

## COMMUNICATION SKILLS IN ENGLISH

### CODE BC 101

CA 101/CD 101/ ID 101/ TD 101

L	T	P
1	–	2

### RATIONALE

The students seeking admission to the diploma courses do not have the required proficiency in English. It has, therefore, been decided to introduce English and Communication Techniques to help them attain proficiency in the subject.

### CONTENTS

		L
1.	Narration, Voice, Basic Sentence Patterns. (Nine basic sentence patterns)	5
2.	Transformation of Sentences, Determiners, Preposition. (a) Interchange of degree of comparison (b) Interchange of Affirmative and negative sentences (c) Interchange of Interrogative and Assertive sentences (d) Interchange of Exclamatory and Assertive sentences	7
3.	Tenses, Common errors (Noun, Pronoun, Articles, Adverb, Punctuation, Preposition etc.)	7
4.	Modals in Conversational Usage and punctuation:  <b>Modals:</b> Can, Could, Should, Will, Would, May, Might, Must, Need not, Dare not, ought to, Used to.  <b>Punctuation:</b> Full stop, Comma, Question mark, Exclamation mark, Inverted Commas, Capital letters	4
5.	Composition - 1. Unseen Passage, Précis Writing	2
6.	Letter Writing, and Report Writing	3
7.	Essay Writing - Essays on general topics and topics related to environmental problems.	2

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### PRACTICALS

We envisage two successive stages for attaining skill in communication ability;

1. Listening
2. Speaking

We can club them together as shown above.

- |    |                   |   |          |
|----|-------------------|---|----------|
| 1. | <b>Listening:</b> |   | <b>P</b> |
|    | 1.1               | For improving listening skills the following steps are recommended, | <b>6</b> |
|    | 1.1.1             | Listen to Prerecorded Tapes   |          |

1.1.2	Reproduce Vocally what has been heard	
1.1.3	Reproduce in Written form	
1.1.4	Summarise the text heard	
1.1.5	Suggest Substitution of Words and Sentences	
1.1.6	Answer Questions related to the taped text	
1.1.7	Summarise in Writing	
<b>2.</b>	<b>Speaking:</b>	<b>6</b>
2.1	Introducing English consonant-sounds and vowel-sounds.	
2.1.1	Remedial exercises where necessary	
2.2	Knowing Word stress	
	Shifting word stress in poly-syllabic words	
	[ For pronunciation practice read aloud a para or page regularly while others monitor]	
<b>3.</b>	<b>Vocabulary:</b>	<b>10</b>
3.1	Synonyms. Homonyms. Antonyms and Homophones	
3.2	Words often confused, as for example,	
	[I-me; your-yours; its-it's; comprehensible-comprehensive; complement-compliment]	
3.3	Context-based meanings of the words, for example,	
3.3.1	man[N] man[vb]; step[N] ,step[vb]	
3.3.2	conflict _____ Israel Palestinian conflict	
	Emotional conflict,	
	Ideas conflict	
3.3.3	learn _____ I learn at this school	
	I learnt from the morning news	
<b>4.</b>	<b>Delivering Short Discourses:</b>	<b>15</b>
4.1.	About oneself	
4.2	Describing a Place, Person, Object	
4.3	Describing a Picture, Photo.	
<b>5.</b>	<b>Group Discussion :</b>	<b>15</b>
5.1	Developing skill to initiate a discussion [How to open]	
5.2	Snatching initiative from others [Watch for weak points, etc.]	
<b>6.</b>	<b>Expand a topic-sentence into 4-5 sentence narrative.</b>	<b>8</b>

**Note:**

1. The Medium of teaching and examination will be English.
2. The Question on Essay Writing (Unit-7) will be compulsory.  
The student will have to attempt one essay out of two, touching upon given points .
3. At least on question will be set from each unit.
4. No theory question will be set from syllabus of practicals.

