

HS-105-WELLNESS AND BEAUTY

Course Title	Wellness and Beauty	Course Code	HS-105
Year	I Year	Course Group	Core
Teaching Scheme in Hrs (L:T)	4:1:0	Credits	3
Methodology	Lecture+ Assignment	Total Contact Periods	150 Periods
CIE	60 Marks	SEE	40 Marks

Pre-requisites

Basic knowledge of personal hygiene, health, nutrition, grooming, and skin and hair care is the pre-requisite for studying Wellness and Beauty.

Course Outcomes

Upon completion of the course the student shall be able to

COURSE OUTCOME	
CO1	Explain the Wellness and Beauty
CO2	Explain the Importance of health, nutrition Fitness and Mental Wellness.
CO3	Explain the importance of Skin care and beauty treatments
CO4	Explain about Hair, Scalp and Nailcare.
CO5	Explain the importance of Cosmetics in Beauty Care
CO6	Discuss the Preparation of Personality Development & Grooming .

COURSE CONTENT

UNIT – I: Introduction to Wellness and Beauty

Duration: 26 Periods

Meaning and concept of wellness. Dimensions of wellness – physical, mental, spiritual, emotional, and social.

Concept of beauty and personality development. Professional ethics in beauty and wellness.

Hygiene and sanitation in beauty practices. Relationship between wellness and beauty.

Definition and importance of personal hygiene. Hygiene care of skin, hair, eyes, mouth, teeth, and nails. Basic hygiene standards and procedures for safety and cleanliness.

UNIT – II: Health, Nutrition, Fitness and Mental Wellness

Duration: 24 Periods

Definition and importance of health. Balanced diet and its role in healthcare. Recommended diets for underweight and overweight individuals.

Importance of water and hydration. Physical fitness through yoga and basic exercises. Stress management and mental wellness.

Difference between yoga and exercise. Types of exercises and yoga and their role in healthcare and beauty care.

UNIT – III: Skin Care and Beauty Treatments

Duration: 27 Periods

Structure and functions of skin and importance of skin care. Role of skin in personal grooming. Types of skin and methods of skin analysis. Basic skin care principles and common skin problems.

Care of facial skin including wrinkles, marks, spots, unwanted facial hair, and pimple treatment.

Effects of diet and sun rays on the skin. Importance and use of moisturizers.

Facial treatments and basic facial steps including cleansing, toning, and moisturizing. Bleaching, threading, and waxing with precautions. Selection of suitable skin care products.

UNIT – IV: Hair, Scalp and Nail Care

Duration: 25 Periods

Types of hair. Hair care and scalp massage. Selection of oils.

Growth cycle of hair – anagen, catagen, and telogen phases.

Causes of hair loss, grey hair, and dandruff. Hair dyeing and colouring – types, selection, and precautions. Application of henna and dyes. Hairstyles.

Nail care – nail formation and growth, nail damage and precautions. Cosmetics for nails. Common nail problems.

Manicure and pedicure – massage techniques and equipment used. Nail art. Hand and foot care through manicure and pedicure.

UNIT – V: Cosmetics in Beauty Care

Duration: 25 Periods

Meaning and importance of cosmetics in beauty care. Different types of cosmetics used for skin, hair, nails, and makeup.

Selection of cosmetics according to skin, hair, and nail types. Composition and basic functions of cosmetic products.

Skills in safe and effective use of cosmetics. Personal hygiene and grooming through appropriate cosmetic use. Role of cosmetics in enhancing appearance and self-confidence.

Harmful effects of misuse of cosmetics. Storage, handling, and shelf life of cosmetic products.

Use of quality, safe, and standard cosmetic products.

Relationship between cosmetics, health, and beauty. Professional skills for beauty care services.

General steps in cosmetic preparation – selection of ingredients, cleaning and sterilization, mixing and blending, testing, and storage.

Simple cosmetic preparations – face pack, hair oil, lip balm, and scrub. Precautions in cosmetic preparation.

UNIT – VI: Personality Development and Grooming

Duration: 23 Periods

Concept and importance of personality development. Self-confidence and positive self-image.

Personal grooming habits and appearance.

Importance of hygiene, cleanliness, and neatness. Poise, posture, and body language.

Communication skills and social behaviour.

