Basic Cosmetology

Week - 13			
S.NO.	**Week No.**	**Name of Topic**	**No. of Hours**
1	13	**(योगा और उसके घटक) Yoga and its Components (प्रक्रिया)** Purpose	6
2		(परिभाषा) Definition	
3		(लाभ) Benefits	
4		(सावधानियां) Precautions	
5		(योगिक डाइट) Yogic diet	