

FACULTY OF SCIENCES

SYLLABUS

FOR

Bachelor of Vocation (B.Voc.) (BEAUTY & FITNESS) (SEMESTER: I-IV)

Examinations: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester System)

**SCHEME
SEMESTER-I**

QUALIFICATION PACK : Fitness Trainer SPF/Q1102 (NSQF Level-4)

Paper	Paper Title	Theory	Practical	Total Marks
GENERAL EDUCATION COMPONENT				
PAPER-I	Communication Skills in English-I	50	-	50
PAPER-II	Punjabi Compulsory OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ/ OR **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
SKILL COMPONENT				
PAPER-IV	Body Fitness (Theory)	50	-	50
PAPER-V	Body Fitness (Practical)	-	100	100
PAPER-VI	Nutrition For Fitness – I (Theory)	50	-	50
PAPER-VII	Hair & Skin Care- I (Practical)	-	50	50
PAPER-VIII	Fitness Training	-	50	50
Grand Total				400

Training:- Students are to undergo fitness training for 15 days from a reputed trainer/gym and submit the certificate.

Note:

1. *Special Paper in lieu of Punjabi Compulsory.
2. **For those students who are not domicile of Punjab
3. ***This paper marks will not be included in the total marks.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester System)

SEMESTER-II

QUALIFICATION PACK : Physical Activity Trainer (SPF/Q4004) (NSQF Level-4)

Paper	Paper Title	Theory	Practical	Total Marks
GENERAL EDUCATION COMPONENT				
PAPER-I	Communication Skills in English-II	35	15	50
PAPER-II	Punjabi Compulsory OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ/ OR **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
SKILL COMPONENT				
PAPER-IV	Yoga, Asana and Pranayama (Theory)	50	-	50
PAPER-V	Yoga, Asana and Pranayama (Practical)		100	100
PAPER-VI	Nutrition For Fitness – II (Theory)	50	-	50
PAPER-VII	Hair & Skin Care- II (Practical)	-	50	50
PAPER-VIII	Yoga Training	-	50	50
Grand Total				400

Training:- Students are to undergo Yoga training for 15 days and submit the certificate.

Note:

3. *Special Paper in lieu of Punjabi Compulsory.
4. **For those students who are not domicile of Punjab
3. ***This paper marks will not be included in the total marks.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester System)

SEMESTER-III

QUALIFICATION PACK : Assistant Beauty Therapist (BWS/Q101) (NSQF LEVEL – 4)

Paper	Paper Title	Component	Theory	Practical	Lectures Per Week	Project	Total Marks
PAPER-I	Health & Sports	SKILL	50	100	6+6	-	150
PAPER-II	Health & Food Hygiene	SKILL	50	50	6+6	-	100
PAPER-III	Personal Grooming	SKILL	50	50	6+6	-	100
PAPER-IV	Training-III	SKILL	-	-	15 Days	50	50
						Grand Total = 400	

Training:- Students are to undergo Cosmetology training for 15 Days from a reputed Cosmetologist and submit the certificate.

SEMESTER-IV

QUALIFICATION PACK : Beauty Therapist (Version 2) (BWS/Q0102) (NSQF LEVEL – 4)

Paper	Paper Title	Component	Theory	Practical	Lectures Per Week	Project	Total Marks
PAPER-I	*Environmental Studies (Compulsory)	GENERAL	75	25 (Field Study)	4	-	50
PAPER-II	Body Systems	SKILL	50	100	6+6	-	150
PAPER-III	Food Standard & Quality Control	SKILL	50	-	6	-	50
PAPER-IV	Health & Nutrition	SKILL	-	50	6	-	50
PAPER-V	Hair & Scalp	SKILL	50	50	6+6	-	100
PAPER-VI	Training-IV	SKILL	-	-	15 Days	50	50
						Grand Total = 400	

Training:- Students are to undergo Cosmetology training for 15 Days from a reputed Cosmetologist and submit the certificate.

***Note : This paper marks will not be included in the total marks.**

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-I: COMMUNICATION SKILLS IN ENGLISH-I

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

The syllabus is divided in four sections as mentioned below:

Section–A

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

Section–B

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

Section–C

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organising the details in a sequential order

Section–D

Resume, memo, notices etc.; outline and revision.

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਆਤਮ ਅਨਾਤਮ (ਕਵਿਤਾ ਭਾਗ),
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਪ੍ਰਸ਼ਗ ਸਾਹਿਤ ਵਿਆਖਿਆ, ਸਾਰ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 1 ਤੋਂ 6)
(ਨਿਬੰਧ ਦਾ ਸਾਰ, ਲਿਖਣ-ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਪੈਰਾ ਰਚਨਾ
(ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ।

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ਸੁਰ-ਪ੍ਰਥਮ।
(ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ।

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)
Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ
(In lieu of Compulsory Punjabi)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

ਪਾਠ-ਕ੍ਰਮ

ਸੈਕਸ਼ਨ-ਏ

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ)
ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
(ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

ਸੈਕਸ਼ਨ-ਸੀ

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

ਸੈਕਸ਼ਨ-ਡੀ

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-II: Punjab History & Culture (From Earliest Times to C 320)
(Special Paper in lieu of Punjabi compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Physical features of the Punjab and its impact on history.
2. Sources of the ancient history of Punjab

Section B

3. Harappan Civilization: Town planning; social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home and settlements in Punjab.