**REFERENCE BOOKS:**

- |   |  |
|---|--|
| 1. Intermediate English Grammar                         | Raymond Murphy,<br>Pub: Foundation Books,<br>New Delhi |
| 2. Eng. Grammar, usage & Composition                    | Tickoo & Subramanian<br>Pub: S.Chand and Co.           |
| 3. A Practical Eng. Grammar<br>(and its Exercise Books) | Thomson and Martinet.<br>Pub : ELBS                    |
| 4. High School English Grammar<br>and Composition       | Wren & Martin.   |

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## COMPUTER APPLICATIONS

BC102/CA 102/CD 102/ ID 102/ TD 102

<b>L</b>	<b>T</b>	<b>P</b>
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### RATIONALE

Use of Computer is increasing for precise and speedy work so it is useful to provide computer knowledge to the students. The course content is designed to give an overview and understand working of computer components and Operating System. The course provides knowledge of internet, email, web browsing and E-commerce. The course also focuses on basic application Software MS-Office.

The student will be able to appreciate the role of Computer Technology, more specifically computer hardware, software and its application in the present social and economic scenario.

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### 1. Introduction

6

- 1.1 Characteristics of Computers
- 1.2 Application of Computer
- 1.3 Component of Computer
  - 1.3.1 Block Diagram of Computer
  - 1.3.2 ALU and CU
  - 1.3.3 Input Device: Keyboard, Mouse, Joystick, Scanner, Optical Mark Reader, Bar-code Reader, Magnetic Ink Character Reader, Web Camera
  - 1.3.4 Output Device: Monitor, Impact printer –Dot Matrix and Drum, Non Impact Printer: Laser and Inkjet Plotter
  - 1.3.5 Memory Organization, Primary Memory, Secondary Memory
- 1.4 Languages and Translators
  - 1.4.1 Low Level and High Level Language
  - 1.4.2 Compiler and Interpreter

### 2. Operating System

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- 2.1 Concept of Operating System
- 2.2 Functions of Operating System
- 2.3 Relationship between Hardware and Software
- 2.4 Software
  - 2.4.1 System Software
  - 2.4.2 Application Software
- 2.5 Creating Folder and Shortcut
- 2.6 System Tool: Disk cleanup, Disk Fragmentation, System Restore
- 2.7 Control Panel: Adding new hardware and software, Display, Adding new font, User account management
- 2.8 Accessories: Calculator, Notepad, Paint, WordPad, Snipping Tool

<b>3. Computer Network</b>	<b>6</b>
3.1 Need of networks	
3.2 Data Transmission Media: Twisted pair, Coaxial, Optical Fiber, Satellite transmission	
3.3 Types of Network-LAN, WAN, MAN	
3.4 Topologies of LAN - Ring, Bus, Star, Mesh and Tree	
3.5 Digital and Analog Transmission	
3.6 Serial and Parallel data transfer	
3.7 Modem - Working and characteristics	
<b>4. Internet</b>	<b>8</b>
4.1 Introduction to Internet and Intranet	
4.2 Internet Service Provider.	
4.3 URL and DNS	
4.4 Web Brower and its functions, Web Page, Search Engines	
4.5 Protocol: Basic of http, https, FTP, SMTP, POP	
4.6 Basic of E-mail:	
4.6.1 E-mail Service Provider	
4.6.2 Composing E-mail	
4.6.3 Mailing List	
4.6.4 Creating Label	
4.6.5 Signature	
4.6.6 Spam	
<b>5. Word Processing</b>	<b>8</b>
5.1 Introduction to MS Word	
5.2 Opening, saving in different format and Printing Document.	
5.3 Copy, Paste, Find and Replace, Go to, Redo Undo, Change Case, Spell Check	
5.4 Creating and Formatting Tables	
5.5 Inserting Clipart, Hyperlink, Symbol	
5.6 Character and Paragraph Formatting	
5.7 Page Formatting: Header Footer, Page break, Watermark	
5.8 Mail merge	
<b>6. Power Point Presentation</b>	<b>7</b>
6.1 Introduction to Power Point	
6.2 Creating, Opening, Saving presentations and Printing: Slides ,Handout	
6.3 Slide Layout, Presentation Views	
6.4 Insert Sound, Smart Art, Chart	
6.5 Design Presentation using Animation and Custom Animation	

