



Participant Handbook

Sector
Beauty & Wellness

Sub-Sector
Beauty & Wellness

Occupation
Wellness

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**Foundation Course in
Wellness Nutrition**

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Shri Narendra Modi
Prime Minister of India

“ Skilling is building a better India.
If we have to move India towards
development then Skill Development
should be our mission. ”



Certificate

COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

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This participant manual is dedicated to all the aspiring youth who desire to achieve special skill which would be a lifelong asset for their future endeavours and help them make a bright career in the Beauty and Wellness Sector.

About this Book

This book is a comprehensive guide to the fundamental principles of nutrition, with a particular focus on wellness and its impact on overall health. It provides a clear understanding of how nutrition affects the body, emphasizing the importance of a balanced diet, proper hydration, and healthy lifestyle choices.

The book also explores how a balanced diet, rich in whole foods and plant-based ingredients, can lead to glowing, youthful skin, ultimately fostering a holistic approach to wellness.

In addition to nutrition, the book introduces the concept of self-love and self-care as integral components of overall wellness. It explains how cultivating a positive relationship with oneself, through practices like mindfulness, relaxation, and self-compassion, can reduce stress and improve mental health.

This Participant Handbook is designed to enable theoretical and practical training on the Foundation Course in Wellness Nutrition. The Qualification Pack of a wellness nutrition includes the following National Occupational Standards which have all been covered in this Trainee Manual:

1. BWS/N0801: Foundation Course in Wellness Nutrition

Symbols Used



Key Learning
Outcomes



Unit
Objectives



Notes



Exercise

1. Foundation Course in Wellness Nutrition



Unit 1.1 - Concept of Holistic Wellness

Unit 1.2 - Nutrients for Healthy Skin, Hair and Nails

Unit 1.3 - Concept of Self - Love & Self - Care

Unit 1.4 - Nutritional Requirement of Adolescents

Unit 1.5 - Label Reading



Key Learning Objectives



At the end of this module, the participant will be able to:

1. Describe the importance of holistic well-being.
2. Identify the positive effects of opting healthy habits on body, mind and soul.
3. List the benefits of adequate sleep in strengthening the immune system and destressing.
4. Explain the structure and different types of skin, hair and nail.
5. Discuss the macro and micro-nutrients.
6. Identify the nutrients and their food sources.
7. Explain the daily skin care regime as per circadian rhythm.
8. Discuss the dietary guidelines for healthy skin, hair and nails.
9. Identify the natural and homemade remedies for managing skin, hair and nail condition.
10. Explain the importance of hydration.
11. List common chemicals found in beauty products, their purpose and their side effects on health.
12. Identify the natural/ organic alternatives to replace the chemicals in cosmetic products.
13. Explain the importance of self-love and self-care.
14. Provide tips and basic appropriate exercises to keep oneself active.
15. Discuss the harmful effects of stress and its consequences on the overall health.
16. Explain the list of stress busting foods and the management of stress through nutrients.
17. List the healthy eating tips to follow under stress.
18. Explain the importance of dressing appropriately to impress, carry oneself and feel confident.
19. List the nutritional requirement of adolescents
20. Understand, identify, analyze, and interpret food labels, including their components, nutrition, and health claims.

Unit 1.1 Concept of Holistic Wellness

Unit Objectives

At the end of the unit, the participant will be able to:

1. Explain the objectives of the program and 360° wellness
2. Describe the importance of Holistic Well-being.
3. Identify the positive effects of opting healthy habits on body, mind and soul.
4. Discuss the calorie requirements with adequate intake of carbohydrates, proteins, fats, minerals, vitamins and fluids.
5. List the benefits of balancing macronutrients and micronutrients

1.1.1 Objectives of the Program

The Foundation Course of Wellness Nutrition is a holistic wellness program aims to provide participants with the knowledge, skills, and motivation to nurture every dimension of their well-being. By focusing on the interconnectedness of physical, mental, emotional, social, and spiritual health, the program encourages a balanced and fulfilling approach to life.

