



RAJIV GANDHI PROUDYOGIKI VISHWAVIDYALAYA, BHOPAL

Scheme of Studies & Examinations for the THIRD SEMESTER

Implemented from Session: FEB -2026 Scheme – AICTE 2025

NAME OF THE PROGRAMME- BEAUTY CULTURE AND COSMETOLOGY

PAPER CODE/ SUBJECT CODE	COURSE TITLE	THEORY COMPONENT								PRACTICAL COMPONENT						TOTAL CREDIT	GRAND TOTAL OF MARKS
		LECTURE Hrs. Per Week	TERM WORK QUIZ, ASSIG- NMENT	MID TERM TESTS (BEST TWO OUT OF THREE)		THEORY PAPER			THEORY CREDIT	PRACTICAL Hrs. Per Week	CONTIN UOUS EVALU ATION	END OF THE TERM / SEMESTER EVALUATION			PRACTICAL CREDIT		
											LAB. WORK QUIZ, ASSIG- NMENT			PRACTICAL / ORAL EXAMINATION (VIVA)			
				I	II	NO.	MARKS	DURATION (Hrs)						NO.			
7708/301	ANATOMY&PHYSIOLOGY	04	10	10	10	01	70	03	04	04	20	01	30	03	02	06	150
7709/302	BEAUTY CULTURE -I	04	10	10	10	01	70	03	04	06	20	01	30	03	03	07	150
7710/303	COSMETIC CHEMISTRY-I	04	10	10	10	01	70	03	04	06	20	01	30	03	03	07	150
7711/304	YOGA & WELLNESS	04	10	10	10	01	70	03	03	04	20	01	30	03	02	05	150
	TOTAL	16							15	20	80		120		10	25	750

ANATOMY AND PHYSIOLOGY SYLLABUS

Course Objectives

- Help students understand the basic structure and functions of the human body.
- Develop knowledge about body systems and their coordination.
- Introduce microscopic structure and skeletal framework of the body.
- Explain the composition and functions of blood along with clotting mechanism.
- Enable students to understand vital signs such as blood pressure, pulse, and temperature.

Theory Syllabus for Anatomy and Physiology

Unit 1: Advanced Microscopy Techniques

- Introduction to microscopy and its importance.
- Types of microscopes and their uses.
- Structure and functions of microscope parts.
- Preparation and observation of slides.
- Applications of microscopy in anatomy and physiology.

Unit 2: Human Skeletal Organization

- Introduction to skeletal system.
- Types of bones and their functions.
- Axial and appendicular skeleton.
- Joints and movements.
- Importance of skeleton in body support and protection.

Unit 3: Human Organ Systems

- Digestive system and its functions.
- Respiratory system and mechanism of breathing.
- Immune system and body defense mechanisms.
- Nervous system and coordination.
- Reproductive system and menstrual cycle.
- Excretory system and waste removal.

Unit 4: Hematology and Coagulation

- Composition and functions of blood.
- Types and functions of blood cells.
- Blood groups and their importance.
- Mechanism of blood clotting.

- Normal clotting time and its significance.

Unit 5: Clinical Assessment of Vital Signs

- Introduction to vital signs.
- Measurement and importance of blood pressure.
- Pulse rate and its clinical significance.
- Body temperature and methods of measurement.
- Factors affecting vital signs.

Learning Outcomes

- Describe the structure and functions of the human body.
- Identify different bones and body systems.
- Explain the composition and functions of blood.
- Demonstrate knowledge of blood clotting and vital signs.
- Explain the role of immune system in body protection.
- Describe reproductive health and menstrual cycle processes.
- Analyze coordination among various organ systems.
- Demonstrate understanding of clinical importance of vital signs.
- Apply basic anatomical knowledge in laboratory practices.
- Apply anatomical and physiological concepts in healthcare studies.

Suggested Sessional Work

Unit 1: Advanced Microscopy Techniques

- Assignments: Write short notes on types of microscopes.
- Projects: Demonstration and labeling of microscope parts.

Unit 2: Human Skeletal Organization

- Assignments: Draw and label the human skeletal system.
- Projects: Prepare a chart showing different types of bones.