Section C

5. Social, Religious and Economic life during *Rig* Vedic Age.
6. Social, Religious and Economic life during Later Vedic Age.

Section D

7. Teachings and impact of Buddhism
8. Jainism in the Punjab

Suggested Readings

1. L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma, *Life in Northern India*, Delhi. 1966.
5. Chopra, P.N., Puri, B.N., & Das, M.N.(1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

**Paper-III: Drug Abuse: Problem, Management and Prevention
(COMPULSORY PAPER)**

PROBLEM OF DRUG ABUSE

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A

Meaning of Drug Abuse:

Meaning, Nature and Extent of Drug Abuse in India and Punjab.

Section – B

Consequences of Drug Abuse for:

Individual	:	Education, Employment, Income.
Family	:	Violence.
Society	:	Crime.
Nation	:	Law and Order problem.

Section – C

Management of Drug Abuse:

Medical Management: Medication for treatment and to reduce withdrawal effects.

Section – D

Psychiatric Management: Counselling, Behavioural and Cognitive therapy.

Social Management: Family, Group therapy and Environmental Intervention.

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, "*Punjab's Drug Problem: Contours and Characteristics*", Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-IV : Body Fitness (Theory)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Meaning & Definition:- Health, Physical Education, Physical Training, Physical Fitness, Wellness.
2. Aims & Objectives:- Physical Education and Physical Fitness.
3. Components of Physical Fitness:- Speed, Strength, Endurance, Flexibility and agility.

Section B

4. Meaning of Speed, Factor Affecting Speed, Methods of Developing Speed.
5. Meaning of Strength, Types of Strength, Factor Affecting Strength, Methods of Developing Strength.
6. Meaning of Endurance, Types of Endurance, Factor Affecting Endurance, Methods of Developing Endurance.
7. Meaning of Flexibility, Type of Flexibility, Factor Affecting Flexibility, Methods of Developing Flexibility.

Section C

8. Meaning of Anatomy, Physiology.
9. Meaning of cell, tissue, organs and systems.
10. Skeletal System:- Kinds of Bones, Functions of the Bones.
11. Joints:- Various types of Joints and their Movements.

Section D

12. Meaning of Training Load.
13. Principles of Training Load.
14. Overload Causes and Symptoms of overload.
15. Training Methods:- Weight Training, Circuit Training, Faltlek Training, Plyometric Training and cross country.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

References:-

1. Khan E.A. History of Physical Education Scientific Book Co. Patna-4(1964)
2. Introduction to Physical Education, Exercise Science, and Sport Lumpkin, Angela McGraw-Hill Education
3. Wilmore, J.H., Athletic Training and Physical Fitness, Sydney Allyn and Bacon Inc.,(1977).
4. Guyton, Textbook of Human Anatomy and Physiology.
5. Murugesh, N., Anatomy Physiology and Health Education, Sathiya Publishers, Madurai 1990.
6. Bucher, C.A. Foundations of Physical Education. The C.V. Mosby Co. Saint Louis, U.S.A.,(1992)
7. Wilmore J.H and Costill D.L., Physiology and Sports and Exercise, Human Kinetics, Champaign (1999).
8. Ramachandran, L. And Dharmalingam T. Health Education: A New Approach, Vikas Publishing House New Delhi, 1993.
9. Hardayal Singh, Science of Sports Training, ND: D.A.V. Pub., 1993.
10. Herre, D., Principals of Sports Training, London: Grafion Book, 1982.
11. Willmore, J.H. Athletic Training & Physical Fitness. Allyn and Bacon, Inc. Sydney, 19
12. Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide To total Fitness. Little Brown Company, Boston, 1987.
13. Novich, Max M. & Taylor, Buddy Training Conditioning of Athletes. Lea & Febiger, Philadelphia, 1983.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-V : Body Fitness (Practical)

Time:-3 Hrs

M.M-100

Instructions for the Paper Setters:-

Eight questions to be set in all, two from each of the four Sections (A-D). Candidates are required to attempt five questions, selecting at least one question from each Section. Fifth question may be attempted from any Section. Each question will carry equal marks.

