



**S. B. Mahila Arts College, Mehtapura, Himmatnagar**  
**B. A. SEM IV**  
**SELF EMPLOYABILITY (Certificate Course)**  
**Duration: 30 Hours**  
**COURSE CODE SBM 04**  
**Course Name: Beauty and Wellness**

Course	Module	Hours	Teaching Content	Duration
	<b><u>Module 1</u></b>	<b>6hours</b>		<b>6 Months (30 Hrs.)</b>
	<b>Introduction to beauty &amp; wellness industry</b>		An overview of its types, functions and characteristics	
			Job roles of a Beauty and wellness Industry	
			Role of women	
	<b><u>Module 2</u></b>			
	<b>Manicure &amp; pedicure services</b>	<b>4 hours</b>	Anatomy of the nail, hand and feet	
			Manicure & pedicure	
	<b><u>Module 3</u></b>			
	<b>Skincare services</b>	<b>4 hours</b>	Face clean up	
			Bride and Make up	
	<b>Threading and hair cutting services</b>	<b>4 hours</b>		
			Threading and Waxing	
			Hair cutting and colour	
	<b><u>Module 4</u></b>	<b>5 hours</b>		
	<b>Mehndi design</b>		Soaking and Cone making.(Practical)	
			Indian.(Practical)	
			Pakistani. .(Practical)	
			Arabic.(Practical)	
			Indo-Western .(Practical)	
	<b><u>Module 5</u></b>	<b>7 hours</b>		
	<b>Industrial visit</b>		Makeup industry	
			Tool industry	
			Submission of Project report.	

**Objective of the Course:**

- Make experts in beauty treatment and wellness.
- Self-dependent.
- Become an entrepreneur.
- Boost confidence
- Use right products
- Keep fit and fine

**Learning Outcomes:**

- Career opportunities in the sector of beauty
- Importance of Natural products
- Identify different services in beauty therapy.
- Time Management.
- Get knowledge of the facial, neck and shoulder muscles.
- Get knowledge of anatomy of hands, nails and feet.
- Get knowledge of keeping finance.
- Client's safety and cleaning of Beauty Parlour.

**Examination Pattern:** 1. MCQs 50 Marks.  
2. Practical 50 Marks.

**References:** 1. Skin Sense: Dr Kiran's Guide To Being Beautiful by Dr Kiran Sethi  
2. Complete Beauty Parlour Course (Paperback, Hindi, ASTHA)  
3. <https://ncert.nic.in/vocational/pdf/kvbk101.pdf>

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