

HS-107-WELLNESS AND BEAUTY TRAINING LAB

Course Title	Wellness and beauty training lab	Course Code	HS-107
Year	I Year	Course Group	Core
Teaching Scheme in Hrs (L:T:P)	1:0:2	Credits	2
Methodology	Lecture+ Practicals	Total Contact Periods	90
CIE	60 Marks	SEE	40 Marks

Pre-requisites

Basic knowledge of personal hygiene, health care, grooming, skin care, hair care, cosmetics, and beauty tools is the pre-requisite for studying Wellness and Beauty Training Lab.

Course Outcomes

Upon completion of the course the student shall be able to

COURSE OUTCOME	
CO1	Explain the description and use of tools and equipment needed for sewing work.
CO2	Explain the process of taking and recording body measurements manually and by computerized method for different garments.
CO3	Adapt the fabric preparation process based on fabric type and use the appropriate sewing terms.
CO4	Explain the process of making stitches and seams manually and by machine and their right choice based on fabric, garment, and trend.
CO5	Explain the process of making fullness and closures and plan the appropriate closures to use.
CO6	Evaluate the facings to be applied for finishing different raw edges and explain the listed apparels.

COURSE CONTENT

UNIT – I: Introduction to Health and Beauty

Duration: 15 Periods

Importance of beauty, care of hair, eyes, lips, teeth, skin, nails, hands and feet, importance of yoga in beauty care, eight stages of yoga – Yama, Niyama, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, importance of meditation, importance of exercise, ways of exercising and relaxation methods.

UNIT – II: Threading and Waxing

Duration: 15 Periods

Practice in threading of eyebrows, lower chin, upper lip, waxing of hands and legs.

UNIT – III: Manicure and Pedicure

Duration: 15 Periods

Cutting and grooming of nails, cleaning of hands and feet, massaging of hands and feet, demonstration of manicure and pedicure.

UNIT – IV: Facial Treatments

Duration: 15 Periods

Different facial treatments, herbal and synthetic cream massages, different face masks, home packs, nourishing creams.

UNIT – V: Hair Cuts, Hair Dyeing, Mehendi and Henna Treatment

Duration: 15 Periods

Straight cut, “U” cut, deep “U” cut, “V” cut, step cut, boy cut, baby cut, hair dyeing – powder, liquid, synthetic and herbal dyeing, Mehendi and henna treatment.

UNIT – VI: Makeup and Hairstyles

Duration: 15 Periods

Types of makeup for different occasions and ages, beauty aids and makeup techniques, bridal makeup, party makeup for day and night events, tips for eye, eyebrow, lips and cheeks makeup, practice of makeup and hairstyles, French knot and related hairstyles.

Reference books

1. *Shahnaz Husain, Shahnaz Husain's Beauty Book, Orient Paperbacks, A Division of Vision Books Pvt. Ltd.*
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: Explain the importance of beauty, yoga, meditation, and exercise.

- 1.1 Explain the importance of beauty.
- 1.2 Explain the care of hair, eyes, lips, teeth, skin, nails, hands, and feet.
- 1.3 Explain the importance of yoga in beauty care.
- 1.4 Explain the eight stages of yoga – Yama, Niyama, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.
- 1.5 Explain the importance of meditation.
- 1.6 Explain the importance of exercise.
- 1.7 Explain the ways of exercising and relaxation methods.

CO2: Demonstrate threading and waxing.

- 2.1 Demonstrate threading of eyebrows.
- 2.2 Demonstrate threading of lower chin.
- 2.3 Demonstrate threading of upper lip.
- 2.4 Demonstrate waxing of hands.
- 2.5 Demonstrate waxing of legs.

CO3: Demonstrate manicure and pedicure.

- 3.1 Explain cutting and grooming of nails.
- 3.2 Demonstrate cleaning of hands and feet.
- 3.3 Demonstrate massaging of hands and feet.

3.5 Demonstrate pedicure.

- 4.1 Explain different facial treatments.
- 4.2 Demonstrate herbal cream massage.
- 4.3 Demonstrate synthetic cream massage.
- 4.4 Explain different face masks.
- 4.5 Explain home packs.
- 4.6 Explain nourishing creams.

