

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-BEAUTY CULTURE -II	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		16/2/23-THURSDAY	2
	4TH WEEK	20/2/23-MONDAY	1
		21/2/23-TUESDAY	1
		23/2/23-THURSDAY	2
MARCH	1st WEEK	2/3/23-THURSDAY	2
	2nd week	6/3/23-MONDAY	1
		9/3/23-THURSDA	2
	3rd week	13/3/23-MONDAY	1
		14/3/23-TUESDAY	1
		16/3/23-THURSDA	2
	4TH WEEK	20/3/23-MONDAY	1
		21/3/23-TUESDAY	1
		23/3/23-THURSDAY	2
	5th WEEK	27/3/23-MONDAY	1
		28/3/23-TUESDAY	1
	APRIL	1st WEEK	3/4/23-MONDAY
4/4/23-TUESDAY			1
6/4/23-THURSDAY			2
2nd WEEK		10/4/23-MONDAY	1
		11/4/23-TUESDAY	1
		13/4/23-THURSDAY	2
3rd WEEK		17/4/23-MONDAY	1
		18/4/23-TUESDAY	1

		20/4/23-THURSDAY	2
	4TH WEEK	24/4/23-MONDAY	1
		25/4/23-TUESDAY	1
		27/4/23-THURSDAY	2
MAY	1st WEEK	1/5/23-MONDAY	1
		2/5/23-TUESDAY	1
		4/5/23-THURSDAY	2
	2nd WEEK	8/5/23-MONDAY	1
		9/5/23-TUESDAY	1
		11/5/23-THURSDAY	2
	3rd WEEK	15/5/23-MONDAY	1
		16/5/23-TUESDAY	1
		18/5/23-THURSDAY	2
	4TH WEEK	22/5/23-MONDAY	1

Syllabus to be covered
Skin and its types
different classes of skin types.
special treatment of different types of skin,acne & open pores etc.
Different types of facial, cosmetics used, equipments needed for facial and its effects.
Effect of facial
Precaution to be taken during facial treatment & reminder
Home treatment for maintaining good skin.
Sterilization of impliments used in facial.
Different types of facial masks used.
Different manipulation & procedure used in facial treatment.
Make up introduction.
Structure of face in term of bone formation.
Write types of skin for makeup & names of make up.
Corrective make up techniques.
Steps of makeup procedure.
Different types of make-up stage make up,tv makeup,open air,theater & morning evening
Precaution to be taken to prevent cosmetic allergies
Body massage introduction ,Basic knowledge about muscle
State & explain effects of each manipulation of thebody massage technique
frequency of body massage , treatment of light aliments bybody massage
use of vibro massager,advantages of body massage
body polishing introduction ,body polishing
material & equipment required for body polishing
different techniques of body polishing,frequency of body polishir

different types of body polishing

benefits of body polishing

precaution of body polishing

electric & light therapy introduction

high frequency current

use of vibro massager

use of electrical oil heater,

steamer or vaporizer

use of epilating unit

importance of faradic current ,galvanic current & black head
removal machine in respect of beauty treatment

use of ozone & vapour in respect of beauty treatment

light therapy

production of light rays: ultra violet rays ,infrared rays,visible light

Revision

Chinmayee
Nayak

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-BEAUTY CULTURE -II	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- PRACTICAL-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		15/2/23-WEDNESDAY	2
		16/2/23-THURSDAY	1
	4TH WEEK	20/2/23-MONDAY	2
		21/2/23-TUESDAY	1
		22/2/23-WEDNESDAY	2
		23/2/23-THURSDAY	1
MARCH	1st WEEK	1/3/23-WEDNESDAY	2
		2/3/23-THURSDAY	1
	2nd week	6/3/23-MONDAY	2
		9/3/23-THURSDA	1
	3rd week	13/3/23-MONDAY	2
		14/3/23-TUESDAY	1
		15/3/2-WEDNESDAY	2
		16/3/23-THURSDA	1
	4TH WEEK	20/3/23-MONDAY	2
		21/3/23-TUESDAY	1
		22/3/23-WEDNESDAY	2
		23/3/23-THURSDAY	1
	5th WEEK	27/3/23-MONDAY	2
28/3/23-TUESDAY		1	

