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Department Of Science

Lesson Plan (Session 2025-2026)

Class: B.SC (Life science)
Name of the Course: Skin and Hair care
Dates: 22 July, 2025 – 24 Nov., 2025

Semester: V
Course Code : B23-VOC-111

SYLLABUS

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

Unit	Topics	Contact Hours
Unit: I	Skin Structure, Functions of Skin, analysis of the Skin types and pH, Skin disorders and treatment. Facial masks & packs: Different type of masks and packs, benefits of Masks.	07
Unit: II	Definition, Benefits and side effects of peels/micro dermabrasion, Procedure for different skin treatments like AntiPigmentation, Anti-Acne, Anti-Aging, Whitening and Rejuvenating.	08
Unit: III	Structure of hair, Functions of Hair, Types of Hair, hair and scalp disorders and treatment. Hair masks and spa: different types of hair masks and spa, benefits of masks.	07
Unit: IV	Introduction to Foot reflexology, and its Benefits. Basic principles of Aromatherapy and oils used in massages. Role of diet and exercise for radiant skin and strong hair..	08
V	Basic Skin Care: Cleansing, Scrubbing, Toning, Moisturizing. ● Facial massage and application of bleach, facial packs and masks. ● Waxing, threading and tweezing. ● Manicure and pedicure. ● Basic Hair Care: Oil massaging, steaming, shampoo & conditioning. ● Hair styling techniques: blow drying, curling, straightening and hair crimping. ● Treatment for hair fall, dandruff, split-ends and graying. ● Homemade remedies by using vegetables, fruits and other ingredients from kitchen for skin and hair care (facial cream, masks, shampoo, hair conditioner etc.)	52

Text Books:

1. The science of Hair Care . Cladude Bouillon, John Wilkinson. CRC press.

Course Outcomes

After completing this course, the learner will be able to:

1. Analyze skin, suggest appropriate beauty regimens and perform facials, massages and other skin care treatments.
2. Improve personal appearance and professional skills.
3. Develop skills that are related to business management and retail sales.
4. Apply knowledge of the skin and hair treatments and aesthetic applications with hands-on training.
- 5* Perform specialized skin and hair care procedures, such as hairstyling, facials, massage, scalp treatment, manicures and pedicures etc.

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July 2025	Students doing their Internship	-----
2	28 July - 2 August	Students doing their Internship	-----
3	4 August -8 August	Skin Structure, Functions of Skin.	Basic Skin Care: Cleansing, Scrubbing, Toning, Moisturizing.
4	11 August - 14 August	analysis of the Skin types and pH.	Facial massage and application of bleach, facial packs and masks .
5	18 August - 23August	Skin disorders and treatment.	-----
6	25 August -30 August	Facial masks & packs: Different type of masks and packs.	Waxing, threading and tweezing.
7	1 Sept. - 6 Sept.	Benefits of Masks.	Manicure and pedicure..
8	8 Sept. - 13 Sept.	Definition, Benefits and side effects of peels/micro dermabrasion	-----
9	15 Sept. - 20 Sept.	Procedure for different skin treatmentsAntiPigmentation	Basic Hair Care: Oil massaging, steaming, shampoo & conditioning.
10	22 Sept. - 27 Sept.	Anti-Acne, Anti-Aging.	-----
11	29 Sept.- 4 Oct.	Whitening and Rejuvenating.	Hair styling techniques: blow drying, curling, straightening and hair crimping
12	6 Oct.- 11 Oct.	Structure of hair, Functions of Hair.	-----
13	13 Oct.- 18 Oct.	Types of Hair, hair and scalp disorders and treatmen	Treatment for hair fall, dandruff, split-ends and graying,
14	27 Oct. - 1 Nov.	Hair masks and spa: different types of hair masks and spa, benefits of masks.	-----
15	3 Nov. - 8Nov	Introduction to Foot reflexology, and its Benefits.	Homemade remedies by using vegetables, fruits and other ingredients from kitchen for skin and hair care (facial cream, masks, shampoo, hair conditioner etc.)
16	10 Nov-15 Nov	Basic principles of Aromatherapy and oils used in massages.	-----
17	17 Nov -22 Nov	Role of diet and exercise for radiant skin and strong hair.	-----
18	24 Nov.	Revision	-----

Signature of Teacher

Head of Department