

KONGUNADU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)
COIMBATORE - 641 029



DEPARTMENT OF BOTANY

**CERTIFICATE PROGRAMME IN HERBAL
COSMETICS & FACE YOGA**

CURRICULUM AND SCHEME OF EXAMINATIONS
(CBCS)
(2025 - 2026 and onwards)

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PROGRAMME OUTCOMES (PO)

PO1

- ❖ Demonstrate a basic understanding of herbal cosmetics and ancient face yoga methods.

PO2

- ❖ Apply logical and reasoning skills in the areas of herbal based products and demonstrate the basic understanding of herbal cosmetics.

PO3

- ❖ Identifying proper techniques for utilization and implementation of plant and plant based products.

PO4

- ❖ Recognize authenticated herbs for skin and hair.

PO5

- ❖ Incorporating current trends for face yoga with herbal cosmetic routine.

PO6

- ❖ Compare and apply different techniques for various skin related problems.

PO7

- ❖ Basic knowledge and understanding techniques about face yoga techniques

PO8

- ❖ Translate theoretical knowledge into applications.

PROGRAMME SPECIFIC OUTCOMES (PSO)

PSO1

- ❖ To gain knowledge on various Indian traditional herbs and their therapeutic significance.

PSO 2

- ❖ Identify plants for herbal cosmetic preparation and their varied application towards skin and hair problems.

PSO3

- ❖ Implementing traditional and advanced techniques for herbal beauty care with face yoga methods.

PSO4

- ❖ To create awareness about herbs for cosmetics.

PSO5

- ❖ To develop self-entrepreneurship skills

CHF1

KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS) COIMBATORE – 641 029

PROGRAMME NAME: CERTIFICATE PROGRAMME IN HERBAL COSMETICS AND FACE YOGA

Curriculum and Scheme of Examination under CBCS
(Applicable to the students admitted during the Academic Year 2025-2026 and onwards)

Semester	Subject Code	Title of the Paper	Instruction hour /cycle	Exam Marks			Duration of Exam (hours)	Credits
				CIA	ESE	Total		
	25CHF101	C.P.1- Herbal Cosmetics	2	25	75	100	3	2
	25CHF102	C.P. 2 Face Yoga	2	25	75	100	3	2
	25CHF1CL	C.Pr.1 Herbal Cosmetics and Face Yoga Practical	2	40	60	100	3	2
	25CHF1IT	Case Study Analysis	2	20	80	100	3	2
		Grand Total	8	-	-	400	-	8

Note:

CBCS - Choice Based Credit System

CIA - Continuous Internal Assessment

ESE - End of Semester Examinations

Tally Table:

S. No.	Subject	Marks	Credits
1.	Core-Theory	200	4
2.	Core Practical	100	2
3.	Case Study Analysis	100	2
Grand Total		400	8

- 25% CIA is applicable for all subjects
- A **Field Trip** preferably relevant to the course should be undertaken during the course

CHF2

Components of Continuous Internal Assessment (CIA)

Components		Marks	Total
Theory			
CIA I	75	(75+75=150/10)	25
CIA II	75	15	
Assignment/ Seminar		5	
Attendance		5	
Practical			
CIA Practical		25	40
Observation Notebook		10	
Attendance		5	
Case Study Analysis			
Review		15	20
Regularity		5	

BLOOM'S TAXONOMY BASED ASSESSMENT PATTERN

K1 - Remembering; **K2** - Understanding; **K3** - Applying; **K4** - Analyzing; **K5** - Evaluating

1. Theory Examination - Part I, II & III

(i) CIA I & II and ESE: 75 Marks

Knowledge Level	Section	Marks	Description	Total
K1 Q1 to 10	A (Answer all)	10 x 1 = 10	MCQ	75
K1 – K5 Q11 to 15	B (Either or Pattern)	5 x 5 = 25	Short Answers	
K2 - K5 Q16 to 20	C (Either or Pattern)	5 x 8 = 40	Descriptive / Detailed	

2. Practical Examination:

Knowledge Level	Section	Marks	Total
K3	Experiments & Record Work	50	60
K4		10	
K5			

3. Case Study Analysis:

Knowledge Level	Section	Marks	Total
K3	Case Study Report & Viva Voce	60	80
K4		20	
K5			

Programme Code: 05	CERTIFICATE PROGRAMME IN HERBAL COSMETICS AND FACE YOGA			
Core Paper 1: HERBAL COSMETICS				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study the importance of herbal cosmetics.
- To learn about the plants and their uses in herbal cosmetics
- To prepare herbal products for skin and hair care.

COURSE OUTCOMES

On successful completion of the course, the students will be able to

K1 ↑ ↓ K5	CO1	Acquire knowledge on various types of herbal beauty products.
	CO2	Utilize the applications of herbal cosmetics.
	CO3	Apply inherent knowledge on natural beauty.
	CO4	Acquire knowledge & practice on herbal product making.
	CO5	Gain knowledge on skin care and hair care products.