1. Promoting Awareness of Holistic Wellness

Holistic wellness is the integration of various dimensions of health to create a balanced and fulfilling life, focusing on nurturing all areas of well-being rather than just treating symptoms. It encourages a proactive approach to health, helping individuals understand that wellness is not merely the absence of illness but thriving in every aspect of life.

2. Enhancing Physical Well-being

Emphasizing the importance of regular physical activity, proper nutrition, and adequate rest in maintaining a healthy body. Highlight the role of exercise in preventing chronic diseases, the impact of balanced nutrition on energy and immunity, and the restorative benefits of quality sleep for overall health.

3. Supporting Mental and Emotional Health

Providing tools and techniques for managing stress, improving emotional resilience, and fostering a positive mindset. Focus on identifying stressors and applying strategies such as mindfulness, meditation, or deep breathing, while developing emotional intelligence to navigate relationships and challenges. Encourage self-awareness and self-care practices to promote mental clarity and emotional balance.

4. Building Social Connections

Highlight the importance of healthy relationships and social interactions in overall well-being by emphasizing the value of community, collaboration, and meaningful connections. Promote strategies for effective communication and conflict resolution, while encouraging kindness, empathy, and mutual support in relationships.

5. Encouraging Spiritual Growth

Inspiring participants to explore their purpose, values, and beliefs, fostering inner peace and direction. Encourage reflection on personal goals and values to align life choices with a sense of purpose, while exploring mindfulness, meditation, or prayer to nurture spiritual growth. Cultivate gratitude and practices that promote fulfillment and connection to something greater than oneself.

6. Integrating Wellness into Daily Life

Empowering individuals with practical strategies to balance all dimensions of wellness in everyday life by setting achievable goals for physical, mental, and emotional well-being. Create personalized wellness routines tailored to individual needs and lifestyles, and monitor progress with adjustments to maintain a state of holistic balance.

1.1.1.1 Building up Rapport

Building rapport is essential when educating an individual or a group about holistic wellness, as it fosters trust, engagement, and open communication. **The strategies outlined are spot-on for fostering a strong connection.**

1. Understand Your Audience

The foundation of building rapport is knowing who you're speaking to. By understanding the demographics, culture, and values, you can tailor your language and examples to resonate with them. If you know, for example, that your audience is primarily interested in mental wellness or fitness, you can highlight practices and strategies that directly address those areas. This makes your communication more relevant and shows that you've taken the time to understand their needs.

2. Create a Welcoming Environment

A welcoming environment isn't just about physical space, but also emotional space. Setting a tone of warmth and openness in your introduction can immediately make people feel comfortable. This could include making eye contact, smiling, and using a relaxed, approachable tone. Also, encourage questions and make it clear that all viewpoints are valued, which can significantly reduce any initial hesitations participants might have.

3. Share Personal Experiences

Authenticity is key to building rapport, and sharing personal stories can significantly humanize you as a facilitator. By opening up about your own experiences in the realm of holistic wellness—whether it's a challenge you overcame or a lesson you learned—you make the topic feel more real and relatable. This can also help demystify holistic practices and make them feel more accessible.

4. Encourage Participation

Interactive activities, whether it's a small group discussion or a guided breathing exercise, help break the ice and create a dynamic learning environment. When participants are actively involved, they are more likely to feel heard and valued. Activities not only make learning fun but also encourage a deeper connection to the content and to one another. Plus, a more interactive approach can help people feel more at ease and engaged.

5. Listen Actively

Active listening is a powerful way to build trust and rapport. By giving people space to share their thoughts and feelings, and truly listening (not just waiting for your turn to speak), you show respect for their perspectives. Reflecting on what they share, asking follow-up questions, or validating their experiences also helps participants feel seen and heard. This deepens the connection and makes them more likely to open up.

6. Simplify Complex Concepts

Holistic wellness can sometimes feel overwhelming or abstract, especially if it's a new concept for some people. To bridge this gap, break down complex ideas into simple, digestible pieces. Use analogies, real-life examples, and clear visuals to help clarify abstract concepts. The goal is to make the information feel accessible and actionable, so people leave the session feeling empowered.

