

**SARDAR PATEL UNIVERSITY**  
**Programme: B.Sc (Home Science)**  
**Semester: I**  
**Syllabus with effect from: June-2011**

**Objectives:**

- To gain knowledge on physical appearance, grooming and its importance.
- To develop skills in poise, charm and personality development.
- To acquaint student with the way an individual looks & the way to dress.

<b>Paper Code: UH01EGAP03</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Grooming &amp; Personality</b>	

Unit	Description in detail	Weighting (%)
I	Grooming – meaning & its importance	10%
II	Personal care- proper diet, elimination, exercise, posture, rest, Positive thinking	20%
III	Personality type – figure types, body proportion, complexions colors for individuals	20%
IV	<b>Poise &amp; charm</b> Correct posture, hand control, graceful walking & turning, pausing & standing, sitting down & rising Manners & etiquettes- Conversation styles, voice modulation	30%
V	Selection of clothes – Clothes & personality, clothes & season, Wardrobe planning	20%