1. Gym Exercise Regime:-
 - a) Aerobic Exercises: walking, running and jogging
 - b) Anaerobic Exercises
 - c) Weight Training
 - d) Circuit Training
 - e) Fartlek Training
 - f) Plyometric Training
 - g) Flexibility Training
 - h) Weight Loss Training
 - i) Weight Gain & Figure Correction Training
 - j) Exercises Balls, Bars, Steps, Weights, Abdominal assistants

2. Beginning Workout Plan
 - a) Warming Up and Cooling Down:-
 - General Exercise
 - Stretching Exercise
 - Specific Exercise
 - Conditioning Exercise
 - b) Exercise for Fitness with Machines.

3. Test Measurement and Evaluations
 - Teacher Made Tests
 - Paper Pencil Tests

4. Facility Management
 - Introduction to Exercise
 - Types of Exercise Equipments
 - Placements of Equipments
 - Handling and Utilization of Equipments

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-VI : Nutrition for Fitness-I (Theory)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- Introduction to Nutrition: Food as source of Nutrients, Definition of Nutrition, Nutrients; Adequate, Optimum and Good Nutrition, Malnutrition.
- Importance and Functions of Food.
- Concept of Balanced Diet, Basic food groups, Food Guide Pyramid.

SECTION-B

- Role of Fiber in human nutrition, Dietary Fibre, Functional Fibre, Digestion and Absorption of Fibre.
- Water—as a nutrient, functions, sources, requirement, water balance, effects of deficiency.

SECTION-C

- Energy- Unit of energy, food as a source of energy, energy value of food, the body need of energy, Factors affecting energy requirement.
- Determination of energy value of foods using calorimeter.
- Basal Metabolism and determination of basal metabolism.
- Factors affecting the BMR.

SECTION-D

- Methods of cooking - Dry heat, Moist heat, Frying and Microwave cooking.
- Effect of cooking on nutritive value of food, appearance and taste.

References:

1. Jasari, Sucheta, Yadla, Vijay Laxshmi, Home Science Reference book for National Eligibility.
2. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988.
3. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
4. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
5. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.
6. David Herber, Handbook of Nutrition and food, Third Edition by Carolyn D. Dwyer.
7. Suntra Roday, Food Science and Nutrition.
8. Raheena Begum, A Textbook of foods, Nutrition and Dietetics.

Paper-VII : Hair & Skin Care – I (Practical)

Time: 3 Hrs

M.M-50

Instructions for paper setter: - Paper will be set on the spot

1. Skin care:

- Anatomy and physiology related to facial skin care treatments.
- Techniques to improve and maintain skin condition.
- Facial skin care techniques products and benefits of massage.

2. Removing unwanted hair:

- Threading tools, materials and equipments.
- Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape.
- Benefits and precaution for waxing.
- Benefits and precautions for bleaching.

3. Hair care:

- Preparation for scalp massage services.
- Hair care techniques, and benefits of massage.
- Shampooing, Conditioning of hair and scalp.
- Selecting and using products, tools and the equipments suitable for hair and scalp condition.

4. Creative hair Styling:

- Setting trolley for hair styling.
- Different types of braiding techniques.
- Thermal hair styling.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-I)

Paper-VIII : Fitness Training (Practical)

Max. Marks : 50

Training: - Students are to undergo fitness training for 15 days from a reputed trainer/gym and submit the certificate.

Conditions are suitable are carried out in a hygiene and safe environment.

Selection of suitable equipment and products.

Getting familiar with the safe working of machines.

Gaining knowledge about contraindicated exercise/Postures.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

PAPER-I: COMMUNICATION SKILLS IN ENGLISH-II

Time: 3 Hours

Max. Marks: 50
Theory Marks: 35
Practical Marks: 15

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Course Contents:

SECTION-A

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

SECTION-B

Attending telephone calls; note taking and note making.

Activities: Taking notes on a speech/lecture

SECTION-C

Speaking and Conversational Skills: Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

Activities: 1) Making conversation and taking turns

2) Oral description or explanation of a common object, situation or concept

SECTION-D

The study of sounds of English,
Stress and Intonation,
Situation based Conversation in English,
Essentials of Spoken English.

Activities: Giving Interviews

PRACTICAL / ORAL TESTING

Marks: 15

Course Contents:-

1. Oral Presentation with/without audio visual aids.
2. Group Discussion.
3. Listening to any recorded or live material and asking oral questions for listening comprehension.