7. Build Trust Gradually

Trust isn't established in a single moment—it's built over time through consistent, positive interactions. Show empathy and understanding, and acknowledge the unique struggles or goals of each participant. This creates a safe space where people can feel comfortable sharing their thoughts without fear of judgment. As trust builds, participants will become more receptive to your guidance and the information you're offering.

8. Provide Practical Value

People often want tangible tools and takeaways that they can immediately apply in their lives. Offering actionable tips—such as mindful breathing techniques, simple nutrition tips, or stress-relieving exercises—can make your teaching more impactful. When participants leave with concrete strategies they can implement right away, they'll feel that the session was truly valuable.

9. Encourage Collaboration

Group learning can be incredibly enriching. By facilitating collaboration—whether through pair-sharing exercises, small group discussions, or collaborative problem-solving activities—you foster a sense of community. This not only enriches the learning experience but also helps participants feel connected to one another. Group discussions can also spark new ideas and insights, making the experience more dynamic.

10. Adapt and Be Flexible

Flexibility is key to keeping the group engaged and meeting their needs. If you notice that a certain activity isn't working or if the energy in the room shifts, being able to pivot and adjust is an essential skill. This might mean slowing down if people need more time to absorb information or taking a different approach if something isn't resonating. Being adaptable shows that you're listening to the group and are committed to meeting them where they're at.

1.1.2 Holistic Well-being - The Secret of Wellness

Beauty and wellness are the two sides of the same coin. When we focus on our well-being, it naturally reflects in our outward appearance, and the act of nurturing our beauty can, in turn, boost our overall health.

Wellness is about understanding the right actions to take in order to support overall health, and when we prioritize our health, it shines through in our external appearance, revealing our inner beauty. Current research suggests that activities involved in maintaining beauty, also positively influence our physical and emotional well-being.

While external factors certainly influence our attractiveness, many of these elements are within our control. By taking care of our health, not only do we improve how we feel, but we also allow our inner beauty to radiate on the outside, creating a harmonious balance between how we look and how we feel.

Holistic health is actually an approach to life, “Holos” means entire or total. The Holistic means “whole” or complete. Holistic approach to health insists that total good health and well-being can be achieved by understanding the whole person in a perspective that includes his physical, mental, emotional, social and spiritual dimensions.



Fig. 1.1.1 Meditation

1.1.2.1 360° Wellness

360° wellness is a holistic integration of all aspects of life, integrating mind, body and spirit for a peaceful and purposeful life, happiness and well-being. It is an approach to health that views all aspects of an individual’s life and how they interact with the environment. Attention must be given to all the dimensions, as neglecting any one over time will adversely affect the others and ultimately will have an effect on one’s health, well-being, and quality of life. Wellness is a daily choice, a way of life, and a process of change and growth. Wellness is always within your reach, irrespective of external circumstances.

MAKING THE RIGHT CHOICES

One can’t alter the genes, or even much of the environment one lives in, but the lifestyle choices that one make can have an influence on physical appearance and overall well-being. With a balanced schedule that includes eating right, being active, proper sleep schedule, the body will find its balance, which is exuded outward with clear skin, boosted energy, improved mood, clear thinking and a happier & confident self. Healthy habit formation requires practice and routine. After three weeks, engaging in a new behavior begins to feel natural.



Fig. 1.1.2 360° Wellness

Making the right choices for health and well-being can sometimes be challenging. Human behaviour with respect to achieving wellness is influenced by 2 main factors: **self-discipline and habit formation**.

- Self-discipline is our ability to direct our behaviour so that we can meet certain standards and achieve our goals.
- Habits are key to wellness. For better or worse, habits very much influence health, well-being, and quality of life.

A wellness lifestyle has five dimensions. They are self-responsibility, nutritional awareness, physical fitness, stress management and environmental sensitivity. All the five areas are equally important to have the holistic health.



