultra Violet Heat therapy, ozone, vaporizer Hot oil and paraffin wax mask theory Electricity and Electrical safety rule	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
A Practical Guide to Beauty Therapy Janet Simms ISBN 0-7487-1505-8		
Beauty Therapy –The Foundation Lorraine Nordman ISBN 0-333-60107-6		
A Guide for Health & Beauty Therapists Volume1 Face, Hands & Feet Gaynot Winard ISBN 0-582-24790-X		
Principles & Techniques for the Beauty Specialist Ann Gallant ISBN 0-748715509		
The Beauty Therapy Fact File Susan Cressay ISBN-0750604670		
Beauty Therapy Compiled by Maya Paranjape		
Beauty Therapy – The Foundation Level II Lorraine Nordman		

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	I		
Name of the Course	Hair Care Therapy and Styling		
Course Code	P24-SHT-103		
Course Type	CC-3		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1. Acquaint with the basic fundamentals required for the Hair.</p> <p>CLO2. Have knowledge regarding examination of hair to have proper selection of treatment and application of most suitable cosmetics</p> <p>CLO3. Understand various electrol heat, light, ultrasound and oil treatment for hair conditioning.</p> <p>CLO4. Acquaint different Hair Styling</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
<p><u>Instructions for Paper- Setter:</u> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.</p>			

Unit	Topics	Contact Hours
I	Basic Hair Structure Shampooing and Rinsing Hair Shaping :- Layers, Boy-Cut, Club Cut	15
II	Scalp treatment Head massage	15
III	Short Hair Styling:- Roller Setting, Blow drying Long Hair Styling Buns and curls	15
IV	Hair Switch Braiding Long and Short Hair	15
Total Contact Hours		60

Suggested Evaluation Methods

Internal Assessment: 30		End Term Examination: 70	
➤ Theory	30	➤ Theory:	70
• Class Participation:	5	Written Examination	
• Seminar/presentation/assignment/quiz/class test etc.:	10		
• Mid-Term Exam:	15		

Part C-Learning Resources

Recommended Books/e-resources/LMS: Standard Textbook of Cosmetology My Lady Publication

Hair Dressing I Leo Pollacine

Hair Dressing II Martin Green

Hair Dressing III Martin Green, Leo Pollacine

Note Book on Hair Dressing (Basic & Advance) Compiled by Maya Paranjape

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	I		
Name of the Course	Human Anatomy and Physiology		
Course Code	P 24-SHT-104		
Course Type	CC-4		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1 Acquaint with the basic fundamentals required for the human Anatomy</p> <p>CLO2. Understand structure of skin and skin disorder.</p> <p>CLO3. Understand Hair anatomy.</p> <p>CLO3. Understand anatomy of cells, tissues, muscles, nails and hair and the introductory which is also necessary for the beauty culture student.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Anatomy: Basic Beauty, Cell, Tissues- Types of tissues, System-definition, Basic Facial anatomy, : Bones of skull and face, muscles of facial expression and mastication, Bone attachment of facial expression and muscles, muscles of scalp and forehead,		15
II	Anatomy of the neck and shoulder, girdle bones of upper limb and muscles of shoulder girdle. Elementary characteristics of muscles of the body and their actions, mobility of body and its physiology. Joints of the body and their action (Related to the course)		15

III	Structure of Skin: Sweat and sebaceous gland, Functions of the skin. Skins defense against bacteria. Types of nerves of Head, face and neck, structure of nail, Skin disorder, blemishes, pigmentation abnormalities, and allergic skin conditions	15
IV	Anatomy of hair: Hair Structure: Hair growth cycle: Biology of hair growth. Anagen Catagen, Telogen, early anagen.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
Anatomy and physiology Ross and Wilson ISBN 0443-03530-X		
Lecture notes for beauty therapist Dr. R. Leibowitz: Anatomy & Physiology ISBN -646-35699-2		
Anatomy for Beauty-I & IIComplied by Maya Paranjape		