Appropriate dressing sense and use of accessories. Saree draping. Manners, etiquette, and professional conduct.

Awareness about personal presentation in different situations. Emotional balance and positive attitude in professional and social environments.

Overall development of personality through grooming. Posture – impact, types, need for posture training, and communication through posture.

Reference books

1. *Shahnaz Husain, Beauty Book.*
2. *Chho Der, Beauty and Body Book.*
3. Kitty Campion, *Herbal Beauty.*

Suggested learning Outcomes

After completion of this course, the student should be able to

CO1: Discuss the importance of personal hygiene.

- 1.1 Explain the meaning and concept of wellness.
- 1.2 Describe the dimensions of wellness – physical, mental, spiritual, emotional, and social.
- 1.3 Explain the concept of beauty and personality development.
- 1.4 Explain the types of beauty.
- 1.5 Describe the professional ethics in beauty and wellness.
- 1.6 Explain hygiene and sanitation in beauty practices.
- 1.7 Write the relation between wellness and beauty.
- 1.8 Define personal hygiene.
- 1.9 Describe the importance of personal hygiene.
- 1.10 Describe hygiene care of skin, hair, eyes, mouth, teeth, and nails.
- 1.11 Explain the basic hygiene standards and procedures for safety and cleanliness.

CO2: Explain the importance of health, nutrition, fitness, and mental wellness.

- 2.1 Definition and importance of health.
- 2.2 Explain balanced diet and its role in healthcare.
- 2.3 Write the recommended diets for underweight and overweight individuals.
- 2.4 Explain the importance of water and hydration.
- 2.5 Describe physical fitness through yoga and basic exercises.
- 2.6 Write about stress management and mental wellness.
- 2.7 Explain the difference between yoga and exercise.
- 2.8 Describe the types of exercises and yoga.
- 2.9 Write the role of exercise and yoga in healthcare.

CO3: Explain the importance of skin care and beauty treatments.

- 3.1 Explain the structure and functions of skin and importance of skin care.
- 3.2 Write the role of skin in personal grooming.
- 3.3 Describe the types of skin.
- 3.4 Mention the methods of skin analysis.
- 3.5 Describe the basic skin care principles.
- 3.6 Explain the common skin problems.
- 3.7 Explain the care of facial skin including wrinkles, marks, spots, unwanted facial hair, and pimple treatment.
- 3.8 Write the effects of diet and sun rays on the skin.
- 3.9 Explain the importance and use of moisturizers.
- 3.10 Describe facial treatments and basic facial steps including cleansing, toning, moisturizing, bleaching, threading, and waxing with precautions.
- 3.11 Write about suitable skin care products.

CO4: Explain about hair, scalp, and nail care.

- 4.1 Introduction to hair care, meaning, and importance of hair care.

- 4.2 Explain the structure – hair shaft, root, and follicle.
- 4.3 Discuss the growth cycle of hair – anagen, catagen, and telogen.
- 4.4 Explain the functions of hair.
- 4.5 Mention the precautions taken for hair care and recommended diet.
- 4.6 Mention the precautions taken for hair care during different seasons.
- 4.7 Explain the structure of scalp care.
- 4.8 Explain the functions of scalp.
- 4.9 List the types of hair and scalp.
- 4.10 Write about the selection of oils.
- 4.11 Mention the common hair and scalp problems – dandruff, lice, alopecia, hair fall, split ends, and premature greying.
- 4.12 Explain the various types and methods of hair dyeing and colouring.
- 4.13 Mention the selection and precautions taken for applying hair dye.
- 4.14 Discuss the application of henna and dyes.
- 4.15 Explain the different types of hairstyles.
- 4.16 Explain nail care – nail formation and growth.
- 4.17 Write about nail damage and its precautions.
- 4.18 List the cosmetics for nails.
- 4.19 State the common nail problems.
- 4.20 Explain the materials used for nail art – acrylic powder, brush, gel polish, foils, beads, and nail tapes.
- 4.21 Describe the methods used for hand and foot care – manicure and pedicure.

CO5: Discuss the preparation of cosmetics in beauty care, safety, first aid, and professional practices.