Fig. 1.1.3 Wellness lifestyle five dimensions

Practicing good hygiene, engaging in regular exercise, maintaining a balanced diet, and adopting healthy lifestyle practices not only helps in preventing and avoiding illness but also improves your overall quality of life. By focusing on these core areas, you can significantly reduce the risk of chronic diseases, infections, and other health issues, while also enhancing your well-being, boosting energy levels, and ensuring long-term health. Regularly evaluating and adjusting these practices based on your needs will help you stay on track and live a healthier life



Fig. 1.1.4 Wellness lifestyle

1.1.2.2 Positive effects of healthy habits on body, mind and soul

According to Maharshi Mahesh Yogi “spirituality is not meant to be separate from body. This kind of prejudice against the body runs contrary to the way that nature fashioned us. Nature balanced mind, body and spirit as co-creators of our personal reality.”

Body, Mind and Soul Relationship

Holistic well-being emphasizes the connection of mind, body and spirit, where goal is to achieve maximum well-being. It is dynamic, self-motivating experience of an individual towards achieving a purposeful and vibrant life style.

Thus, the individual is a whole with body, mind and soul and wholeness of the individual is our concern. This holistic approach gives rise to a new model of health care based on life energy rather than on a pathological concept of approach.

Physical conditions affecting mental functions	Emotional conditions affecting bodily functions
<p>Human behaviour involves both body and mind. They interact on each other.</p> <p>Our nervous system and glands which are an important part of our body and are responsible to a great extent for our ways of thinking, feeling, wishing.</p> <p>Let's us take here a few examples of bodily conditions affecting mental functioning in a normal healthy person.</p> <ul style="list-style-type: none"> • It is observed that an increase of B.P leads to mental overactivity. • Fatigue of the body makes concentration difficulty. • Constipation can cause irritability and depression. • Too much of thyroid activity leads to mental restlessness and over excitability. 	<p>Our emotions and strong feeling affect the body inwardly and outwardly.</p> <ol style="list-style-type: none"> a. Unpleasant emotions such as fear, anger, worry cause headache, insomnia, indigestion and various neurotic diseases. b. Deep thinking and concentration can cause physical fatigue. c. Mind motivates all physical and motor activities. d. Emotional conflicts are responsible to cause various illnesses such as hysteria, gastrointestinal troubles like peptic ulcer, ulcerative colitis, flatulence etc.

Table. 1.1.1



Fig. 1.1.5

1.1.3 Nutritional Awareness

Understanding the body's calorie requirements, along with the intake of key nutrients like carbohydrates, proteins, fats, minerals, vitamins, and fluids, is essential for maintaining overall health and supporting bodily functions. The **Indian Council of Medical Research (ICMR)** provides guidelines for daily nutrient requirements, including calories and the intake of macronutrients (carbohydrates, proteins, and fats), micronutrients (minerals and vitamins), and fluids. These guidelines aim to support optimal health and provide recommendations based on age, sex, physical activity level, and life stage (e.g., pregnancy or lactation). Below is an overview of the **ICMR guidelines** for **calorie requirements** and **nutrient intake** for a typical adult based on the latest recommendations:

Calorie requirements

Calorie requirements depend on several factors, including age, sex, weight, activity level, and overall health. For a typical adult, ICMR has established the following calorie requirements:

- **Sedentary Adult Men:** 2,000–2,400 kcal/day
- **Sedentary Adult Women:** 1,800–2,200 kcal/day
- **Moderately Active Adult Men:** 2,400–2,800 kcal/day
- **Moderately Active Adult Women:** 2,200–2,400 kcal/day
- **Highly Active Adult Men:** 2,800–3,000 kcal/day
- **Highly Active Adult Women:** 2,400–2,800 kcal/day

Sedentary individuals have minimal physical activity, while moderately active individuals engage in moderate activity (like walking or light exercise), and highly active individuals engage in intense physical activities (like heavy labour or strenuous exercise).