Session: 2024-25			
Part A–Introduction			
Name of the Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	1		
Name of the Course	Basic Make Up and Hair Care		
Course Code	P24 -SHT -105		
Course Type	PC-1		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO1. Understand and capable of basic make up. CLO2. Understand and capable of corrective make up. CLO3. Understand and capable of Hair care. CLO4. Understand and capable of proper selection and application of different hair styles and make up as per requirement of client.		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B-Contents of the Course			
Practical			Contact Hours
	Basics Make up		120
	Corrective make up		
	Head Massage		
	Hair cut straight		
	Blunt layering step		
	Long Hair Style		
	Short Hair Style		
	Braiding Styling		
	Short hair – Blow drying, Roller setting		
	Total Contact Hours		
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5		
• Seminar/Demonstration/Viva-voce/Lab records etc.:	10		

•Mid-Term Exam:	15	Lab record, Viva-Voce, write-up and execution of the practical	
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			
Session: 2024-25			
Part A–Introduction			
Name of the Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	1		
Name of the Course	Use of Tools and Techniques in Skin Care		
Course Code	P24-SHT -106		
Course Type	PC-2		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1. Understand and capable of skin analysis.</p> <p>CLO2. Understand and capable of selection of various elector heat, light, ultrasound and oil treatment for skin conditioning along with the types of electrical current and its safety</p> <p>CLO3.Capable of application of basic fundamental principle with respect to necessary beauty care.</p> <p>CLO4. Understand and capable of application different treatments for beauty enhancement using different tools and technique.</p>		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B-Contents of the Course			
Practicals			Contact Hours
1.	Skin Analysis Depilation: Waxing, Threading Bleaching Face Pack/ Masks Manicure Pedicure		120

	HF- Acne, Alopecia Galvanic- Dis-incrustation, Ionisation Exfoliation- Brushing Feradic-Face Vacuum –Face	
	Total Contact Hours	120
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Practicum	30	➤ Practicum 70
• Class Participation:	5	Lab record, Viva-Voce, write-up and execution of the practical
• Seminar/Demonstration/Viva-voce/Lab records etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Advanced Beauty Therapies		
Course Code	P-24 SHT-201		
Course Type	CC-5		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1. Understand various advance treatment in the beauty care</p> <p>CLO2. Understand various advance beauty care therapies</p> <p>CLO3. Understand different types of Spa.</p> <p>CLO4. Understand various hair treatment.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Advance Treatment and benefits – Anti pigmentation ,de -ten , acne derma facial, advance therapies of facials, advance manicure and pedicure, safety during treatments ,Hair removal temporary & permanent, electro logy(appliances used in cosmetology.		15
II	Therapies in the beauty care -Silicone therapy , fibrant therapy , chemical peeling, heprarin therapy , color therapy ,aromatherapy .,theory of massage ,types and manipulation used in massage physiology effect of massage		15

III	Spa :- Meaning ,theory of various western, Indian Oriental spa treatment , spa decoration ,set up, spa etiquettes, spa cuisine , body wraps , spa facial .	15
IV	Hair Trichology and treatments :- Hair growth ,factor affecting hair growth , density of hair , types of treatments for various hair problems, Professional makeups, cuttings , Buns, hair styling, all about mehandi ,	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
01	The Beauty Therapy Fact File	Susan Cressay ISBN -0 750604670
02	Beauty Therapy	Compiled by Maya Paranjape
03	Beauty Therapy-The Foundation Level II	Lorraine Nordman
04	Standard textbook on Cosmetology	My Lady Publication

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Personality Development and Saloon Management		
Course Code	P24-SHT-202		
Course Type	CC-6		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO1. Understand Principle of Management CLO2. Understand Basic of personality development and management CLO3. Understand organization and customer care CLO4. Understand of cost accounting and advertisement skills.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
<u>Instructions for Paper- Setter:</u> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Principle of Management: Introduction of management, types of working area, flow of work and work area relationship.		15
II	Saloon and Responsibilities :- Health, hygiene and safety, Bacteriology, Controlling the saloon environment, Health and safety, Physical safety, Fire Safety, Electrical safety , First aid, Product safety, Client care, Treatment hygiene, Sanitization and sterilization, Saloon security.		15
III	Organization and customer care, First Impression, the receptionist, Communication skills, Looking after clients and visitors, Making appointments, Handling enquiries, taking messages, Dealing with complaints, Processing payments Cashing up		15