## 6.6 Running and Controlling a Slide Show

## 7. Spreadsheet 12

- 7.1 Introduction to Spreadsheet
- 7.2 Creating, Saving and Editing a Workbook.
- 7.3 Inserting, Deleting Work Sheets and Printing worksheet
- 7.4 Copying and Moving data from selected cells
- 7.5 Formatting cells: changing data alignment, different number formats, changing font, adding borders and colors
- 7.6 Sorting and Filtering
- 7.7 Working with Formulas: Mathematical, Logical, Text
- 7.8 Charts and Graphs

## 8. E-Commerce and Security 7

- 8.1 Introduction to E-Commerce
- 8.2 Type of E-Commerce
- 8.3 Advantage and Disadvantage of E-Commerce
- 8.4 Payment Gateway
- 8.5 Definition of Virus, Malware, Trojan Horse
- 8.6 Scanning & Removing Virus using Antivirus Program

## PRACTICALS

- 1. Study of Computer Components. 3
- 2. Practice of using My Computer, creating, deleting folders and shortcuts. 3
- 3. Practice on Paint, WordPad, Notepad, Calculator and Snipping tool. 3
- 4. Practice on System Tools-Disk Cleanup, Disk Fragmenter, System Restore. 3
- 5. Practice on Control Panel. 3
- 6. Study of different types of Networks and Network Topologies. 3
- 7. Visit to different Internet Sites. 3
- 8. Content Searching using Search Engines. 3
- 9. Creating E-mail accounts, Composing and Sending E-mail. 3
- 10. Sending E-mail with attachments and signature. 3
- 11. Exercise on MS-WORD: 21
  - 11.1 Starting MS-Word, Creating, Saving and Opening documents
  - 11.2 Editing Documents-Cut, Copy, Paste, Undo, Redo, Copying one document to other, Change Case, Go to
  - 11.3 Character and Paragraph Formatting, Numbering and Bullets
  - 11.4 Page Formatting, Header and Footer, Page Break, Watermark
  - 11.5 Spell Check, Find and Replace, Inserting Pictures and Clip-arts

11.6	Print Preview and Printing documents	
11.7	Working with Tables	
11.8	Creating Hyperlink	
11.9	Saving documents in different formats- PDF, XPS, Web page	
11.10	Mail-Merge.	
12.	Exercise on MS-PowerPoint:	15
12.1	Starting MS-PowerPoint, Creating, Saving and Opening presentations	.
12.2	Adding animation in slides	
12.3	Running a Slide Show	
12.4	Printing Slides and Handouts	
12.5	Designing Custom animation	
13.	Exercise on MS-EXCEL:	21
13.1	Starting MS-Excel, Creating, Saving and Opening worksheet.	
13.2	Editing Worksheet.	
13.3	Formatting Cells- Font, Number Formats Alignment and Borders.	
13.4	Implementing Mathematical, Logical and Text Formulas.	
13.5	Charts and Graphs.	
13.6	Sorting and Filtering.	
13.7	Printing Workbooks.	
14.	Study of E-Commerce and Payment Gateways.	3
<b>REFERENCE BOOKS :</b>		
1	Computer Fundamentals	P.K. Sinha and P. Sinha, BPB publication.
2.	Microsoft office for 2016	Amy Kinser Pearson education.
3.	Data Communications and Networking	Forouzan TMH

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## PERSONALITY GROOMING

**CODE BC 103**

<b>L</b>	<b>T</b>	<b>P</b>
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### RATIONALE

The students seeking admission to the diploma of Beauty Culture must have knowledge of Personality Development., which can help them in improving the personality of a person. The personality of a person plays an important role in creating effective impression on others.