These calories are primarily sourced from the macronutrients (carbohydrates, proteins, and fats), and the body needs a balanced intake to function optimally.

Carbohydrates

Carbohydrates are the body's main source of energy. They are broken down into glucose, which fuels muscles and the brain.

Recommended Intake: Around 50–60% of total daily calories should come from carbohydrates. This includes both simple and complex carbs, with a focus on whole grains, fruits, vegetables, and legumes. For example, for a 2,000-calorie diet, this would be about 250 to 300 grams of carbs per day.

Sources: Whole grains (brown rice, oats), fruits, vegetables, legumes, and starchy vegetables (sweet potatoes, squash).



Fig. 1.1.6

Proteins

Protein is essential for building and repairing tissues, making enzymes and hormones, and supporting immune function. It's also important for muscle maintenance and growth.

Recommended Intake: About **10–15% of total daily calories** should come from protein. For a 2,000-calorie diet, this would be roughly **50 to 75 grams of protein per day**.

The Recommended Dietary Allowance (RDA) for protein for the average adult is **0.8 to 1 gram per kilogram of body weight**. Active individuals may require more.

Sources: Lean meats (chicken, turkey), fish, eggs, dairy, and plant-based protein sources like , legumes, nuts and tofu.



Fig. 1.1.7

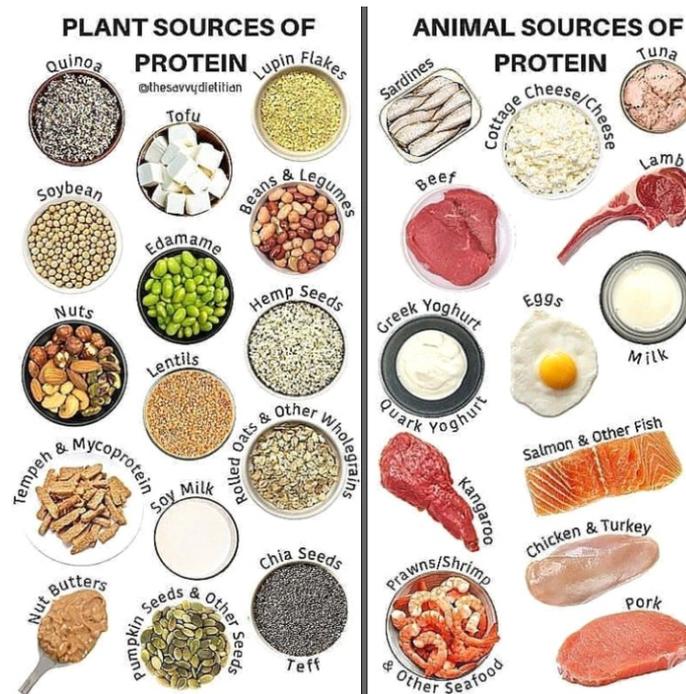


Fig. 1.1.8

Fats

Fats are crucial for absorbing fat-soluble vitamins (A, D, E, and K), providing energy, and supporting cell structure and function.

Recommended Intake: About **20- 30 % of total daily calories** should come from fat. This includes both healthy fats and moderate amounts of saturated fats.

For a 2,000-calorie diet, this would equate to around **44 to 67 grams of fat per day**.

Saturated fats should be limited to less than 10% of total calories.

Sources: Healthy fats include avocados, nuts, seeds, olive oil, and fatty fish (salmon, mackerel). Saturated fats are found in animal products (from dairy and meats). Limit trans fats and excessive saturated fats.

Minerals

Minerals like calcium, magnesium, iron, potassium, and sodium are vital for bone health, muscle function, nerve transmission, and maintaining fluid balance.

- **Calcium:** Supports bone health

Recommended intake for adults is around **600- 1,000 mg per day** (higher for women over 50 and men over 70).

Sources: Dairy (milk, yogurt, cheese), leafy greens (like spinach), tofu, and fortified cereals.

- **Iron:** Vital for oxygen transport in the blood.

