

LEVEL- III COURSES

3050 - PERSONAL GROOMING									
Teaching Schedule Per Week			Progressive Assessment	Examination Schedule (Marks)					
Lectures	Practical	Credit		Theory		Practical Ex.		Total	
-	2	2	25	-	-	50	-	75	-
Pre-requisite		Source	Semester	Theory	Test	Total	TW	PR	Gr Total
Nil		GAT		-	-	-	50	-	50

Rationale: This course aims at making the student familiar with topics such as hygiene, skin care, body care, make-up, hairstyles, accessories and personality development. The student will develop the competency of managing her own make-up, hairstyles and catwalk for fashion shows.

COURSE CONTENTS	Hrs
1. PERSONAL HYGIENE	2
Tips on cleanliness, etc.	
2. SKIN CARE	4
Skin type, skin care routine, skin & the elements, facemasks and facials.	

3. BODY CARE	4
Methods to look after one's body, hand care (manicure, nail problems, etc), foots care (pedicure), eyebrows (shaping & problems), saloon services (waxing, threading), razors, creams, bleaches, etc. Massages (packs, oils, and steams). Diets and nutrition to keep fit.	
4. MAKE UP	4
Foundation, concealers, blushers, powders, face-shapers, eye colour and care, lip colour and shapes, corrective day wear and glamorous evening wear - its importance & applications.	
5. HAIR CARE	2
Care and maintenance, shampoos, conditioners, gels, oils sprays- different types of hairstyles for different lengths.	
6. COMPLEMENTING ACCESSORIES	6
Accessories for occasional wear, daywear, office wear, sportswear, casual wear, evening wear, cocktail wear etc with relation to the outfit (shoes, bags, belts, jewelry, hats, etc)	
7. PERSONALITY DEVELOPMENT	10
Understanding your positive and negative points, ways to correct your negative points, positive thinking, understanding your figure type, outfit and accessories, complementing your figure type, colour suitable for skin, colour for day and night wear. Posture - walking, standing, and sitting. Communicating with people. Catwalk.	
Total	32

REFERENCE BOOKS

1. Vogue - Beauty for life.
2. Make-up made easy- Barbara Daly.
3. A Brief Introduction To Psychology - Clifford T. Morgan Tata Mc Graw Hill Publ.Co Ltd. New Delhi
4. The Pleasure Of Your Company Personality, enrichment Etiquette & Entertaining- Ranjana Salgaonkar, Pyramid Publishers-Salgaonkar House Vasco -da- Gama Goa - 403802

