

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SPA & WELLNESS	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		15/2/23-WEDNESDAY	1
	4TH WEEK	20/2/23-MONDAY	1
		21/2/23-TUESDAY	1
		22/2/23-WEDNESDAY	1
		25/2/23-SATURDAY	1
MARCH	1st WEEK	1/3/23-WEDNESDAY	1
		4/3/23-SATURDAY	1
	2nd week	6/3/23-MONDAY	1
		11/3/23-SATURDAY	1
	3rd week	13/3/23-MONDAY	1
		14/3/23-TUESDAY	1
		15/3/2-WEDNESDAY	1
	4TH WEEK	18/3/23-SATURDAY	1
		20/3/23-MONDAY	1
		21/3/23-TUESDAY	1
		22/3/23-WEDNESDAY	1
		25/3/23-SATURDAY	1
	5th WEEK	27/3/23-MONDAY	1
		28/3/23-TUESDAY	1
		29/3/23-WEDNESDAY	1
APRIL	1st WEEK	3/4/23-MONDAY	1
		4/4/23-TUESDAY	1
		5/4/23-WEDNESDAY	1
	2nd WEEK	10/4/23-MONDAY	1
		11/4/23-TUESDAY	1
		12/4/23-WEDNESDAY	1
		15/4/23-SATURDAY	1

	3rd WEEK	17/4/23-MONDAY	1
		18/4/23-TUESDAY	1
		19/4/23-WEDNESDAY	1
	4TH WEEK	24/4/23-MONDAY	1
		25/4/23-TUESDAY	1
		26/4/23-WEDNESDAY	1
		29/4/23-SATURDAY	1
MAY	1st WEEK	1/5/23-MONDAY	1
		2/5/23-TUESDAY	1
		3/5/23-WEDNESDAY	1
		6/5/23-SATURDAY	1
	2nd WEEK	8/5/23-MONDAY	1
		9/5/23-TUESDAY	1
		10/5/23-WEDNESDAY	1
	3rd WEEK	13/5/23-SATURDAY	1
		15/5/23-MONDAY	1
		16/5/23-TUESDAY	1
		17/5/23-WEDNESDAY	1

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	SEMESTER:-4th
	Total Period :-
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
DEFINITION OF SPA	
HISTORY OF SPA	
HISTORY OF SPA	
UNDERSTANDING SPA CONCEPT	
UNDERSTANDING SPA CONCEPT	
AREA OF SPA IN HUMAN BODY	
REQUIREMENT OF SPA	
METHODS OF SPA	
RECENT TECHNIQUES FOR SPA IN BEAUTY THERAPY	
RAW MATERIALS & EQUIPMENTS USED FOR VARIOUS SPA THERAPIES	
TYPES OF SPA	
BODY SPA	
METHODS & TECHNIQUES FOR BODY SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR BODY SPA	
ADVANTEGES OF BODY SPA	
SAFETY PRECAUTIONS FOR BODY SPA	
PEDI SPA	
METHODS & TECHNIQUES FOR PEDI SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR PEDI SPA	
ADVANTAGES OF PEDI SPA	
SAFETY PRECAUTIONS FOR PEDI SPA	
MANI SPA	
METHODS & TECHNIQUES FOR MANI SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR MANI SPA	
ADVANTAGES OF MANI SPA	
SAFETY PRECAUTIONS FOR MANI SPA	
HAIR SPA	
METHODS & TECHNIQUES FOR HAIR SPA	

MATERIALS & EQUIPMENTS REQUIRED FOR HAIR SPA	
ADVANTAGES OF HAIR SPA	
SAFETY PRECAUTIONS FOR HAIR SPA	
SPA TECHNIQUES IN FACIAL THERAPY	
ETHICS & RULES OF SPA THERAPY	
ADVANTAGES OF SPA THERAPY	
SAFETY PRECAUTIONS FOR SPA THERAPY	
DEFINITION & INTRODUCTION TO WELLNESS	
NECESSITY OF WELLNESS	
NECESSITY OF WELLNESS	
NECESSITY OF WELLNESS	
VARIOUS DIMENSION OF WELLNESS	
VARIOUS DIMENSION OF WELLNESS	
VARIOUS DIMENSION OF WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
REVISION	



LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SPA & WELLNESS	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- PRACTICAL-I	
MONTH	Week	DAYS/DATE	Period
	3rd WEEK	17/2/23-FRIDAY	1
		20/2/23-MONDAY	2
	4TH WEEK	23/2/23-THURSDAY	1
		24/2/23-FRIDAY	1
MARCH	1st WEEK	2/3/23-THURSDAY	1
		3/3/23-FRIDAY	1
	2nd week	6/3/23-MONDAY	2
		9/3/23-THURSDAY	1
		10/3/23-FRIDAY	1
	3rd week	13/3/23-MONDAY	2
		16/3/23-THURSDAY	1
		17/3/23-FRIDAY	1
	4TH WEEK	20/3/23-MONDAY	2
		23/3/23-THURSDAY	1
		24/3/23-FRIDAY	1
	5th WEEK	27/3/23-MONDAY	2
		31/3/23-FRIDAY	1
	APRIL	1st WEEK	3/4/23-MONDAY
6/4/23-THURSDAY			1
2nd WEEK		10/4/23-MONDAY	2
		13/4/23-THURSDAY	1
3rd WEEK		17/4/23-MONDAY	2
		20/4/23-THURSDAY	1
		21/4/23-FRIDAY	1
4TH WEEK		24/4/23-MONDAY	2
		27/4/23-THURSDAY	1
	28/4/23-FRIDAY	1	
1st WEEK	1/5/23-MONDAY	2	
	4/5/23-THURSDAY	1	
	8/5/23-MONDAY	2	

MAY	2nd WEEK	11/5/23-THURSDAY	1
		12/5/23-FRIDAY	1
	3rd WEEK	15/5/23-MONDAY	2
		18/5/23-THURSDAY	1

Chinmayee
Nayak

	SEMESTER:-4th
	Total Period :-
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
INTRODUCTION	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL BODY SPA TECHNIQUES	
BODY POLISHING THROUGH SPA TECHNIQUES	
BODY LIGHTENING TECHNIQUES THROUGH SPA	
PRACTICE BODY SPA TO OVERCOME VARIOUS PHYSICALAILMENTS	
PEDI SPA	
PEDI SPA	
PEDI SPA	
PEDI SPA	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL PEDI SPA TECHNIQUES	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
MANI SPA	
MANI SPA	
MANI SPA	
MANI SPA	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL MANI SPA TECHNIQUES	
PRACTICE OF GENERAL MANI SPA TECHNIQUES	
PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
HAIR SPA	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	

PRACTICE OF GENERAL HAIR SPA TECHNIQUES	
PRACTICE OF HAIR SPA TO CURE VARIOUS AILMENTS RELATED TO SCALP & HAIR	
REVISION	
REVISION	