Questions:-

1. Oral Presentation will be of 5 to 10 minutes duration (Topic can be given in advance or it can be student's own choice). Use of audio visual aids is desirable.
2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

Note: Oral test will be conducted by external examiner with the help of internal examiner.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ),
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਵਿਸ਼ਾ-ਵਸਤੂ, ਪਾਤਰ ਚਿਤਰਨ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 7 ਤੋਂ 12)

(ਸਾਰ, ਲਿਖਣ ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਸ਼ਬਦ-ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ
(ਅ) ਸ਼ਬਦ ਸੁਣਾਓ

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਸੰਖੇਪ ਰਚਨਾ
(ਅ) ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ
(In lieu of Compulsory Punjabi)

ਸਮਾਂ: 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

ਪਾਠ-ਕ੍ਰਮ

ਸੈਕਸ਼ਨ-ਏ

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ
(ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)
(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

ਸੈਕਸ਼ਨ-ਸੀ

ਪੈਰ੍ਹਾ ਰਚਨਾ
ਸੰਖੇਪ ਰਚਨਾ

ਸੈਕਸ਼ਨ-ਡੀ

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)
ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-II: Punjab History & Culture (C 320 to 1000 B.C.)
(Special Paper in lieu of Punjabi compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours
50

Max. Marks :

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Alexander's Invasion and its Impact
2. Punjab under Chandragupta Maurya and Ashoka.

Section B

3. The Kushans and their Contribution to the Punjab.
4. The Panjab under the Gupta Empire.

Section C

5. The Punjab under the Vardhana Emperors
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

Section D

7. Development of languages and Education with Special reference to Taxila
8. Development of Art & Architecture

Suggested Readings

1. L. M Joshi (ed), *History and Culture of the Punjab*, Art-I, Punjabi University, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab* , Vol.I, Punjabi University, Patiala, 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

**Paper-III: Drug Abuse: Problem, Management and Prevention
(COMPULSORY PAPER)**

DRUG ABUSE: MANAGEMENT AND PREVENTION

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A

Prevention of Drug abuse:

Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

Section – B

School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – C

Controlling Drug Abuse:

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

Section – D

Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism. Harmond Worth: Penguin Books*.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characteristics*”, Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-IV : Yoga, Asana and Pranayama (THEORY)

Time:-3 Hrs

M.M-50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. a) Meaning, Philosophy, aims and objectives of Yoga.
b) Types of Yoga – Raja Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga and Laya Yoga and their approaches leading to their goal.
2. Meaning and Philosophy of Asthanga Yoga: Its eight steps – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharma Dhyana, Samadhi, Role and mode of practice of each step in the attainment of goal, their psycho–physiological effects of human organizer.

Section B

1. a) Hatha Yoga – Meaning, philosophy and its constituents.
b) Shudhi Kriyas (Purifying Processes), their role and importance in the scheme of Hatha Yogas)
2. Techniques and therapeutic and general benefits of the following:
 - I. Neti–Jal and Sutra
 - II. Dhauti–Dand and Vastra
 - III. Kalpalbhati iv. Nauli

Section C

1. Asana – their major classification:
 - I. Meditative
 - II. Relaxative and
 - III. Cultural Psycho–physiological effects of each category of asanas in general – techniques and benefits of the following Asanas: Bhujanga, Shalabha, Dhanush, Hal. Matsya, Ushtra, Paschimottan, Vakra. Ardhamatsyendra, Chakra, Standing, baka, Mayur, Padma, Sidha, Makar Shava, Vajra and Supta Vajra

Section D

1. a) Pranayama – Meaning, techniques and benefits of the following pranayamas
 - I. Suryabhedan
 - II. Ujjai
 - III. Bhastrika

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

2. a) Educational Values of Yoga
- b) Role of Yoga in Physical Education and Sports.
- c) Relevance of Yoga in modern life.
- d) Difference between Yoga and non-yogic systems of exercise.

References:

1. Swami Kuvalyanad Asanas, Kaivalyadhama Lonavala.
 - Do – Pranayama
 - Do – Yogic Therapy
2. Joshi, K.S. Yoga and Personality
3. Ma Yoga Shakti Science of Yoga
4. Swami Satya Parkash Patanjali Raj Yoga
5. Alader Kogler: Yoga for every Athlete (Secrets of an Olympic Coach), Jaico Publishing House, Delhi, 1999.
6. Bedi Yaspal: Social and Preventive Medicine, New Delhi ; Atmaram and Sons, 1985.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-V : Yoga, Asana and Pranayama (PRACTICAL)

Time:-3 Hrs

M.M-100

Instructions for paper setter: - Paper will be set on the spot.

Asanas:

- (a) Meditative – Padma, Sidha, Vajra
 - (b) Relaxative – Shava and Makjar
 - (c) Cultural – Bhujanga, Shalabha, Dhanusha, Hal Masty, Ardha–Matsyendra, Ushtra, Paschimottan, Vakra, Chakra, Bak, Mayur Vajra, Supta Vajra, Makar, Shava, Padma and Sidha.
2. Mudras – Shrisha, Sarvanga, Viparitya and Yoga Mudra.
 3. Bandhas – Jalandhar, Uddiyan, Mool.
 4. Sudhi – Net–jal and Sutra, Nauli, Dhauti (Dand and Vastra) and Kapalbhati
 5. Pranayama – Sureyabhedana, Ujjai and Bhastrika.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-VI : Nutrition for Fitness- II (Theory)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- Carbohydrates – Composition, functions, classification and food sources. Effect of deficiency and excess in the body.
- Fats & Oils - Composition, functions, classification and food sources. Effect of deficiency and excess in the body.