- 5.1 Demonstrate straight cut.
- 5.2 Demonstrate “U” cut and deep “U” cut.
- 5.3 Demonstrate “V” cut and step cut.
- 5.4 Demonstrate boy cut and baby cut.
- 5.5 Explain powder, liquid, synthetic, and herbal dyeing.
- 5.6 Demonstrate Mehendi application.
- 5.7 Demonstrate henna treatment.

- 6.1 Explain types of makeup for different occasions and ages.
- 6.2 Explain beauty aids and makeup techniques.
- 6.3 Demonstrate bridal makeup.
- 6.4 Demonstrate party makeup for day and night events.
- 6.5 Explain tips for eye, eyebrow, lips, and cheeks makeup.
- 6.6 Practice makeup techniques.
- 6.7 Demonstrate hairstyles such as French knot and related hairstyles.

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DIPLOMA EXAMINATIONS (C-26)
MID -I EXAMINATION**

HS-107-WELLNESS AND BEAUTY TRAINING LAB

Model Question Paper

Duration: 1 Hour

Max. Marks: 20

Note: Answer Any one question.

1. Explain the importance of beauty care.
2. Write the care to be taken for hair and skin.
3. Explain the importance of yoga in beauty care.
4. List the eight stages of yoga.
5. Explain the importance of meditation and exercise.
6. Describe different relaxation methods.
7. Explain the procedure of threading eyebrows.
8. Describe threading of upper lip and lower chin.
9. Explain the precautions to be taken during threading.
10. Explain the procedure of waxing hands and legs.
11. List the materials required for waxing.
12. Explain the precautions to be taken during waxing.

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DIPLOMA EXAMINATIONS (C-26)
MID -II EXAMINATION**

HS-107-WELLNESS AND BEAUTY TRAINING LAB

Model Question Paper

Duration: 1 Hour

Max. Marks: 20

***Note:** Answer Any one question.*

1. Explain the procedure of manicure.
2. Explain the procedure of pedicure.
3. Describe nail cutting and grooming techniques.
4. Explain the importance of cleaning hands and feet.
6. Explain hand and foot massage techniques.
7. List the tools and materials used for manicure and pedicure.
8. Explain different facial treatments.
9. Explain herbal cream massage.
10. Explain synthetic cream massage.
11. Describe different types of face masks.
12. Explain home packs and nourishing creams.
13. List the precautions to be followed during facial treatments.

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DIPLOMA EXAMINATIONS (C-26)
END EXAMINATION**

HS-106-GARMENT CONSTRUCTION

Model Question Paper

Duration: 2 Hour

Max. Marks: 40

Note: Answer Any one question.

1. Explain the importance of beauty care.
2. Write the care to be taken for hair and skin.
3. Explain the importance of yoga in beauty care.
4. List the eight stages of yoga.
5. Explain the importance of meditation and exercise.
6. Describe different relaxation methods.

7. Explain the procedure of threading eyebrows.
8. Describe threading of upper lip and lower chin.
9. Explain the precautions to be taken during threading.
10. Explain the procedure of waxing hands and legs.
11. List the materials required for waxing.
12. Explain the precautions to be taken during waxing.

13. Explain the procedure of manicure.
14. Explain the procedure of pedicure.
15. Describe nail cutting and grooming techniques.
16. Explain the importance of cleaning hands and feet.
17. Explain hand and foot massage techniques.
18. List the tools and materials used for manicure and pedicure.

19. Explain different facial treatments.
20. Explain herbal cream massage.
21. Explain synthetic cream massage.
22. Describe different types of face masks.
23. Explain home packs and nourishing creams.
24. List the precautions to be followed during facial treatments.

25. Explain straight cut and “U” cut hairstyles.
26. Explain “V” cut and step cut hairstyles.
27. Describe boy cut and baby cut hairstyles.
28. Explain powder and liquid hair dyeing methods.
29. Explain synthetic and herbal hair dyeing.
30. Describe Mehendi and henna treatment procedures.

31. Explain different types of makeup for various occasions.
32. Explain bridal makeup techniques.
33. Explain party makeup for day and night events.
34. Write tips for eye, eyebrow, lips, and cheeks makeup.
35. Explain different beauty aids used in makeup.
36. Describe any five hairstyles including French knot.