Basic Cosmetology - Week 12			
S.no	Week no.	Name of Topic	No. of Hours
1	13	Yoga and its Components	6
2		• Purpose	
3		<ul> <li>Definition</li> </ul>	
4		<ul><li>Benefits</li></ul>	
5		<ul><li>Precautions</li></ul>	
6		Yogic diet	