SECTION-B

- Proteins-Composition, classification, Essential and Non-essential amino acids functions and food sources.
- Effect of deficiency and excess in the body.

SECTION-C

- Minerals – macro & micronutrients, their functions and food sources.
- Bioavailability, effect of excess and deficiency of Calcium, Iron, Iodine, Sodium, Potassium and Fluorine.

SECTION-D

- Vitamins – their functions, sources.
- Fat Soluble - Vitamins A, D, E and K. Effect of deficiency and excess in the body.
- Water Soluble - Ascorbic acid and B-Complex: Thiamin, Riboflavin, Niacin.
- Pantothenic acid, Folic acid and B12. Effect of deficiency and excess in the body.

References:

1. Jasari, Sucheta, Yadla, Vijay Laxshmi, Home Science Reference book for National Eligibility.
2. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College, 1988.
3. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
4. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
5. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.
6. David Herber, Handbook of Nutrition and food, Third Edition by Carolyn D. Dwyer.
7. Suntra Roday, Food Science and Nutrition.
8. Raheena Begum, A Textbook of foods, Nutrition and Dietetics.

Paper-VII : Hair & Skin Care – II (Practical)

Time:-3 Hrs

M.M-50

Instructions for the paper setter: - Paper will be set on the spot

1. Facial:

- Cleansing, exfoliating, toning, steaming the skin.
- Applying masks and skin care products.
- Process of black head removal techniques.
- Different types of masks and their effects on the skin.

2. Manicure and Pedicure:

- Anatomy and Physiology related to Manicure and Pedicure services.
- Manicure and Pedicure tools, equipments, products and techniques.
- Techniques of Nail Art.

3. Scalp Manipulation:

- Scientific brushing for different types of hair.
- Techniques of head massage.
- Hair problems and treatments using natural masks, packs.
- Hair Disorders: Dandruff, Alopecia, Hair fall.

4. Mehendi:

- Basic Mehendi application on hands.

5. Make-up

- Skin analysis and interpretation.
- Demonstrate make-up for different occasions-Day, Evening and Special occasions.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-II)

Paper-VIII : Yoga Training

Training:- Students are to undergo Yoga training and submit the certificate.

Condition are suitable are carried out in a hygiene and safe environment.

Getting familiar with the safe postures.

Gaining knowledge about contraindicated Asanas.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-I : Health & Sports (Theory)

Time:- 3 Hrs

Max. Marks : 150

Theory : 50

Practical : 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

1. Meaning of Learning, Nature of Skill Learning and laws of Learning.
2. Learning Curve.
3. Motivation in Sports and fitness.

Section-B

4. Psychological factors effecting sports performance i.e. stress tension, anxiety, aggression. Psychological characteristics of the adolescent in sports situations.
5. Growth and development during childhood;
 - i. Physical
 - ii. Mental
 - iii. Emotional
 - iv. Inter-personal social development.

Section-C

6. Meaning and scope of Health Education. Hygiene problems of educational institutions and their remedial measures.
7. Air and water pollution and its remedial measures.
8. First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.

Section-D

9. Effects of Alcohol and smoking on health.
10. Doping in sports.
11. Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

Books Recommended:-

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.
6. Dhillon G.K.: Health Education, Punjab Text Book.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-I : Health & Sports (Practical)

Time : 3 Hrs.

Marks : 100

Athletics

Track :- 400M, 200M

Event :- Track Event, Field Events.

a) **Track Event Race**

Short Distance:- 100M, 200M, 400M
Middle Distance :- 800M, 1500M
Long Distance :- 3000M, 5000M, 10,000M

b) **Hurdles**

Hurdles for girls(Heights of the Hurdles 96.4cm & 10 Heights) :- 110M
Hurdles for girls(Heights of the Hurdles 76.2cm & 8 Heights) :- 100M

Field Events

- a) Jumps :- Long Jump, Triple Jump, High Jump, Pole-Vault.
b) Throw :- Shot-put, Javelin-throw, Discus-throw, Hammer-throw.

Minor Games and Major Games

Badminton

- (i) Court Dimension.
(ii) Rules & Regulations.
(iii) Basic fundamental.
(iv) Skill.

Self Defence (Taekwondo, Wushu & Karate)

- (i) Ground Measurement.
(ii) Rules & Regulations.
(iii) Basic fundamental.
(iv) Skill.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-II : HEALTH & FOOD HYGIENE (Theory)

Time:- 3 Hrs.

Max. Marks : 100

Theory : 50

Practical : 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- Concept, significance and interrelationship of Health, Hygiene and Sanitation.
- Characteristics of good Health and factors affecting it.