- 5.1 Explain the meaning and importance of cosmetics in beauty care.
- 5.2 Explain the different types of cosmetics used for skin, hair, nails, and makeup.
- 5.3 Describe the selection of cosmetics according to skin, hair, and nail types.
- 5.4 Discuss the composition and basic functions of cosmetic products.
- 5.5 Explain the skills in the safe and effective use of cosmetics.
- 5.6 Explain personal hygiene and grooming through appropriate cosmetic use.
- 5.7 Explain the role of cosmetics in enhancing appearance and self-confidence.
- 5.8 Discuss the harmful effects of misuse of cosmetics.
- 5.9 Describe the storage, handling, and shelf life of cosmetic products.
- 5.10 Describe the use of quality, safe, and standard cosmetic products.
- 5.11 Explain the relationship between cosmetics, health, and beauty.
- 5.12 Explain the professional skills for beauty care services.
- 5.13 Discuss the general steps in cosmetic preparation – selection of ingredients, cleaning and sterilization, mixing and blending, testing, and storage.
- 5.14 Discuss the preparation of face pack.
- 5.15 Discuss the preparation of hair oil.
- 5.16 Discuss the preparation of lip balm.
- 5.17 Discuss the preparation of scrub.
- 5.18 Mention the precautions in cosmetic preparation.

CO6: Explain personality development and grooming.

- 6.1 Explain the concept and importance of personality development.
- 6.2 Discuss self-confidence and positive self-image.
- 6.3 Explain personal grooming habits and appearance.
- 6.4 Explain the importance of hygiene, cleanliness, and neatness.
- 6.5 Discuss proper poise, posture, and body language.
- 6.6 Describe communication skills and social behaviour.

- 6.7 Explain appropriate dressing sense and use of accessories.
- 6.8 Explain different styles of saree draping.
- 6.9 Describe manners, etiquette, and professional conduct of grooming.
- 6.10 Mention awareness about personal presentation in different situations.
- 6.11 Explain emotional balance and positive attitude.
- 6.12 Mention professional and social environments.
- 6.13 Explain the overall development of personality through grooming.
- 6.14 Define posture.
- 6.15 Explain the impact of posture.
- 6.16 Explain the types of posture.
- 6.17 Explain the need for posture training for balance of body – catwalk, etc.
- 6.18 Explain the communication of posture.

CO-PO mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	Mapped POs
CO1	y	y			y						PO1,PO2,PO5
CO2		y									PO2
CO3		y			y					y	PO2, PO5, PO10
CO4		y									PO2
CO5		y			y					y	PO2, PO5, PO10
CO6		y									PO2

QUESTION PAPER PATTERN FOR MID SEMESTER EXAMS

MID-I Examination

S. No	Unit	Questions to be set for MID Exam			
		R	U	A	Remarks
1	UNIT-1	1, 2	5(a) 5(b)	7(a) 7(b)	
2	UNIT-2	3, 4	6(a) 6(b)	8(a) 8(b)	
Total Questions		4	4	4	

MID-II Examination

S.No	Unit	Questions to be set for MID Exam			Remarks
		R	U	A	
1	UNIT-3	1, 2	5(a) 5(b)	7(a) 7(b)	
2	UNIT-4	3, 4	6(a) 6(b)	8(a) 8(b)	
Total Questions		4	4	4	

Semester End Examination

Sl No	Unit No.	Questions to be set for SEE					Remarks
1	I		1		9(a)	13(a)	
2	II						
3	III		2		10(a)	14(a)	
4	IV						
5	V	4	3	5,6	9(b),11(a), 11(b)	13(b), 15(a),15(b)	
6	VI			7,8	10(b),12(a),12(b)	14(b),16(a),16(b)	
Total Questions		8			8	8	
Legend:	Remembering (R)	1 Mark					
	Understanding (U)	3 Marks					
	Application(A)	5 Marks					

**STATE BOARD OF TECHNICAL EDUCATION & TRAINING: TELANGANA
DIPLOMA EXAMINATIONS (C-26)
MID -I EXAMINATION**

HS-105-WELLNESS AND BEAUTY

Model Question Paper

Duration: 1 Hour

Max. Marks: 20

PART-A

Marks: $4 \times 1 = 4M$

Note:

- (i) Answer all four questions.*
- (ii) Each question carries 1 mark.*

1. Define personal hygiene.
2. List the types of yoga.
3. Write any two differences between yoga and exercise.
4. What are facial wrinkles?

