

| LESSON PLAN: BODY PERFECTION & YOGA THERAPY-III  |                                                            |                                                                                               |
|--------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>DISCIPLINE:</b><br>BEAUTY<br>CULTURE          | <b>SEMESTER:</b> 4TH                                       | <b>NAME OF FACULTY:</b> SUSHANTI MALIK( BEAUTY CULTURE) PTGF                                  |
| <b>Subject:</b><br>Applied<br>BODY<br>PERFECTION | <b>No. Of days /<br/>Per Week<br/>class allotted:</b><br>4 | <b>Semester From Date:</b> 22/12/2025 <b>To Date:</b> 08/05/2026                              |
| <b>Week</b>                                      | <b>Class/ Day</b>                                          | <b>Practical</b>                                                                              |
| 4th                                              | 1st                                                        | Foundations of Body Perfection & Yoga Therapy                                                 |
|                                                  | 2nd                                                        | assessment                                                                                    |
|                                                  | 3rd                                                        | Techniques to balance strength, flexibility, and endurance                                    |
|                                                  | 4th                                                        | Techniques to balance strength, flexibility, and endurance                                    |
| 5th                                              | 1st                                                        | Yogic cleansing (detox) routines and breathing for purification                               |
|                                                  | 2nd                                                        | Guided sessions on body awareness, alignment corrections through props and wall support       |
|                                                  | 3rd                                                        | Step-by-step practice of strength-building asanas (Bakasana, Mayurasana, Navasana, Chaturanga |
| 1st                                              | 4th                                                        | Bakasana                                                                                      |
|                                                  | 1st                                                        | Mayurasana                                                                                    |
|                                                  | 2nd                                                        | Navasana                                                                                      |
|                                                  | 3rd                                                        | Chaturanga dandasana                                                                          |
| 2nd                                              | 1st                                                        | Assisted practice of flexibility-enhancing poses                                              |
|                                                  | 2nd                                                        | Hanuman asana                                                                                 |
|                                                  | 3rd                                                        | Kapotasana                                                                                    |
|                                                  | 4th                                                        | Purna danurasana                                                                              |
|                                                  | 5th                                                        | Corrective asanas for spinal alignment and postural rehabilitation                            |
| 3rd                                              | 1st                                                        | Corrective asanas for spinal alignment and postural rehabilitation                            |
|                                                  | 2nd                                                        | Breath control exercises for stress reduction and vitality enhancement                        |
|                                                  | 3rd                                                        | Breath control exercises for stress reduction and vitality enhancement                        |
|                                                  | 4th                                                        | Demonstration of Shatkarma techniques (Dhauti, Neti, Nauli, etc.) with precautions            |
|                                                  | 5th                                                        | Dhauti                                                                                        |
| 4th                                              | 1st                                                        | Neti                                                                                          |
|                                                  | 2nd                                                        | Basti                                                                                         |
|                                                  | 3rd                                                        | Nauli                                                                                         |
|                                                  | 4th                                                        | Trataka                                                                                       |
| 5th                                              | 1st                                                        | Trataka                                                                                       |
|                                                  | 2nd                                                        | Practice of powerful mudras and bandhas (Maha Mudra, Mahavedha, Uddiyana Bandha, etc.)        |
|                                                  | 3rd                                                        | Practice of powerful mudras and bandhas (Maha Mudra, Mahavedha, Uddiyana Bandha, etc.)        |
|                                                  | 4th                                                        | Practice of powerful mudras and bandhas (Maha Mudra, Mahavedha, Uddiyana Bandha, etc.)        |
|                                                  | 5th                                                        | Deep relaxation with Yoga Nidra and guided meditations for emotional wellbeing                |
| 1st                                              | 1st                                                        | Deep relaxation with Yoga Nidra and guided meditations for emotional wellbeing                |
|                                                  | 2nd                                                        | Deep relaxation with Yoga Nidra and guided meditations for emotional wellbeing                |
|                                                  | 3rd                                                        | Chakra meditation, sound therapy and mantra chanting techniques                               |

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|-----|-----|-----------------------------------------------------------------------|
|     | 4th | Introduction to Vipasana                                              |
|     | 5th | Effects of Vipasana on body and mind                                  |
|     | 6th | Role of Vipasana on health                                            |
| 4th | 1st | Impact of Vipasana on education                                       |
|     | 2nd | Contribution of Vipasana to social change                             |
|     | 3rd | Vipasana for organizational and management development                |
|     | 4th | Diet & Nutrition for body perfection-                                 |
|     | 5th | Yogic diets principles for holistic health                            |
| 1st | 1st | Detox diet and herbal suppliments for metabolism                      |
|     | 2nd | Nutrition for muscles recovery, weight management, and mental clarity |
|     | 3rd | Practical Session & Case studies-                                     |
|     | 4th | Real life case studies on yoga based healing                          |
| 2nd | 1st | Hands on practice of therapeutic yoga sessions                        |
|     | 2nd | Designing personalized yoga routines                                  |
|     | 3rd | Self-assessment and progress tracking                                 |
|     | 4th | Revision                                                              |
|     | 5th | Revision                                                              |