Unit 3: Human Organ Systems

- Assignments: Write functions of major body systems including immune and reproductive systems.
- Projects: Group presentation on immune system, reproductive system, and menstrual cycle.

Unit 4: Hematology and Coagulation

- Assignments: Prepare notes on blood groups and clotting mechanism.
- Projects: Chart preparation on composition of blood.

Unit 5: Clinical Assessment of Vital Signs

- Assignments: Record normal values of vital signs.
- Projects: Demonstration of measuring pulse and blood pressure.

Practical File Topics

- Identification of microscope parts.
- Handling and focusing of microscope.
- Study of human skeletal system.
- Identification of major bones.
- Study of digestive system.
- Study of respiratory system.
- Study of reproductive system and menstrual cycle.
- Study of immune system.
- Identification of blood groups.
- Demonstration of clotting time.
- Measurement of blood pressure.
- Recording pulse rate.
- Measurement of body temperature.

Learning Outcomes

- Interpret basic physiological observations in clinical settings.
- Apply practical knowledge of anatomy during laboratory demonstrations.
- Develop accuracy in recording and analyzing vital parameters.
- Correlate anatomical structures with their physiological functions.
- Use microscope for basic observation.
- Identify important bones and body systems.
- Differentiate components and functions of blood.
- Measure blood pressure, pulse, and temperature correctly.
- Demonstrate basic practical skills related to anatomy and physiology.

References / Suggested Learning Resources

- Chaurasia, B.D., Human Anatomy, CBS Publishers, 2020.
- Guyton, A.C. and Hall, J.E., Textbook of Medical Physiology, Elsevier, 2021.
- Tortora, G.J. and Derrickson, B., Principles of Anatomy and Physiology, Wiley, 2019.
- Jain, A.K., Human Anatomy and Physiology, Arya Publications, 2018.
- Ross and Wilson, Anatomy and Physiology in Health and Illness, Elsevier, 2022.

Websites

- www.innerbody.com
- www.kenhub.com
- teachmeanatomy.info
- medlineplus.gov

BEAUTY CULTURE-I

Course Objectives :-

The course “Beauty Culture” is designed to provide students with fundamental theoretical knowledge and practical skills related to personal grooming, skin care, beauty treatments, nail care, hair removal techniques and Henna designing. The course aims to develop professional competence, creativity, hygiene awareness, and ethical practices required in the beauty and wellness industry.

SYLLABUS:- (Theory)

UNIT-1: Fundamentals of Beauty Culture

- Meaning , definition, and concept of beauty culture.
- History and evolution of beauty culture.
- Importance of beauty culture in ancient and modern times.
- Professional ethics in beauty services.
- Scope and career opportunities in beauty industries.

UNIT-2: Skin wellness and care

- Skin composition and functions.
- Identification and characteristics of different skin types.
- Common skin problems causes, prevention, and cure.
- Selection and application of skin care products(C.T.M.)
- Exfoliation techniques and their benefits.

UNIT-3: Hair Removal and Camouflaging

- Introduction to hair removal and camouflage(bleach).
- Types and procedure of hair removal 96.techniques.
- Tools, equipments, and materials required for hair removal.
- Differences between epilation, depilation, and camouflaging techniques.
- Benefits, safety measures, and precautions during treatments.

UNIT – 4 : Manicure, Pedicure, and Nail Care

- Meaning and definition of manicure and pedicure.
- Different types of manicure and pedicure.
- Procedure of plain manicure and pedicure.
- Introduction to nail art and nail polish applications.
- Tools, products, and materials used.
- Benefits, hygiene practices, and precautions.

UNIT-5: Henna designing

- Introduction of Henna and basic designing
- Types of Henna (natural and chemical)
- Tools and materials used in Henna making and its application.
- After-care and colour Henna enhancement tips.
- Benefits and precautions during Henna application.

Learning Outcomes (All Units).