### CONTENTS

		<b>L</b>	<b>T</b>
<b>1.</b>	<b>Personality and Importance of Grooming</b>	<b>3</b>	<b>3</b>
	1.1 Definition.		
	1.2 Characteristics of Impressive Personality		
	1.3 Self Analysis		
	1.4 Self Strength and Weakness		
<b>2.</b>	<b>Basics of good Grooming :</b>	<b>3</b>	<b>3</b>
	2.1 Personal Hygiene		
	2.2 Oral Hygiene		
	2.3 Upkeep of Skin,,Hair and nails		
<b>3.</b>	<b>Traits of Personality :</b>	<b>6</b>	<b>6</b>
	3.1 Setting Goals		
	3.2 Good Manners		
	3.3 Posture : Improving Poise.		
	3.4 Gesture		
	3.5. Smart Time Management		
	3.6 Record keeping		
<b>4.</b>	<b>Communication Skills:</b>	<b>6</b>	<b>6</b>
	4.1 Effective Speaking		
	4.2 Professional Ethics		
	4.3 Client Communication.		
	4.4 Telephonic Etiquettes		
	4.5 Barriers of communication and how to overcome		
	4.6 Resume making and interview skills		
<b>5.</b>	<b>Wardrobe Planning :</b>	<b>3</b>	<b>3</b>
	5.1 Selection of Clothing		
	5.2 Attractive Clothing as per Body shape.		
	5.3 Care of Clothes.		
	5.4 Accessories.		
<b>6</b>	<b>Social Media</b>	<b>3</b>	<b>3</b>
	6.1 Networking		
	6.2 Marketing for Business		
	6.3 Promoting myself on social media		

7

**Interaction**

- 7.1 Mock Sessions
- 7.2 Personality Games
- 7.3 Group Discussions
- 7.4 SWOT Analysis

6 6

**REFERENCE BOOKS :**

- 1. Personality development and soft skills :
- 2. The Personality development Book:

Barun K. Mitra  
Sourav Das

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**ANATOMY & PHYSIOLOGY****CODE BC 104****L T P**  
2 1 --**RATIONALE**

The students seeking admission to the Beauty Culture diploma course must have knowledge of Anatomy and Physiology of human body because most of the subjects in this diploma require such background knowledge.

**CONTENTS**

	<b>L</b>	<b>T</b>
<b>1. Introduction to Anatomy and Physiology :</b>	<b>10</b>	<b>5</b>
1.1 Basic Cell and Elementary Tissues		
1.2 Elementary knowledge of various Systems of the Body		
<b>2. Anatomy and Physiology of following systems relevant to beauty culture field:</b>	<b>15</b>	<b>7</b>
2.1 Muscular System		
2.2 Skeletal system		
2.3 Reproductive System		
<b>3. Anatomy and Physiology of following systems relevant to beauty culture field</b>	<b>15</b>	<b>8</b>
3.1 Cutaneous (skin,,hair and nail)		
3.2 Lymph		
3.3 Motor nerve points of human body		
<b>4. Elementary knowledge of following systems (Physiology):</b>	<b>20</b>	<b>10</b>
4.1 Digestive system		
4.2 Circulatory system		
4.3 Respiratory system		
4.4 Excretory system		
4.5 Endocrine system		

**REFERENCE BOOKS :**

- |                                   |               |
|-----------------------------------|---------------|
| 1. Sharir Aur Sharir Kriya Vigyan | Evelyn Pearce |
| 2. Sharir Kriya Vigyan            | Pramila Verma |

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## DIETETICS

CODE BC 105

<b>L</b>	<b>T</b>	<b>P</b>
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### RATIONALE

The students seeking admission to the diploma of Beauty Culture must have thorough knowledge of elements of food and nutrition, as nutrition is the internal base of beauty. Healthy food makes one slim and smart and makes the body and hair healthy.