SECTION-B

- Kitchen hygiene and sanitation.
- Hygiene of food handling during receiving, storage, preparation, cooking, serving, holding, cleaning and disposal.
- Personal hygiene of food handlers – Dress, Grooming, Health and Habits.

SECTION-C

- Immune system: The defense mechanisms of the body.
- Role of nutrients in immune functions. Under nutrition-causes and consequences.
- Infection: Risk of infection, influence of infections on nutrition and susceptibility to infection.

SECTION-D

- Accidental and bacterial food poisoning. Symptoms and prevention of food poisoning.
- Municipal health services and mobile units. Prevention and control of infectious diseases.
- Notification, quarantine, segregation and dis-infection.
- Control of infestation – Rodent, flies and cockroaches control, use of pesticides.

Suggested readings:

1. Muller, H.G. (1981). Fundamentals of Foods and Nutrition. New Delhi, Wiley Eastern Pvt Ltd.
2. Anderson, L. (1982). Nutrition in Health and Disease. 17th ed. Philadelphia, J B Lippincott.
3. Barasi Mary, E. (1997). Human Nutrition-A health perspective. Arnold International Student's edition, U.K.
4. D.H. (1981). Nutrition and Health. Philadelphia, Saunders College Publication.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-II : Health & Food (Practical)

Time:-3 Hrs.

Marks : 50

Instructions for paper Setter:-

1. Examiner will set two questions-one from each unit (I & II) (20+20) Marks

2. File & Via Voce.

10 Marks

- Identification of Food Stuffs, Weight and Measurement of cooking items.
- Weight and measurement of food items.

I. Healthy methods of cooking

- a) Boiling (Eg:- Pulses, Rice) Porridge, Kheer, Custard, Puddings.
- b) Fermenting and Steaming (For eg:- Idli, Dosa, Dhokla).
- c) Shallow Frying (For eg:- Pan cakes, snacks).
- d) Sprouting.

II. Prepare following recipes and calculate their nutrition value (Five Each)

- a) Fruit and Vegetable Smoothies.
- b) Healthy Breakfast Dishes.
- c) Healthy Soups.
- d) Healthy Desserts.
- e) Healthy main course dishes- Dal, Rajmah, Chana Masala, Mixed Veg. etc.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-III : Personal Grooming (Theory)

Time:- 3 Hrs.

Max. Marks : 100

Theory : 50

Practical : 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Cosmetology

- Introduction of Cosmetology.
- Branches of Cosmetology.

Visual Poise

- Standing, Sitting, Walking.
- Correct Sleeping Position.
- Foot position while sitting.
- Hand position while sitting.

Section-B

Personal Grooming

- Care of yourself:- Mouth, Teeth, Eyes, Ears, Feet, Removing Body Hair, Nails and Hand Care, Care of Clothing.
- Colour and Outfit Culture.
- Colours : Importance, effects and selection.
- Selection of accessories according to attire and occasion, how to carry accessories.

Personal Hygiene

- Equipments sanitizing brushes, combs.

Section-C

Skin

- Introduction of Skin
- Structure of Skin.
- Types of Skin.
- Problems of Skin.

Section-D

Facial

- Different types of facials and its procedure.
- Understanding the different types of skin treatment.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

Books Recommended:-

- 1) Text book of cosmetology Regents/Prentice Hall by Mary Healy.
- 2) On becoming a cosmetology teacher by James K Nighswander and A. Dan. Whitely.
- 3) Beauty Recipes of Urvashi Dave.
- 4) Ricki Orteov, Marchall Edition, 1999, Solving Skin Problems.
- 5) Dr. Parvesh Handa “Skin Beauty: Hair & Makeup”.
- 6) S. Subramaniam “A Guide to Beauty & Skin Care”.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-III : Personal Grooming (Practical)

Time:- 3 Hrs.

Max. Marks : 50

Note : 1. Paper will be set on the spot by the examiner.

2. File Work of (10 Marks) will be evaluated at the time of Practical.

1. Cosmetics that conditions and cleanse the skin.

- Creams, lotion liquefying creams, mashes, cosmetics for dry skins, astringents, special ingredients, medicated ingredients, packs and masks, antiperspirants and deodorants.

2. Equipments sanitizing brushes and combs

- Method of sanitization and their use.

3. Facial

- a) Benefits of Massage.
- b) Massaging Techniques.
- c) Skin Analysis.
- d) Preparations of Facial.
- e) Different skin problems
- f) Different facial for different skin types.
 - Black head removing.
 - Wrinkle facial.
 - Skin Treatment with Galvanic.

4. Aroma Therapy.

5. Application of thermo pack.

6. Skin bleaches and their types

- Powder bleach.
- Cream bleach.
- Lather bleach.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-III)

PAPER-IV : Training-III

Project Marks : 50

Training:- Students are to undergo Cosmetology training for 15 days from a reputed Cosmetologist and submit the certificate.