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| LESSON PLAN: MAKEUP ARTISTRY                          |                                                 |                                                                                     |
|-------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------|
| DISCIPLINE:<br><b>BEAUTY CULTURE</b>                  | <b>SEMESTER:4TH</b>                             | <b>NAME OF FACULTY: SUSHANTI MALIK( BEAUTY CULTURE) PTGF</b>                        |
| <b>Subject: THEORY</b><br><b>5(a) MAKEUP ARTISTRY</b> | <b>No. Of days / Per Week class allotted: 4</b> | <b>Semester From Date: 22/12/2025 To Date:08/05/2026</b>                            |
| <b>Week</b>                                           | <b>Class/ Day</b>                               | <b>THEORY</b>                                                                       |
| 4th                                                   | 1st                                             | 1. Introduction to Makeup Artistry                                                  |
|                                                       | 2nd                                             | Overview of the makeup industry                                                     |
|                                                       | 3rd                                             | Types of makeup and their uses                                                      |
|                                                       | 4th                                             | Makeup artist's role in different fields (fashion, media, bridal, etc.)             |
| 5th                                                   | 1st                                             | Skin Anatomy and Types                                                              |
|                                                       | 2nd                                             | Understanding different skin types (oily, dry, combination, sensitive)              |
|                                                       | 3rd                                             | Skin care essentials for makeup artists                                             |
| 1st                                                   | 4th                                             | Preparing skin before makeup application                                            |
|                                                       | 1st                                             | Tools and Products                                                                  |
|                                                       | 2nd                                             | Makeup brushes, tools, and their proper usage                                       |
|                                                       | 3rd                                             | Overview of cosmetic products (foundations, concealers, powders, blush, etc.)       |
| 2nd                                                   | 1st                                             | Product ingredients and their effects on skin                                       |
|                                                       | 2nd                                             |                                                                                     |
|                                                       | 3rd                                             | Makeup Application Techniques                                                       |
|                                                       | 4th                                             | Basic makeup applications: foundation, concealing, contouring, highlighting         |
|                                                       | 5th                                             | Eye makeup techniques: eyeshadows, eyeliners, mascara, lashes                       |
| 3rd                                                   | 1st                                             | Lip makeup: lipstick, lip gloss, lip liner                                          |
|                                                       | 2nd                                             | Blending and setting makeup                                                         |
|                                                       | 3rd                                             |                                                                                     |
|                                                       | 4th                                             | Specialized Makeup Techniques                                                       |
|                                                       | 5th                                             | Bridal makeup                                                                       |
| 4th                                                   | 1st                                             | Party, event, and photo shoot makeup                                                |
|                                                       | 2nd                                             | Fashion and runway makeup                                                           |
|                                                       | 3rd                                             | Airbrush makeup application                                                         |
|                                                       | 4th                                             | Special effects makeup (wounds, scars, aging, etc.)                                 |
| 5th                                                   | 1st                                             |                                                                                     |
|                                                       | 2nd                                             | Color Theory                                                                        |
|                                                       | 3rd                                             | Understanding color wheel and complementary colors                                  |
|                                                       | 4th                                             | Choosing colors based on skin tone, occasion, and trends                            |
|                                                       | 5th                                             |                                                                                     |
| 1st                                                   | 1st                                             | Makeup for Different Occasions                                                      |
|                                                       | 2nd                                             |                                                                                     |
|                                                       | 3rd                                             | Daytime vs. evening makeup                                                          |
|                                                       | 4th                                             | Corporate and professional makeup                                                   |
|                                                       | 5th                                             | Makeup for stage, film, and television                                              |
|                                                       | 6th                                             |                                                                                     |
| 2nd                                                   | 1st                                             | Health, Hygiene, and Safety                                                         |
|                                                       | 2nd                                             | Sanitization of tools and products                                                  |
|                                                       | 3rd                                             | Makeup hygiene for clients and artists                                              |
|                                                       | 4th                                             | Handling allergic reactions and skin conditions                                     |
|                                                       | 5th                                             | Trends and Innovation                                                               |
| 3rd                                                   | 1st                                             |                                                                                     |
|                                                       | 2nd                                             | Keeping up with industry trends                                                     |
|                                                       | 3rd                                             | Use of new technologies in makeup artistry (such as airbrush or digital techniques) |
|                                                       | 4th                                             | Understanding global makeup styles and practices                                    |
|                                                       | 5th                                             | Client Consultation and Professionalism                                             |
|                                                       | 6th                                             | Health, Hygiene, and Safety                                                         |

|     |     |                                        |
|-----|-----|----------------------------------------|
| 4th | 1st | Sanitization of tools and products     |
|     | 2nd | Makeup hygiene for clients and artists |
|     | 3rd | revision                               |
|     | 4th | revision                               |
|     | 5th | revision                               |

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| 2nd                                             | 1st                                                     | Health, Hygiene, and Safety                                                         |
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