After successful completion of all the units, learners will be able to:

- Explain the meaning, importance, and scope of beauty culture.
- Describe the structure, functions, and types of skin.
- Identify common skin problems and suggest basic care methods.
- Apply proper cleansing, toning, moisturizing.
- Perform exfoliation techniques.
- Differentiate between epilation, depilation, and camouflaging techniques.
- Perform basic hair removal procedures with safety precautions.
- Demonstrate plain manicure and pedicure procedures professionally.
- Apply nail polish and create simple nail art designs.
- Create basic henna design using suitable techniques and materials.

Suggested Sessional Works:-

Students are required to perform the following seasonal activities during the course:

- Charts related to skin structure and skin types.
- Identify different beauty tools and cosmetic products.
- Description of cleansing, toning, and moisturizing techniques.
- Define exfoliation and basic skin care routine.
- Explanation of waxing and other hair removal methods.
- Demonstrate camouflaging techniques(bleach).
- Description of manicure and pedicure kits.

- Explain nail polishing and simple nail art techniques.
- Drawing and describing various henna patterns.
- Maintenance of practical files and observation notebooks.

Practical Topics :-

- Identification of skin types.
- Cleansing, toning, moisturizing.
- Exfoliation techniques.
- Demonstration of epilation, depilation.
- Camouflaging technique(bleach).
- Manicure and pedicure procedure.
- Nail art designs and Nail polish application.
- Elementary henna cone preparation and its application.
- Preparation of beauty tools and materials.
- Safety measures to be taken during procedure and application.
- Colour enhancement and after-care techniques of Henna.

Learning Outcomes of Practical Work:-

After completing the practical work, students will be able to:

- Perform basic beauty care procedure confidently and safely.
- Identify suitable products according to skin type and treatment.
- Use beauty tools and materials correctly.
- Demonstrate proper waxing and hair removal techniques.

- Conduct manicure and pedicure services professionally.
- Apply nail polish and create basic nail art designs neatly.
- Prepare and apply henna designs with proper finishing.
- Maintain hygiene, and safety standards during practical work.
- Communicate professionally with clients.
- Develop confidence for employment and self-employment in beauty service

References:-

- Milady Standard Cosmetology–Milady Publishingp
- Beauty Therapy: The Foundations–Lorraine Nordmann
- Basics of Beauty Therapy–Shalini Wadhwa
- Professional Beauty Therapy–Vishal Goyal
- Fundamentals of Cosmetology–Dr. Deepak Arora
- Hair, Skin and Beauty Care–Anita Sharma
- Modern Beauty Culture and Cosmetology –K.K. Sharma

Websites :-

- www.nsdcindia.org
- www.bwssc.in
- www.msde.gov.in
- www.healthline.com
- www.webmd.com/beauty/default.htm
- www.nhp.gov.in

Course Title : Cosmetic Chemistry – I

Course Objectives :-

Cosmetic chemistry focuses on the study, formulation, and the development of beauty, skincare and hair care products using scientific and natural ingredients for preparing effective and skin friendly products. It also helps learners to gain knowledge about product stability, hygiene, preservation, storage and quality control. Cosmetic Chemistry ensures that products are suitable for different skin and hair type while maintaining safety, professional standards, and modern beauty trends. This subject also develops practical skills for preparing cleansers, creams, lotions, serums, masks and other cosmetic formulations in a safe and professional manner.

Syllabus of Cosmetic Chemistry – I (Theory)

Unit : Introduction to Cosmetic Chemistry

- History and evolution of cosmetic chemistry.
- Classification of cosmetics and their importance.
- Scope of cosmetic chemistry in the beauty industries.
- Equipments for cosmetic manufacturing.
- Methods for cosmetic manufacturing.

Unit : 2 Skin Care Products

*** Introduction, Composition, Manufacturing & Functions of the following :**

- Face wash, cleanser, scrub, toner and moisturizer.
- Herbal skin care products.
- Cosmetic creams according to skin.
- Preservatives used in cosmetics.
- Hygiene and safety during manufacturing of cosmetics.