- Advance skin treatments using machines.
- High frequency.
- Galvanic
- Ultra sonic.
- Microdermabrasion.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-I : ESL-221 : Environmental Studies (Compulsory Paper)

Time: 3 Hrs.

Max. Marks: 100

Teaching Methodologies

The Core Module Syllabus for Environmental Studies includes class room teaching and field work. The syllabus is divided into 8 Units [Unit-1 to Unit-VII] covering 45 lectures + 5 hours for field work [Unit-VIII]. The first 7 Units will cover 45 lectures which are class room based to enhance knowledge skills and attitude to environment. Unit-VIII comprises of 5 hours field work to be submitted by each candidate to the Teacher in-charge for evaluation latest by 15 December, 2019.

Exam Pattern: **End Semester Examination- 75 marks**
 Project Report/Field Study- 25 marks [based on submitted report]
 Total Marks- 100

The structure of the question paper being:

Part-A, Short answer pattern with inbuilt choice – 25 marks

Attempt any five questions out of seven distributed equally from Unit-1 to Unit-VII. Each question carries 5 marks. Answer to each question should not exceed 2 pages.

Part-B, Essay type with inbuilt choice – 50 marks

Attempt any five questions out of eight distributed equally from Unit-1 to Unit-VII. Each question carries 10 marks. Answer to each question should not exceed 5 pages.

Project Report / Internal Assessment:

Part-C, Field work – 25 marks [Field work equal to 5 lecture hours]

The candidate will submit a hand written field work report showing photographs, sketches, observations, perspective of any topic related to Environment or Ecosystem. The exhaustive list for project report/area of study are given just for reference:

1. Visit to a local area to document environmental assets: River / Forest/ Grassland / Hill / Mountain / Water body / Pond / Lake / Solid Waste Disposal / Water Treatment Plant / Wastewater Treatment Facility etc.
2. Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
3. Study of common plants, insects, birds
4. Study of tree in your areas with their botanical names and soil types
5. Study of birds and their nesting habits
6. Study of local pond in terms of wastewater inflow and water quality
7. Study of industrial units in your area. Name of industry, type of industry, Size (Large, Medium or small scale)
8. Study of common disease in the village and basic data from community health centre
9. Adopt any five young plants and photograph its growth
10. Analyze the Total dissolved solids of ground water samples in your area.
11. Study of Particulate Matter (PM_{2.5} or PM₁₀) data from Sameer website. Download from Play store.
12. Perspective on any field on Environmental Studies with secondary data taken from Central Pollution Control Board, State Pollution Control Board, State Science & Technology Council etc.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

Unit-I

The multidisciplinary nature of environmental studies

Definition, scope and importance, Need for public awareness

(2 lectures)

Unit-II

Natural Resources: Renewable and non-renewable resources:

Natural resources and associated problems.

- (a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- (b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- (c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- (d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- (e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.
- (f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
 - Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyles.

(8 Lectures)

Unit-III

Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

(6 Lectures)

Unit-IV

Biodiversity and its conservation

- Introduction – Definition: genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

(8 Lectures)

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

Unit-V

Environmental Pollution

Definition

- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

(8 Lectures)

Unit-VI

Social Issues and the Environment

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981
- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

(7 Lectures)

Unit-VII

Human Population and the Environment

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

(6 Lectures)

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

Unit-VIII

Field Work

- Visit to a local area to document environmental assets
river/forest/grassland/hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

(Field work equal to 5 lecture hours)

References:

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. & Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. & Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. & Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. & Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P. D. 2009. Ecology and Environment, Rastogi Publications, Meerut.
9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-II : Body Systems (Theory)

Time:- 3 Hrs.

Max. Marks : 100

Theory : 50

Practical : 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. **Cell:** Structure and Functions.
2. **Muscular System:** Various types of muscles, structure of skeletal muscles.
3. **Respiratory system:** Organs of respiratory, Mechanism of respiration.

SECTION-B

4. **Digestive System:** its organs and mechanism of digestion.
5. **Excretory system;** Structure and functions of kidney and skin.
6. **Endocrine system,** Meaning of endocrine glands, functions and location of pituitary, thyroid and adrenal glands.

SECTION-C

7. **Nervous System:** Its organs and functions.
8. **Circulatory System:** Heart and Its structure, Mechanism of circulation of Blood, various types of blood vessels.
9. Care, prevention of causes and cure of sports injuries (sprain, contusion, dislocation and fractures).

SECTION-D

10. Biological Principles:

- a) Growth and Development.
- b) Age and sex differences.
- c) Effects of heredity and environment on growth and development.
- d) Chronological age, physiological age, Anatomical age and Mental age.
- e) Body types.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

Books Recommended:-

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al.:Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.
6. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
7. Brar, Gurcharan Singh. Roots of Punjab University and its Sports Archives(1882-1982), Mohindra Publishing House, Chandigarh, 2017
8. Tadan D.K. et al: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-II : Body Systems (Practical)

Time:- 3 Hrs.