### CONTENTS

		<b>L</b>	<b>T</b>	<b>P</b>
<b>1.</b>	<b>Definition of Dietetics.</b>	<b>20</b>	<b>10</b>	
1.1	Food Nutrition and Health			
1.2	Basic Ingredients of Normal Diet			
1.3	Basic study of following (Metabolism not included)			
1.3.1	Protein			
1.3.2	Carbohydrates			
1.3.3	Fats			
1.3.4	Mineral Salt			
1.3.5	Vitamins			
1.3.6	Water			
1.4	Study of Food Groups.			
<b>2.</b>	<b>Beauty Diet :</b>	<b>10</b>	<b>05</b>	
2.1	Diet to lose weight			
2.2	Diet to gain weight			
2.3	Weight management diet(after weight loss)			
2.4	Diet to Maintain Normal Health and Weight.			
2.5	Therapeutic Diet (Fever, diabetes and B.P )			
<b>3.</b>	<b>Definition of a Calorie :</b>	<b>04</b>	<b>02</b>	
3.1	Definition			
3.2	Calculation of diet in terms of Calories			
3.3	Calorie needs for different Age Groups			
<b>4.</b>	<b>Diet planning :</b>	<b>20</b>	<b>10</b>	
4.1	Vegetarian			
4.2	Non - vegetarian			
4.3	Vegan			
4.4	Diet for Reducing or Putting on Weight			
4.5	Diet to be taken During Summer, Winter and Rainy Season.			
4.6	Preparing Diet charts for different age groups			
<b>5.</b>	<b>Balanced Diet :</b>	<b>06</b>	<b>03</b>	
5.1	Definition and Need			
5.2	Balance Diet for a Client in terms of Cost			
5.3	Effect of Food on Various Systems of the Human Body			
5.4	Cooking methods to prevent destruction of nutrients.			
	<b>Note: In Theory Examination Calorie chart should be Provided with Question Paper.</b>			

### REFERENCE BOOKS :

- |                                    |                 |
|------------------------------------|-----------------|
| 1. Hand book of food and Nutrition | M. Swaminathan. |
|                                    | * * * * *       |

**BEAUTY THERAPY – I****CODE BC 106**

<b>L</b>	<b>T</b>	<b>P</b>
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**RATIONALE**

The students seeking admission to the diploma of Beauty Culture must be well versed with knowledge and practical of Beauty Therapy as this particular subject gives maximum standing for professionalism in this field.

**CONTENTS**

<b>1.</b>	<b>Skin Care :</b>	<b>10</b>
1.1	Analysis and Skin Types	
1.2	Daily Skin Care Regime	
1.3	Basic Kit for Beauty services	
1.4	Brands available in Markets	
<b>2.</b>	<b>Manicure and Pedicure :</b>	<b>45</b>
2.1	Introduction	
2.2	Types	
	2.2.1 Plain	
	2.2.2 French	
	2.2.3 Hot Oil	
	2.2.4 Paraffin Wax	
2.3	Nail Art	
	2.3.1 Nail enamel application	
	2.3.2 Different kinds of additions on nail	
	2.3.3 Gel polish application and removal	
	2.3.4 Gel and acrylic extenstions	
<b>3.</b>	<b>Superflous Hair Removal :</b>	<b>21</b>
3.1	Definition	
3.2	Epilation and Depilation Techniques	
3.3	Eye brow Shaping by different methods	
	3.3.1 Threading	
	3.3.2 Waxing	
3.4	Bleaching	
	3.4.1 Face and Body Bleach (procedure)	
	3.4.2 Working of bleach	
	3.4.3 Types of bleach	
<b>4.</b>	<b>Mehndi and Body Tattoo</b>	<b>30</b>
4.1	Study of different designs	
4.2	Formation of basic Mehndi designs	
4.3	Bridal Mehndi	
4.4	Tattoo by different means	

<b>5.</b>	<b>Make-up :</b>	<b>44</b>
5.1	Study of different Cosmetics	
5.2	Tools of Makeup	
5.3	Basic Makeup Techniques	
5.3.1	Day Makeup	
5.3.2	Evening Makeup	
5.3.3	Corrective Makeup	
5.3.4	Party Makeup	
<b>6.</b>	<b>Face and Body Massage :</b>	<b>60</b>
6.1	Basic Massage manipulations	
6.2	Plain Facial	
6.3	Reflexology	
6.4	Body Massage	

**Note :The Essential Theory should be taught during the Practicals.**

**REFERENCE BOOKS :**

- |   |   |               |
|---|---|---------------|
| 1 | Standard Text Book of Cosmetology                                     | Milady staff  |
| 2 | Principles and Practice of Beauty Culture                             | Florence wall |
| 3 | Manual for Skin Care, Cosmetics<br>application and Corrective Make-up | Madame Korner |
| 4 | Beauty Specialist   | Ann Gallant   |

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## HAIR DRESSING – I

CODE BC 107

<b>L</b>	<b>T</b>	<b>P</b>
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### RATIONALE

The students seeking admission to the diploma of Beauty Culture must be well versed with knowledge and practical of hairdressing because hair designing is an important aspect of external beauty. Since ages, crowning glory is the subject of admiration.