Unit : 3 Cosmetics used in Manicure & Pedicure

*** Introduction, Composition, Manufacturing and Applications of the following :**

- Cosmetic for manicure & pedicure.
- Nail polish, base coat, top coat and remover.
- Cuticle cream, cuticle oil and nail care products.
- Nail cream & foot moisturizer, massage cream, lotion and heel repair cream.
- Foot stock, foot cream and foot care products.

Unit : 4 Cosmetics for face masks and face packs.

- Introduction, composition and importance of face mask and face pack.
- Classification of face masks and face packs based on ingredients and functions (skin types).
- Preparation of face masks & face packs in proper way.
- Difference between face masks and face packs.
- Role of face pack and face masks for improving natural beauty.

Unit : 5 Cosmetic for Facial Make-up

- Introduction of facial Make-up (meaning, importance & types).
- Primer & foundation (Types, shade selection & uses)
- Face powder/ compact powder (types, uses & manufacturing)
- Methods of preparing eyeshadow, liner, kajal & mascara.
- Basic ingredients used in make-up products.

COURSE OUTCOMES :

- Understanding the concept and scope of cosmetics.
- Demonstrating the knowledge of cosmetic ingredients, preservatives and their functions.
- Acknowledgement of natural and modern skin care products and their uses.
- Applying suitable skin care products according to skin types.
- Recognizing the cosmetic products used in manicure and pedicure.
- Explaining the nail care and cosmetic application techniques.
- Examining different types of face masks and face packs.
- Describing ingredients and preparation methods of cosmetics.
- Classifying different coloured cosmetics and facial make-up concept.
- Analyzing the benefits and uses of different cosmetic formulations.

Suggested Sessional Works :

- Preparation of charts/ models related to cosmetic ingredients and formulations.
- Assignment on classification and functions of cosmetics.
- Collection and identification of natural and modern skin care products.
- Explanation and listing of preservatives.
- Identification and listing of manicure & pedicure cosmetic products.
- Record writing on hygiene and grooming practices.
- Preparation of charts related to face masks and face packs.
- Evaluation of moisturizing creams available in the market.
- Classifying different types of cream such as OW/ and W/O cream.
- Formulation and evaluation of herbal face scrub.

Practical Syllabus :

- Operation of tools & equipments used in cosmetic chemistry.
- Skin grooming products formulations.

- Making different types of cream.
- Preparation of nail Polish and nail polish remover.
- Making of natural and herbal face scrub and face packs.
- Manufacturing of peel-off mask formulations.
- Kajal and eyeliner manufacturing procedure.
- Formulation techniques for different types of power.
- Manufacturing of range (Blush).
- Cosmetic hygiene and safety precautions.

Practical Outcomes :

- To develop professional skills and competence for career in beauty & cosmetology.
- To apply hygiene and safety practices during cosmetic preparation and applications.
- To formulate simple herbal cosmetic formulations for skin care.
- To demonstrate basic techniques of skin care.
- To design beauty care routine using cosmetic and herbal products.
- To evaluate the effectiveness of cosmetic products and procedures.

- To analyze the ingredients and functions of cosmetic formulations.
- To demonstrate the use of cosmetic equipments correctly and safely.
- To apply cosmetic chemistry knowledge in practical work.
- To identify different cosmetic ingredients and their role in beauty and skin care.

Reference Books :

- Begging cosmetic chemistry – Perry Romanewski.
- Harry's cosmeticology – Meyer R. Rosen.
- Hand book of cosmetic science & technology – Andre O Barel.
- Introduction to cosmetic formulation & technology – Gabriella Baki.
- A textbook of cosmetic science – Ruchi Tiwari.
- Organic Chemistry of cosmetic ingredients – Karl Laden
- Principles of cosmetic for the dermatologist - Alchrone & Michalany.

Websites :

- chemistscorner.com
- chemical-publishing.com
- routledge.com
- books.google.com
- shaswatpublication.com
- specialchem.com
- pubmed.com

Course Title : Yoga and Wellness

Course Objectives :

- Develop fundamental understanding of yoga & wellness concept among students.
- Introduce them to modern yogik practices including facial yoga in a practical and meaningful way.
- Improve physical fitness, body posture and overall body awareness.
- Enhance facial muscle tone and natural beauty through appropriate techniques.
- Encourage the adoption of a healthy life style and self care habits along with promoting mental relaxation.