IV	Selling products and services:- Planning and retail selling products, treatment and services .	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
01	A Practical Guide to Beauty Therapy	Janet Simms ISBN 0-7487-1505-8
02	Beauty Therapy –The Foundation	Lorraine Nordman ISBN 0-333-60107-6
03	A Guide for Health & Beauty Therapists Volume1 Face, Hands & Feet	Gaynot Winard ISBN 0-582-24790-X
04	Principles & Techniques for the Beauty Specialist	Ann Gallant ISBN 0-748715509

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Nail Care and Styling		
Course Code	P24-SHT-203		
Course Type	CC-7		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1. acquaint with the basic fundamentals required for Nail</p> <p>CLO2. have knowledge regarding examination of hands and Nails to have proper selection of treatment and application of most suitable cosmetics</p> <p>CLO3. have knowledge regarding different type of Nail tips and nail wrap.</p> <p>CLO4. have knowledge regarding different technique and designing of nail styling.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Selling products and services:- Planning and retail selling products, treatment and services . Study of Nails and Hygiene : Structure of nails, Shape and texture of nails ,Disorder of nails ,Sanitization , disinfection, sterilization , Disposal of waste, prepare Client’s record , personal presentation and ideal Behavior.		15

II	Nail tips- Demonstrate and practice of Nail tips application and their removal ,Types of nail tips, Client consultation, Pre and post service ,Do's & don'ts, contra- indication & action	15
III	Nail wrap- Nail wraps, definition of nail wraps ,application, nail wraps pre & post service, , Client consultation, Pre and post service ,Do's & don'ts, contra- indication & action ,After care and home care ,removal.	15
IV	Techniques and designing- Create different techniques of airbrush designing ,product and equipment, designs (French, animal print, flowers ,flames tropical, seasonal ,techniques (contouring, stenciling, masking, color fading, blending ,free hand.	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
The Beauty Therapy Fact File Susan Cressay ISBN -0 750604670		
Beauty Therapy Compiled by Maya Paranjape		
Beauty Therapy-The Foundation Level II Lorraine Nordman		
Standard textbook on Cosmetology My Lady Publication		

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Nutrition and Yoga		
Course Code	P24-SHT-204		
Course Type	CC-8		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able :	CLO1 .Have knowledge regarding Nutrition CLO2. Have balance diet for proper selection of treatment and application for skin and hair. CLO3. Have knowledge regarding yoga for proper selection of treatment CLO4. Have knowledge about the physical & Mental benefits of Yoga.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			

Unit	Topics	Contact Hours
I	Food- Definition, Functions and Importance. Dietary sources, functions, effect of deficiency and excess of Nutrients – Proteins, Carbohydrates, Fats, Water, Fiber, Vitamins –A, D, E, K, B1, B2, B3, C Minerals- Iron, Calcium , Phosphorus, Sodium, Potassium, Iodine	15
II	Different food groups. Balanced diet. Different methods of increasing the nutritive value of food. Role of balanced diet in	15

	improving the quality of skin and hair. Balanced diet for different stages of life and preparation of diet chart.	
III	Importance of Yoga-Meaning of Yoga- Types of Yoga, Hatha Yoga, Raj Yoga, The Physical, Mental & Spiritual benefits of Meditation, Asanas & Pranayama.	15
IV	The physical & Mental benefits of Yoga Shakti band series I, II, III. Tad Asan, Triyaktdaasan, Trikonasan, Surya Namaskar, Naukasan, Sinhgasan The Physical & Mental benefits of Pranayama, Anuloma villoma pranayama, Bhar Amari	15
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Standard Textbook of Cosmetology My Lady Publication		
Fundamentals of Nutrition M.S.Swaminathan		
Textbook of Human Nutrition M. S. Banji, N. P. Rao		
Nutrition A- Practical Approach (IInd edition) R. L. Bijlani		
Nutrition in nutshell Arti sankhla		

Session: 2024-25			
Part A - Introduction			
Name of Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Advance Beauty Therapy and Yoga		
Course Code	P24- SHT-205		
Course Type	PC-3		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO1. Capable of application of basic fundamentals required for Advance Beauty Therapies</p> <p>CLO2. Capable of examination of face and nails to have proper selection of treatment and application of most suitable cosmetics</p> <p>CLO3. Understand basic fundamentals required for yoga Asans.</p> <p>CLO4. Capable of application of different Yoga Asans for beauty treatment.</p>		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours(or as decided by PGBOS)	
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
	Topics		Contact Hours
	Facial using various gadgets , Spa manicure and pedicure , Body spa, Body wrap , Massages , Therapies Yoga asanas		120

