

**Thiagarajar College (Autonomous), Madurai-9**  
**Women's Studies Centre**  
**Certificate course on Women's Health and Fitness**  
**(With effect from 2011 – 2012)**

Duration: 3 Months  
Classes: 2 days /week

Hours: 2 h/ day  
Total Hours: 40

**Unit I:**

**Concept of health:** Definition of physical health, mental health, social health, spiritual health- Determinants of health, Nutrition and health: Food groups and their nutrient contribution – Basic 5 (ICMR recommended). Women's Health – Assessment of Nutritional status of women: i) Anthropometric measurements – Height, weight, Body Mass Index (BMI), Resting heart rate, ii) Biochemical estimation, iii) Clinical Estimation and iv) Dietary survey. Significance of physical fitness and nutrition in the procedure of treatment and management of obesity, underweight, anaemia, peptic ulcer, diabetics, cardio vascular disease, disorders of bone health and cancer. Balanced Diet: Recommended Dietary Allowance.

**Practical:** Assessment of nutritional status, physiological parameters like heart rate and BP, Haemoglobin content, endurance test (Harward steps & diet counselling), Clinical examination of candidates before and after the course.

**Unit II:**

Yoga and its importance to women's health and fitness – Surya Namaskar and its benefits – difference between asanas and physical exercises – asanas in standing and long sitting position, prone and supine position, pranayama and meditation.

**Practical:** yoga asanas in standing and long sitting position, prone and supine position, pranayama and meditation.

**Text books:**

1. Singh. V.K., and A.K. Nayak, 1997. Health Education. Common wealth Publishers, New Delhi.
2. Hazedine, 1985. Fitness for sport. The Crowood Ress Ltd., Ramsburg.
3. James and Leona Hart, 1983. 100 % Fitnesss. Goodwill Publishing House, New Delhi.
4. Chandrasekaran, K., 1999.Sound Health through Yoga. Prem Kalyan Publications, Sedapatti.
5. Kumaresan, P, 2002. Yogasanam, Abinaya Publications, Tirunelveli.

Examination: Theory : 50 Marks (External)  
Practicals: 50 Marks (Small projects/Assignment – 25 Marks)  
(Continuous assessment -25 Marks)

**Thiagarajar College (Autonomous), Madurai-9**  
**Women's Studies Centre**  
**Certificate course on Herbal Cosmetics**  
**(With effect from 2011 – 2012)**

Duration: 3 Months  
Classes: 2 days/ week

Hours: 2 h/ day  
Total Hours: 40

**Unit I:**

Herbal care for body, skin, hair, hands and legs- Home made herbal cosmetics- Herbs used in cosmetics: identification, vernacular name with corresponding English name, parts used in cosmetics preparation. Aroma therapy: Advantages. Techniques of aroma therapy for relaxation, for healthy skin and hair. Aroma therapy for the treatment of skin and hair disorders.

**Unit II:**

Natural health and skin care- raw materials – sensitivity and allergy tests on raw materials – Essential oils: absolute and manipulated oils- vegetable oils, fats and waxes- preservatives- dosage guidelines – Natural moisturisers and preservatives. Anti-aging and rejuvenation products.

Study of the importance of good grooming- Professional ethics and career opportunities for the beautician

**Practical:**

Demonstration on the use of cleansers, exfoliates, peelers, toners, lotions and sun creams- Skin and massage oils, preparation of home made herbal cosmetics.

**Reference:**

1. Bole Kunda, P. V. and B. Patkar, 1997. Herbal Cosmetics Handbook. Bharatiya Vidya Bhavan publications, New Delhi.
2. Panda, H., 2001. Herbal Cosmetics, Asia Pacific Business Press Inc. New Delhi.
3. Sharma, P. P., --- Cosmetics formulation manufacturing & Quality control. Vandana Pub, Delhi.
4. Sagarin , ---Cosmetic Science & Technology, Volume I, II & III. John wiley and Co. England

Examination: Theory 50 Marks (External)

Practicals 50 Marks (Small projects/Assignment – 25 Marks)

(Continuous assessment 25 Marks)