

## Basic Cosmetology - Week 21

S.no.	Week no.	Name of Topic	No. of Hours
1	21	<u>Yoga and its Components</u> <ul style="list-style-type: none"><li>• Purpose</li></ul>	6
2		<ul style="list-style-type: none"><li>• Definition</li></ul>	
3		<ul style="list-style-type: none"><li>• Benefits</li></ul>	
4		<ul style="list-style-type: none"><li>• Precautions Yogic diet</li></ul>	