Total Contact Hours		120
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Lab record, Viva-Voce, write-up and execution of the practical
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
1. Asan, Pranayama, Mudrabandh Swami Satyanand Saraswati		
2. Asan- why and how Omparkash Tiwari		
3. Meditation science and practice M. C. Panda		
4. Asan and Yog Mudrayein Dr. Ravinder		
5. Sabhi ke Liye Yog B. K. S. Iyengar		

Session: 2024-25			
PartA– Introduction			
Name of the Programme	Post Graduate Diploma in Skin and Hair Therapy		
Semester	II		
Name of the Course	Make Up, Hair styling and Nail Care		
Course Code	P24 -SHT -206		
Course Type	PC-4		
Level of the course	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO1. Capable of application of basic fundamentals required for the beauty culture CLO2. Capable of examination of face, neck and hair to have proper selection of treatment and application of most suitable cosmetics CLO3. Capable of professional make up. CLO4. Capable of different types of Nail and Hair styling		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
Part B-Contents of the Course			
Practical's			Contact Hours
	Professional Make up, Hair styling Nail care Nail art.		120
	Total Contact Hours		120
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Practicum	30	➤ Practicum	70
• Class Participation:	5	Lab record, Viva-Voce, write-up and execution of the practical	
• Seminar/Demonstration/Viva-voce/Lab records etc.:	10		
• Mid-Term Exam:	15		
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			

Session: 2024-25			
Part A–Introduction			
Name of the Programme	Post Graduate Diploma in Fashion Designing		
Semester	2		
Name of the Course	Constitutional, Human & Moral Values and IPR		
Course Code	M24-CHM- 201		
Course Type	CHM		
Level of the course (As per Annexure-I)	400-499		
Pre-requisite for the course (if any)	Graduation in any stream		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO-1: Learn the different Constitutional Values, Fundamental rights and duties enshrined in the India Constitution.</p> <p>CLO-2: Understand humanism, human virtues and values, and idea of International peace.</p> <p>CLO-3: Grasp the basic concepts of Moral Values and Professional Conduct which are required to become a part of the civil society and for developing professionalism.</p> <p>CLO-4: Understand concepts of Intellectual Property Rights, Copyright, Patent, Trademark etc., and about threats of Plagiarism.</p>		
Credits	Theory	Practical	Total
	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Time	3 hours		
Part B-Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	Constitutional Values: Historical Perspective of Indian Constitution; Basic Values enshrined in the Preamble of the Indian Constitution; Concept of Constitutional Morality; Patriotic Values and Ingredients Nation Building; Fundamental Rights and Duties ; Directive Principles of the State Policy.		8
II	Humanistic Values: Humanism, Human Virtues and Civic Sense; Social Responsibilities of Human Beings; Ethical ways to deal with		7

	human aspirations; Harmony with society and nature; Idea of International Peace and Brotherhood (Vasudhaiv Kutumbkam).	
III	Moral Values and Professional Conduct Understanding Morality and Moral Values; Moral Education and Character Building; Ethics of Relations: Personal, Social and Professional; Introduction to Gender Sensitization; Affirmative approach towards Weaker Sections (SCs, STs, OBCs, EWS& DAs); Ethical Conduct in Higher Education Institutions; Professional Ethics.	8
IV	Intellectual Property Rights: Meaning, Origins and Nature of Intellectual Property Rights (IPRs); Different Kinds of IPRs – Copyright, Patent, Trademark, Trade Secret/Dress, Design, Traditional Knowledge; Infringement and Offences of IPRs – Remedies and Penalties; Basics of Plagiarism policy of UGC.	7
	Note: Scope of the syllabus shall be restricted to generic and introductory level of mentioned topics.	
	Total Contact Hours	30
Suggested Evaluation Methods		
Internal Assessment: 15		End Term Examination: 35
➤ Theory	15	➤ Theory 35
• Class Participation:	4	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	4	
• Mid-Term Exam:	7	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		