### CONTENTS

<b>1.</b>	<b>Foundation of Hair Dressing:</b>	<b>10</b>
	1.1 Study of profile	
	1.2 Hair analysis	
	1.3 Facial Shapes	
	1.4 Kit for hair styling and cutting	
	1.5 Counselling with customers	
<b>2</b>	<b>Hair cutting and Shaping</b>	<b>50</b>
	2.1 Sectioning and Pattern making	
	2.2 Guide lines for Hair-cut	
	2.3 Preparing client for a hair cut	
	2.4 Geometry of haircutting	
	2.5 Hair cuts	
	2.5.1 Blunt	
	2.5.2 Layer	
	2.5.3 Variations of blunt and layer cut by use of different implements	
<b>3</b>	<b>Hair Care</b>	<b>20</b>
	3.1 Products of different brands	
	3.2 Shampooing , conditioning and rinsing	
	3.3 Types of shampoo ,conditioner, mask and serum	
<b>4.</b>	<b>Wet Hair Styling</b>	<b>30</b>
	4.1 Product knowledge	
	4.2 Roller Setting	
	4.2.1 On base	
	4.2.2 Half base	
	4.2.3 Off base	
	4.2.4 Ringlet	
	4.2.5 Spiral	
	4.3 Pin curls	
	4.4 Finger waving	
	4.5 Scrunching	
	4.6 Comb out techniques	
	4.6.1 Back Combing and smoothing	
	4.6.2 Product knowledge	
<b>5.</b>	<b>Thermal Hairstyling</b>	<b>30</b>
	5.1 Types of thermal machines	
	5.2 Blow drying (in and out , soft and hard)	
	5.3 Hair pressing ( Straight and curl )	

5.4	Curling Iron (soft and hard )	
5.5	Hot rollers ( diameter )	
5.6	Crimper (designs )	
<b>6</b>	<b>Hair Styling</b>	<b>45</b>
6.1	Description of different types of Hair Styles according to Built, Age, and Occasion	
6.2	Braids	
6.3	Buns	
6.4	Twists	
6.5	Messy hair styles	
6.6	Rolls and Shells	
6.7	Retro Hair styles	
6.8	3-D Hair styles	
<b>8</b>	<b>Scalp Massage</b>	<b>25</b>
8.1	Massage manipulations	
8.2	Oil Massage	
8.3	Hair spa	

**Note :The Essential Theory should be taught during the Practicals.**

**REFERENCE BOOKS :**

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|---|----------------------------------|-------------------|
| 1 | Standard Textbook of Cosmetology | Milady staff.     |
| 2 | The Art of Modern Hair Styling   | Anthony Collethi. |

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**BODY PERFECTION & YOGA - I****CODE BC 108**

<b>L</b>	<b>T</b>	<b>P</b>
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**RATIONALE**

The students seeking admission to the diploma of Beauty Culture must have knowledge of different kinds of exercises as these plays an important part in maintaining a beautiful body and mind. This subject is demand of the day.