SYLLABUS

UNIT I: (6 hours)

Introduction – Scope, Importance of Herbal Cosmetics - History & benefits of herbal cosmetics - common herbal ingredients used in our daily life - account on herbal cosmetics and commercial cosmetics – science behind herbal cosmetics- different types of herbal products - advantages & trends in herbal cosmetics- myth about herbal cosmetic-chemicals used in skin care products & their effect.

UNIT II: (6 hours)

Herbal Ingredients for Herbal Cosmetics: Herbal extracts and process - herbs for skin- herbs for hair - natural preservatives used in products - choosing the right herbs for skin and hair care - safety and allergies in herbal ingredients- sourcing and sustainability of herbs - challenges in using herbal ingredients.

UNIT III: (6 hours)

Making of Herbal Cosmetics: Basic process of making herbal cosmetics – knowledge and preparation of handmade herbal cosmetics – materials required for herbal cosmetics – creating handmade recipe for skin care, face care, body and foot care - *different types of skin and herbal routine – maintenance of healthy and glow skin – choose right products for skin care.

UNIT IV: (6 hours)

Essential oils for skin and hair care: Introduction to essential oils - extraction methods of essential oils – common essential oils and their benefits - essential oils for different skin types and hair types - essential oils for common skin and hair problems – preparation of herbal hair care routine

UNIT V:**(6 hours)**

Entrepreneurship & Marketing strategies: Entrepreneurship guidance in making herbal cosmetics – business development - basics of licensing – source of raw materials – selecting targeted customers – packaging - labeling - pricing – choose right vendors – business law – MSME registration - loan & subsidies – certifications needed for herbal cosmetic business.

*** Self study****Teaching Methods**

- Smart Class Room/ PowerPoint presentation/ Seminar/ Quiz/ Discussion/ Flipped Class/ Peer Learning/ Experiential Learning/ Blended Learning

TEXT BOOKS

1. Weaver, R. (2011). *Herbal Cosmetics: The Art and Science of Making Your Own Natural Beauty Products* (1st ed.). Robert Rose.
2. Draelos, Z. D. (2000). *Cosmetic Formulation of Skin Care Products* (1st ed.). CRC Press.
3. Blakeway, J. (2015). *The Complete Herbal Guide: A Natural Approach to Healing the Body* (1st ed.). DK Publishing.
4. Pursell, J. J. (2017). *The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them* (1st ed.). Storey Publishing.
5. Gabriel, J. (2011). *The Green Beauty Guide: Your Essential Resource to Organic and Natural Skin Care, Hair Care, and Makeup* (1st ed.), Greenleaf Book Group Press.
6. Worwood, V. A. (1991). *The Complete Book of Essential Oils and Aromatherapy* (1st ed.). New World Library.
7. Phillips, N. (2014). *The Herbal Entrepreneur: A Guide to Starting and Growing a Herb Business* (1st ed.). Sky horse publishing.
8. Ravi sharma 2011 . Herbal Beauty and Body Care. *Pustak Mahal Publications*.

MAPPING

PSO CO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	H	M	H
CO2	S	M	H	H	M
CO3	H	S	M	H	H
CO4	S	H	M	S	M
CO5	H	S	M	H	H

S - Strong **H - High** **M - Medium** **L - Low**

Programme Code: 05		CERTIFICATE PROGRAMME IN HERBAL COSMETICS AND FACE YOGA		
C.P. 2. FACE YOGA				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study the importance and basics of face yoga.
- To learn face related issues.
- To have hands on practice on face yoga techniques.

COURSE OUTCOMES

On successful completion of the course, the students will be able to

K1 ↑ ↓ K5	CO1	Acquire knowledge on various types of facial exercises.
	CO2	Apply knowledge on face yoga to have related natural beauty.
	CO3	Gain hands on experience with face beauty exercise.
	CO4	Acquire inherent knowledge on face yoga techniques.
	CO5	Understand about face yoga for various face related problems.

SYLLABUS

UNIT I: (6 hours)

Basics of Yoga and Wellness - Introduction to yoga - basics of yoga - types of yoga – common requirements of yoga - various breathing techniques - yoga for flexibility and strength - yoga for stress relief – yoga health and fitness - yoga for other health related issues - mindfulness and meditation.

UNIT II: (6 hours)

Face Reflexology - Introduction - face reflexology - science behind reflex points – face mapping - key reflex zones and their uses - facial reflexology for anti-aging- addressing common ailments such as stress, anxiety – facial pressure points and their functions.

UNIT III: (6 hours)

Face Yoga Theory - Introduction – facial anatomy - *understanding facial muscles - benefits of face yoga - daily care routine – night care routine - face yoga warm up exercise – do and don'ts of face yoga - face yoga for headache, migraine, forehead, eyes, nose, cheeks, ears, mouth, lips - face yoga for acne, pigmentation - yoga for eye care and anti ageing

CHF6

25CHF102

UNIT IV:

(6 hours)

Face Yoga with Herbal Cosmetics - Introduction - Face yoga tools and its types –face massage techniques – spoon techniques – mudras for glowing skin-simple acupuncture points for glowing skin – herbal face steam with herbs – glowing oils for face – herbal face packs for different skin types – yoga and techniques for lymphatic drainage.