Syllabus of Yoga & Wellness (Theory)

Unit – I

Introduction to Yoga and Wellness

- Meaning and definition of yoga and wellness.
- History and evolution of yoga and wellness.
- Yoga and its types.

- Yoga and wellness for personal and social well being.
- Importance of yoga and wellness in modern life.

Unit – II

Facial Yoga and Wellness Techniques

- Introduction and concept of face yoga techniques.
- Types of facial yoga.
- Natural beauty enhancement through facial yoga.
- Proper hygiene and preparation for facial yoga.
- Post practice care and avoiding common face yoga mistakes.

Unit – III

Yoga Mudras

- Introduction & importance of yoga mudra and methods.
- Types of yoga mudras (Hand mudra, facial mudra, healing mudra, anti ageing mudra).
- Yoga mudras for improving beauty and healthy skin.
- Yoga mudras and their working in the human body.
- Working principle of yoga mudra.

Unit – IV

Yoga for Health, beauty and wellness

- Yoga for healthy skin and natural beauty.
- Healthy hair and scalp care with holistic yoga techniques.
- Weight management and body fitness through yoga practices.
- Nutrition & wellness for healthy skin and hair.
- Healthy lifestyle for physical and mental wellness.

Unit – V

Modern Trends in Wellness

- Healthy lifestyle management.
- Digital wellness and digital detox.
- Effects of excessive screen time and their prevention.
- Workplace yoga and wellness.
- Sleep wellness and relaxation practices.

Theory Outcomes :

- Describing Yoga & it's type.
- Understanding yoga and Wellness.
- Developing healthy lifestyle habits.
- Classifying mudras techniques for relaxation.
- Applying yoga practices for improvement of hair & scalp.
- Developing better relationships, communication and emotional control.
- Understanding body, mind, and emotions better.
- Developing positive thinking, patience, and self-awareness.
- Improving overall happiness, health, and life satisfaction.
- Applying knowledge of digital detox exercises for healthy life.

Suggested Sessional Work :

- Practice record of facial yoga exercise.
- Preparation of wellness routine chart.
- Observation of healthy lifestyle habits.
- Maintaining screen time management activity record.
- Study of facial muscle relaxation techniques.
- Practice of healthy routine management activities.

- Study of healthy lifestyle habits through yoga.
- Practice of digital detox wellness activities.
- Preparation of charts/ models related to Yoga mudras.
- Making posters or charts on different types of Yoga.

Practical Syllabus :

- Practice flexibility and body balance exercises.
- Practice facial muscle toning exercises.
- Practicing facial massage techniques using facial yoga tools.
- Facial mudra exercises for skin wellness.
- Practicing eye relaxation exercises for screen fatigue.
- Practicing screen time wellness activities through yoga.
- Practicing yoga for weight management.
- Practicing calming yoga exercises for healthy sleep.
- Performing Anti ageing face yoga techniques.
- Applying yogic practices to maintain overall health and wellness.

Practical Outcomes :

- Improving focus, learning ability & memory power.
- Developing discipline, patience and positive thinking.

- Building beauty & wellness through regular face yoga.
- Designing simple digital detox routine for reducing screen stress.
- Operating yoga practices for improving hair and scalp.
- Building awareness about balanced digital wellness activity.
- Applying digital detox exercises for balancing mental & physical wellness.
- Constructing daily wellness schedule for healthy digital management.
- Maintaining physical, mental & social well being.
- Demonstrating screen free relaxation activities effectively.

References/suggested learning resources:

- The beauty of yoga – by jacine harrington.
- The women's book of yoga and healthy – by Linda sparowe and Patricia welden.
- Yoga and holistic health – by Swami Rama.
- The heart of Yoga – by T.K.V. desikachar.
- Yoga for Wellness – Gary Kraftsow
- Patanjali Yoga Sutras – Patanjali

Websites:

- ayush.gov.in
- yogajournal.com
- yogamdniy.nic.in
- yogacertificationboard.nic.in
- biharyoga.net