**CONTENTS**

<b>1.</b>	<b>Introduction to Yoga :</b>	<b>10</b>
1.1	Advantages of Yoga	
1.2	Limbs of Yoga	
1.3	Importance in Modern Living	
1.4	Definition of Asana	
1.5	Points to remember while doing Yogic Exercises.	
<b>2.</b>	<b>Yogic Suksham Vyayam or Light Yogic Exercises :</b>	<b>30</b>
2.1	Methods and Benefits of Yogic Suksham Vyayam	
2.2	Navel displacement	
2.2.1	Testing the displaced Navel	
2.2.2	Self treatment for the displaced Navel	
2.2.3	Asanas to correct displaced navel	
<b>3.</b>	<b>Yogic Asana :</b>	<b>40</b>
3.1	Padmasana	3.9 Makarasana
3.2	Sarpasana	3.10 Tarasana
3.3	Shalabhasana	3.11 Shavasana
3.4	Dhanurasana	3.12 Mandukasana
3.5	Sarvangasana	3.13 Paschimottanasan Asana
3.6	Gomoukhasana	3.14 Pavan Muktasana
3.7	Sukhasana	3.15 Vajrasana
3.8	Halasana	3.16 Ustrasana
<b>4.</b>	<b>Ashtang Yoga :</b>	<b>40</b>
4.1	Shatkarma	
4.2	Pranayam	
4.3	Mudras	
4.4	Chakra	
<b>5.</b>	<b>Posture for Body Perfection :</b>	<b>30</b>
5.1	The Spine	
5.2	Good Posture	
5.3	Posture Correction	
5.4	Posture Exercise	
5.5	Causes of Bad Posture	
5.6	Correct Standing and Sitting Postures	
5.7	Correct Stooping Techniques	
5.8	Taking Measurements	
5.9	Measurement Chart	
5.9.1	Height and Weight Chart	
5.9.2	Body Mass Index	
5.9.3	Measurement of Body Temperature, Blood Pressure and Pulse rate and	

## 5.9.4 Standard values of Body Temperature, Blood Pressure and Pulse rate of a Healthy person

**6. Active exercises : Aerobics, Zumba and Pilates****60**

- 6.1 Introduction
- 6.2 Exercises for different Parts of the Body with Music
- 6.3 Benefits

**Note :The Essential Theory should be taught during the Practicals.**

**REFERENCE BOOKS :**

- |   |                       |                      |
|---|-----------------------|----------------------|
| 1 | Yogasan Vigyan        | Dhirender Bramchari  |
| 2 | Yogasan and Sadhana   | Dr. Satyapal,        |
|   |                       | Dr. Dholendes Agra   |
| 3 | Yog Dipika.           | B.K.S. Ayyangar.     |
| 4 | Patanjali Yog Pradeep | Swami Umanand Thirth |

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**CODE BC 106 : List of Equipments : (for 20 students)**

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|-----|---------------------------|----|
| 1.  | Dermo scope               | 02 |
| 2.  | Facial Bed                | 03 |
| 3.  | Facial Steamer            | 03 |
| 4.  | Oxylation unit            | 02 |
| 5.  | Peeling machine           | 02 |
| 6.  | Electric Manicure unit    | 02 |
| 7.  | Pedicure Massager station | 02 |
| 8.  | Wax Heater                | 04 |
| 9.  | Vibrator                  | 04 |
| 10. | Geyser                    | 01 |
| 11. | Manicure set              | 03 |
| 12. | Pedicure set              | 03 |

01

**CODE BC 107 : List of Equipments : (for 20 students)**

- |     |                                 |         |
|-----|---------------------------------|---------|
| 1.  | Scissor                         | 06      |
| 2.  | Razor                           | 06      |
| 3.  | Crimping Scissor                | 03      |
| 4.  | Blow Dryer                      | 06      |
| 5.  | Hair Styler                     | 06      |
| 6.  | Hot Rollers                     | 02      |
| 7.  | Electric Heat Cap.              | 01      |
| 8.  | Steamer                         | 01      |
| 9.  | Hood Hair Dryer                 | 01      |
| 10. | Curling Iron ( Diff. Dia)       | 06      |
| 11. | Pressing Comb (Hair straighter) | 02      |
| 12. | Crimper                         | 02      |
| 13. | Hair Dressing Chair             | 06      |
| 14. | Shampoo Basin with Chair        | 02      |
| 15. | Equipment Trolley               | 02      |
| 16. | Neck Tray                       | 02      |
| 17. | Electric Clipper                | 02      |
| 18. | Hair Dummy                      | 06      |
| 19. | Thermal Hair Brush              | 02 set. |

**CODE BC 108 : List of Equipments : (for 20 students)**

1.	Sphygmomanometer (B.P. Instruments)	02
2.	Jelneti lota (pot)	10
3.	Weighing machine	02
4.	Height measuring scale	01
5.	T.V.	01
6.	DVD Player	01
7.	Music System	01
8.	Exercise Mat. 2½ x 5"	20
9.	Dumbles	6 sets.

BC