UNIT V:

(6 hours)

Natural Hair Care Methods and Nutrition - Introduction to hair care - anatomy and structure of hair - types of hair -common toxins affecting hair - hair care routine– daily – weekly – monthly - natural ingredients for hair care - stress management - Indian head massage – oiling methods for hair growth - homemade hair packs – nutrition and diet foods for beautiful hair and skin.

* Self study

Teaching Methods

- Smart Class Room/ PowerPoint presentation/ Seminar/ Quiz/ Discussion/ Flipped Class/ Peer Learning/ Experiential Learning/ Blended Learning

TEXT BOOKS

1. Desikachar, T.K.V. (1995). The Heart of Yoga: Developing a Personal Practice (1st ed.).Publisher Inner Traditions.
2. Gulati,M. (2021). Miracles of Face Yoga (unabridged ed.).Publisher - Repro India Limited
3. Green, J. (2000). The Herbal Medicine-Maker's Handbook: A Home Manual (1st ed.). Healing Arts Press
4. Snyder, K. (2011). The Beauty Detox Solution (1st ed.). Harlequin.

MAPPING

PSO CO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	H	M	H
CO2	S	M	H	H	M
CO3	H	S	M	H	H
CO4	S	H	M	S	M
CO5	S	M	H	H	M

S - Strong

H - High

M - Medium

L - Low

Programme Code: 05	CERTIFICATE PROGRAMME IN HERBAL COSMETICS AND FACE YOGA			
C.Pr.1. HERBAL COSMETICS AND FACE YOGA				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study about various herbals
- To prepare types of skin and hair packs
- To practice various facial techniques

COURSE OUTCOMES

On successful completion of the course, the students will be able to

K3 ↑ ↓ K5	CO1	Enhance knowledge on ingredients used for various herbal products
	CO2	Prepare herbal products and their benefits
	CO3	Practice face yoga and their impacts
	CO4	Start their own herbal products brand
	CO5	Become a herbalpreneur

SYLLABUS

LIST OF PRACTICALS

HERBAL COSMETICS PRACTICALS FOR SKIN AND HAIR

1. Herbal face packs – fruit pack, flower pack, skin glow pack, anti-acne pack, oily skin pack or multanimitti.
2. Herbal bath powder- for glowing skin.
3. Herbal scrubs- normal, oily, dry.
4. Herbal hair packs - dandruff, hibiscus, traditional hair pack.
5. Herbal oil
6. Herbal face wash powder – Fruit face wash, natural face wash.
7. Herbal face steam powder

FACE YOGA PRACTICES FOR VARIOUS PARTS IN FACE

1. Fore head - Smooth lines & relax tension
2. Eyes- Reduce puffiness & lift droopy lids
3. Nose-- Define & enhance naturally, release nose block
4. Chin- Say goodbye to double chin
5. Cheeks and Mouth- massages for strengthening, toning
6. Lips and neck area- Firm & tone for a youthful look
7. Herbal cosmetics with face yoga

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	S	M	S
CO2	S	M	H	S	H
CO3	H	H	M	H	H
CO4	S	H	S	M	M
CO5	H	M	H	S	H

S - Strong

H - High

M - Medium

L - Low

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**CERTIFICATE PROGRAMME QUESTION PAPER (PRACTICALS)
End of Semester Examination Question Paper Pattern
(For the candidates admitted from the academic year 2025-2026 onwards)**

Time: 3 Hours

Max. Marks: 60 Marks

BREAK UP OF MARKS

A.	Practicals on herbal hair pack	10 Marks
B.	Practicals on face pack / body pack	10 Marks
C.	Demonstrate warm-ups procedure for face yoga	10 Marks
D.	Demonstrate the face yoga techniques	10 Marks
E.	Spotters for face yoga & herbal cosmetics	10 Marks
F.	Record	10 Marks
	Total	60 Marks

Programme Code: 05	CERTIFICATE PROGRAMME IN HERBAL COSMETICS AND FACE YOGA			
CASE STUDY ANALYSIS				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To gain knowledge and opportunities on herbal products.
- To recommend facial exercises for various face related problems.
- To examine critical thinking & problem solving skills in herbal cosmetics.

COURSE OUTCOMES

On successful completion of the case study analysis, the students will be able to

K3 ↑ ↓ K5	CO1	Understand the current trends on herbal product making.
	CO2	Document challenges related to skin and hair related issues.
	CO3	Gain knowledge on self - identifying face related issues.
	CO4	Acquire knowledge on ancient traditional face yoga methods & their relevant technology.
	CO5	Recognize and examine relationship between herbal products with face yoga.

The students shall undergo case study for a minimum period of one month during the last two months of the course and submit the report. Both the Internal and External Examiners shall jointly evaluate the report submitted by the students and marks will be awarded on the basis as mentioned below.

Guidelines for the Distribution of Marks:

CIA	Case Study Review	15	20
	Regularity	5	
ESE	Case Study Report Presentation	60	80
	Viva – Voce	20	
Grand Total			100

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	H	S	M	S
CO2	S	S	H	S	H
CO3	S	H	S	H	S
CO4	S	H	M	S	M
CO5	H	M	S	M	L

S - Strong **H - High** **M - Medium** **L - Low**