PART-B

Marks: $2 \times 3 = 6M$

Note:

- (i) Answer ALL two questions.*
- (ii) Each question carries 3 marks.*

5. (A) Mention any two points in care of teeth.
(Or)
(B) Write the importance of personal hygiene.
6. (A) How do you take care of your eyes? Discuss.
(Or)
(B) Explain about facial wrinkles, marks, and spots on face.

PART-C

Marks: $2 \times 5 = 10M$

Note:

- (i) Answer ALL two questions.*
- (ii) Each question carries 5 marks.*

7. (A) Discuss the role of exercise and yoga in healthcare.
(Or)
(B) Explain the procedures for safety and cleanliness.
8. (A) Discuss about unwanted facial hair and pimple treatment.
(Or)
(B) Differentiate between yoga and exercise.

STATE BOARD OF TECHNICAL EDUCATION & TRAINING: TELANGANA
DIPLOMA EXAMINATIONS (C-26)
MID -II EXAMINATION

HS-105-WELLNESS AND BEAUTY

Model Question Paper

Duration: 1 Hour

Max. Marks: 20

PART-A

Marks: $4 \times 1 = 4M$

Note:

(i) Answer all four questions.

(ii) Each question carries 1 mark.

1. Define health.
2. Define the term balanced diet.
3. List the different cosmetics for nails.
4. List the equipment used for manicure.

PART-B

Marks: $2 \times 3 = 6M$

Note:

(i) Answer ALL two questions.

(ii) Each question carries 3 marks.

5. (A) List few moisturizers.
(Or)
(B) Write about any two common nail problems.
6. (A) Explain the role of diet in healthcare.
(Or)
(B) Explain the functions of skin.

PART-C

Marks: $2 \times 5 = 10M$

Note:

(i) Answer ALL two questions.

(ii) Each question carries 5 marks.

7. (A) Discuss about manicure.
(Or)
(B) Explain the structure of skin with the help of a diagram.
8. (A) Explain about recommended diets for underweight and overweight individuals.
(Or)
(B) Explain about manicure and pedicure techniques.

**STATE BOARD OF TECHNICAL EDUCATION & TRAINING: TELANGANA
DIPLOMA EXAMINATIONS (C-26)
END EXAMINATION**

HS-105-WELLNESS AND BEAUTY

Model Question Paper

Duration: 2 Hour

Max. Marks: 40

PART-A

Marks: $8 \times 1 = 8M$

Note:

(i) Answer ALL questions.

(ii) Each question carries ONE mark.

1. What care do you take for hair care?
2. List any two basic hygiene standards in health.
3. What are spots on face?
4. What are nourishing creams?
5. List the types of yoga.
6. List any two objectives for selecting and choosing cosmetics for makeup.
7. List any two special makeup techniques.
8. What are natural cosmetics? Give two examples.

PART-B

Marks: $4 \times 3 = 12M$

Note:

(i) Answer ALL FOUR questions.

(ii) Each question carries THREE marks.

9. (A) Mention any four natural cosmetics.
(Or)
(B) Mention any two causes for hair loss.
10. (A) Mention different scalp problems.
(Or)
(B) Explain about facial wrinkles and unwanted facial hair.
11. (A) Write short notes on massage techniques and equipment used for manicure and pedicure.
(Or)
(B) How do you prepare the face for makeup and explain application of makeup for wrinkles?
12. (A) Explain about the use of cosmetics with respect to skin texture.
(Or)
(B) Discuss the reasons for grey hair and dandruff.

PART-C

Marks: $4 \times 5 = 20M$

Note:

(i) Answer ALL FOUR questions.

(ii) Each question carries FIVE marks.

13. (A) How do you take care of skin, mouth, teeth, and nails? Explain.
(Or)
(B) Explain the difference between day makeup, evening makeup, and bridal makeup.
14. (A) Explain the importance of skin care.
(Or)
(B) Discuss about nail art.
15. (A) Discuss in detail about selection and precautions during hair colouring and application of henna.
(Or)
(B) Discuss the importance and selection of cosmetics.
16. (A) Explain about the different types of hair.
(Or)
(B) Explain about the different types of hairstyles.