Recommended intake **17–21 mg** for men and **21–30 mg** for women.

Sources: Red meat, poultry, lentils, spinach, and fortified cereals.

- **Potassium:** Helps regulate fluid balance and muscle function.

Recommended intake adults need about **3,500–4,700 mg per day**.

Sources: Bananas, oranges, potatoes, tomatoes, beans, and spinach

- **Magnesium:** Important for muscle and nerve function.

Recommended intake **270–400 mg per day** depending on age and sex.

Sources: Green leafy vegetables, nuts, seeds, whole grains.

- **Sodium:** Conduction of nerve impulses and the regulation of fluid balance across cell membranes

Recommended intake less than 2,300 mg per day (ideally below 1,500 mg)

Sources: Salt, processed foods (though excess should be avoided).

Vitamins

Vitamins play essential roles in various bodily functions, including metabolism, immunity, and cell function. There are 13 essential vitamins: A, C, D, E, K, and the B vitamins (B1, B2, B3, B5, B6, B7, B9, B12).

Vitamin A: Important for vision and immune health.

Recommended Intake :700–900 µg (micrograms) per day

Sources: Carrots, spinach, kale, sweet potatoes, and dairy products.

Vitamin C: Essential for immune function and skin health.

Recommended Intake: 40–60 mg per day

Sources: Citrus fruits (oranges, lemons), guavas, strawberries, bell peppers.

Vitamin D: Crucial for bone health and calcium absorption.

Recommended Intake: 10–15 µg (micrograms) per day

Sources: Sunlight, fortified milk, fatty fish (like salmon), egg yolk.

B Vitamins: Involved in energy metabolism and nerve function. Vitamin B1 (Thiamine): 1.2–1.5 mg per day

Sources: Whole grains, legumes, pork, and seeds.

Vitamin B12: 1.5–2.0 µg per day

Sources: Animal products like meat, poultry, fish, and dairy

Food pyramid for balanced diet for 2000 Kcal



Fig. 1.1.9

Fluids

Water is essential for digestion, nutrient absorption, temperature regulation, and removing waste products from the body. Hydration is crucial for maintaining overall bodily functions.

Recommended Intake: Approximately **2.7–3.7 liters** per day for adults, which includes water from all beverages and foods. However, individual needs may vary based on activity level, climate, and individual health.

Sources: In addition to water, fluids come from foods (fruits, vegetables) and beverages like herbal teas.

Dietary Fiber

The ICMR recommends an intake of **25–30 grams of fiber** per day for adults to support digestive health and prevent chronic diseases like heart disease and diabetes. Fiber-rich foods include fruits, vegetables, whole grains, legumes, and seeds.

1	Cereals and millets	Rice, wheat, millets and other cereals, etc.	
2	Pulses	Lentil, green gram, chickpea, rajma, cowpea, etc.	
3	Vegetables	Seasonal vegetables	
4	Nuts, oil seeds, oils and fats	Peanuts, walnuts, almonds, pistachio, hazel nuts, and other nuts, vegetable oils, etc.	
5	Green leafy vegetables (GLV)	Seasonal GLVs	
6	Fruits	Seasonal fruits	
7	Dairy	Milk, curd and butter milk	
8	Roots and tubers	Beetroot, radish, carrot, tapioca, sweet potato, etc.	
9	Flesh foods	Marine fish, poultry and lean cut meat	
10	Spices and herbs	Turmeric (haldi), ginger, mustard, pepper, cumin, corriander (dhania), etc.	

Fig. 1.1.10

1.1.3.1 Balancing Macronutrients and Micronutrients

To maintain optimal health, it's important to aim for a balanced intake of these nutrients. A diet rich in whole foods, with a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats, can ensure you're meeting all your calorie and nutrient needs. It's also vital to stay hydrated and ensure you're getting an adequate amount of vitamins and minerals from your diet or supplements (if necessary).

Remember, individual needs can vary widely, so it's always a good idea to consult with a healthcare provider or nutritionist for personalized recommendations.