

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">• Purpose	6
2		<ul style="list-style-type: none">• Definition	
3		<ul style="list-style-type: none">• Benefits	
4		<ul style="list-style-type: none">• Precautions Yogic diet	