

**SEMESTER – III**  
**BEAUTY DECODED**  
**GENERIC ELECTIVE**

**Programme: B.Sc.**  
**Course Code: U20/BIC/GE/302**  
**Course Type: GE**  
**No. of credits: 3**

**Max. Hours: 45**  
**Hours per week: 3**  
**Max. Marks: 50**

**Course Objective:**

Aims to help students to learn the art of caring for the body and create awareness about the weight management programs & products.

**Course Outcomes:**

**CO1:** Understand the various causes of skin problems and appropriate skin care routine.

**CO2:** Analyze the hair texture and type for better understanding the effect of external factors on hair health.

**CO3:** Understand the various causes of skin problems and appropriate skin care.

**CO4:** Enable students to improve personal hygiene & Physical fitness.

**MODULE I: SKIN & HAIR CARE****(15 Hrs)**

Anatomy of skin, Skin glands, Types of skin, Skin analysis, Daily skin care - Cleansing, toning, moisturizing. Common skin problems - Acne, Warts, black heads, white heads, freckles, leucoderma, tanning. Skin care in summer (Prickly heat), skin care in winter (Dry skin). Effects of ageing on skin, Premature ageing, cellulite. Effects of hormones on skin. Pollution and dietary effects on skin. Diet for healthy skin.

Anatomy of hair, Hair types, hair texture. Normal/Abnormal hair fall strategies. Common problems in hair care - Dandruff, Baldness, graying of hair, Pediculosis. Effect of pollution & diet on hair. Perming, colouring, straightening of hair. Nutrition supplements for healthy hair.

**MODULE II: BEAUTY PRODUCTS AND TREATMENTS****(15 Hrs)**

Sun screen lotions, Sun Capital, Sun Protection Factor, Moisturisers, Fairness creams, Face packs, bleaching creams, Ant ageing creams. Shampoos Hair conditioners, Hair serum.

Weight Management Programs & Products (lose/ gain). Myths & Facts about Herbal products.

Role of natural anti-oxidants in anti-ageing.

**MODULE III: PHYSICAL FITNESS & PERSONAL HYGIENE****(15 Hrs)**

Importance of Exercise-Yoga, Aerobics, Introduction to Gym equipments.

Hand and Feet hygiene – Nail and Cuticle care. Dental Hygiene – Regular annual cleaning, Flossing.

Body odour – anti perspirants and Deodorants. Basics of First aid.

**Reference Books:**

1. H.Panad-Herbal Cosmetics- Hand Book (2000): Asia Pacific Buisness Press  
ISBN:81-7833-080-6.
2. Parvesh Handa- Speaking of Skin Care (1998): Sterling Publishers Private Ltd  
ISBN-978-81-207-1944-6.
3. Dr. Rashmi Shetty- Age Erase (2014): :Random House India- ISBN: 978-81-8400-516-5.
4. Prof Chakravarthi Srinivas ,Dr Michele Verschoore -Basic Science for Modern  
CosmeticDermatology,Jaypee Brothers Medical Publishers Pvt. Ltd.; 1 edition (2015)  
ISBN-10: 9351523195.

**BEAUTY DECODED**  
**MODEL QUESTION PAPER**

**Course Code: U20/BIC/GE/302**  
**Credits: 2**

**Max Marks: 30**  
**Time: 1 Hr**

**I. Answer any THREE**

**5 x 3 = 15 M**

1. Explain about the common skin problems
2. How do you take care of your skin in summer and winter
3. What are the causes for normal/abnormal hair fall
4. Mention common myths and facts about herbal products
5. List the benefits of yoga

**II. Label the parts in the given diagram**

**5 x 1 = 5 M**

**III. Identify the gym equipment**

**5 x 2 = 10 M**