		29/3/23-WEDNESDAY	2
APRIL	1st WEEK	3/4/23-MONDAY	2
		4/4/23-TUESDAY	1
		5/4/23-WEDNESDAY	2
		6/4/23-THURSDAY	1
		10/4/23-MONDAY	2
	2nd WEEK	11/4/23-TUESDAY	1
		12/4/23-WEDNESDAY	2
		13/4/23-THURSDAY	1
		17/4/23-MONDAY	2
	3rd WEEK	18/4/23-TUESDAY	1
		19/4/23-WEDNESDAY	2
		20/4/23-THURSDAY	1
		24/4/23-MONDAY	2
	4TH WEEK	25/4/23-TUESDAY	1
		26/4/23-WEDNESDAY	2
		27/4/23-THURSDAY	1
1/5/23-MONDAY		2	
MAY	1st WEEK	2/5/23-TUESDAY	1
		3/5/23-WEDNESDAY	2
		4/5/23-THURSDAY	1
		8/5/23-MONDAY	2
	2nd WEEK	9/5/23-TUESDAY	1
		10/5/23-WEDNESDAY	2
		11/5/23-THURSDAY	1
		15/5/23-MONDAY	2

3rd WEEK	16/5/23-TUESDAY	1
	17/5/23-WEDNESDAY	2
	18/5/23-THURSDAY	1
4TH WEEK	22/5/23-MONDAY	2
	23/5/23-TUESDAY	1

	SEMESTER:-4th
	Total Period :-52
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
PRACTICE IN GIVING A PLAIN FACIAL CONDITION AS DRY,OILY,COMBINATION A NORMAL SKIN	
PRACTICE IN INFUSING & MAKING DIFFERENT TYPES OF FACE PACKS & MASKS	
PRACTICE IN GIVING HOT OIL FACIAL & TREATMENT FOR TANNED SKIN	
PRACTICE IN USING DIFFERENT TYPES OF CREAMS, OIL & LOTION ACCORDING TO THE SKIN CONDITION	
PRACTICE OF TREATMENT ACNE ,DEEP SCARS, SEBORRHEA,DOUBLE CHIN & OPEN PORES TREATMENT	
PRACTICE OF TREATING BLEMISHES,WRINKLES, PUFFY EYES & COMPLEXION ENHANCEMENT	
PRACTICE OF FACIAL WITH LYMPHATIC DRAINAGE	
PRACTICE IN BASIC SEQUENCE OF MAKE-UP	
PRACTICE IN GIVING LIGHT TOUCH OF MAKE-UP FOR CAUSAL & MORNING AND EVENING & PARTY MAKE-UP	
OPEN AIR THEATER,MODELING & PHOTOGRAPHIC MAKE-UP	
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN	
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN	
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN	
PRACTICE IN GIVING PLAIN BODY MASSAGE	
PRACTICE IN GIVING PLAIN BODY MASSAGE	
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION	
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION	
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION	
PRACTICE FOR BASIC BODY POLISHING TECHNIQUE	
PRACTICE FOR BASIC BODY POLISHING TECHNIQUE	

PRACTICE FOR BASIC BODY POLISHING TECHNIQUE	
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLISHING	
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLISHING	
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLISHING	
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING	
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING	
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING	
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING	
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PRACTICE FOR DIFFERENT FREQUENCY OF BODY POLISHING	
PRACTICE FOR DIFFERENT FREQUENCY OF BODY POLISHING	
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING	
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING	
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING	
PRACTICE PRECAUTION OF BODY POLISHING	
PRACTICE PRECAUTION OF BODY POLISHING	
PRACTICE PRECAUTION OF BODY POLISHING	
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT	
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT	
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT	
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE	
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE	
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE	
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY	
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY	
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY	

PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY	
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN	
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN	
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN	
REVISION	

Chinmayee
Nayak