Marks : 100

Aerobic Exercises with Music
PT Exercise Basic (With Drum)
Recreational Activities

Hockey

- (v) Ground Measurement.
- (vi) Rules & Regulations.
- (vii) Basic fundamental.
- (viii) Skill.

Handball

- (i) Ground Measurement.
- (ii) Rules & Regulations.
- (iii) Basic fundamental.
- (iv) Skill.

Chess

- (i) Chess Board Measurement.
- (ii) Rules & Regulations.
- (iii) Basic fundamental.
- (iv) Skill.

Judo

- (i) Mat Dimension.
- (ii) Rules & Regulations.
- (iii) Basic fundamental.
- (iv) Skill.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-III : FOOD STANDARDS AND QUALITY CONTROL (Theory)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- Importance of quality control and assurance.
- Food adulteration: Common food adulterants, consumer awareness, domestic methods of identification and prevention.

SECTION-B

- Food laws and regulations-prevention of Food Adulteration Act , Fruit Product Order, Agmark.
- Essential Commodity Act and Consumer protection.
- Bureau of Indian Standard, Codex Standards, Hazard analysis and critical control point.

SECTION-C

- Sampling procedure.
- Application of food standards, sampling and specifications for raw foods and food products for additives, preservatives, coloring matters, anti-oxidants, emulsifying and stabilizing agents.

SECTION-D

- Various methods for the assessment of quality of different foods.
- Selection of sensory panel and sensory evaluation of food products.
- Grading and marketing standards, specifications of finished products.

Suggested Readings:

- 1) Guide to Food Safety and Quality during Transportation: Controls, Standards Practices by John M. Ryan Kindle Edition - 30 December 2013.
- 2) International Standards for Food Safety, By Naomi Rees (Author), David Watson.
- 3) ISO 22000 Standard Procedures for Food Safety Management Systems by Bizmanualz
- 4) Food Safety Management: A Practical Guide for the Food Industry By Yasmine Moterjami, Kindle Edition.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-IV : Health & Nutrition (Practical)

Time:-3 Hrs.

Marks : 50

Instructions for paper Setter:-

- 1. Examiner will set two questions-one from each unit. (20+20) Marks**
- 2. File & Via Voce. 10 Marks**

I. Healthy Methods of Cooking.

- a) Roasting- Chapati, Sandwich, Snacks.
- b) Baking- Cakes & Cookies.
- c) Safe methods of microware Cooking.

II. Prepare following Recipes and Calculate their nutrition value

- a) Low Calorie (Beverages, Snacks).
- b) High Protein and high energy Recipes.
- c) High carbohydrates modulate protein and low fat recipes.
- d) Low sodium, low fat and high fibre diet.
- e) Low Glycaemic index recipes.
- f) High fibre Recipes using oats, Chia seeds, flex seeds, Brown Rice and Whole grams.

Market survey of processed foods for quality assurance.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-V : Hair & Scalp (Theory)

Time:- 3 Hrs.

Max. Marks : 100

Theory : 50

Practical : 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

1. Hair

- Histology of Hair.
- Composition of Hair.
- Division of Hair.
- Structure of Hair.

Section-B

2. Unwanted Hair Removal

- Waxing :- Benefits and precautions.
- Threading :-Precautions.
- Bleaching :- Benefits and precautions.

Section-C

3. Hair Disorders

Internal & External cause of the following:-

- Dandruff :- Types and precautions.
- Alopecia :- Types and precautions.
- Hairfall.

4. Care of Scalp

- Hair Care techniques and benefits of massage.
- Treatments of scalp with natural ingredients.
- Use of scientific brushing technique.

Section-D

5. Advanced Hair Colouring Techniques

- Global
- Streaking.
- Method of colour mixing
- Colour cutting

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-V : Hair & Scalp (Practical)

Time:- 3 Hrs.

Marks : 50

**Note : 1. Paper will be set on the spot by the examiner.
2. File Work of (10 Marks) will be evaluated at the time of Practical.**

1. Hair Colouring

- a) Global Colouring
- b) Hair Streaking
- c) Method of colour mixing.
- d) Method of colour cutting.
- e) Heena Application.

2. Hair Styling

- a) Different types of plaits.
- b) Buns with stuffies and without stuffies.

3. Hair Cuts

- a) Hair Sectioning (Basic)
- b) Preparation of Hair Cut
- c) Basic haircuts like trimming, U-Cut, V-Cut.
- d) Use of hair spray gel, mousse, volumizers.

Bachelor of Vocation (B.Voc.)
(Beauty & Fitness) (Semester-IV)

PAPER-VI : Training-IV

Project : 50

Training:- Students are to undergo Cosmetology training for 15 days from a reputed Cosmetologist and submit the certificate.

- Colour Cutting
- Advanced Hair Colouring
- Advanced Hair Cuts