

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Cosmetology

for

Bachelor of Arts

(Semester: I &II)

((Under Credit Based Continuous Evaluation Grading System)(CBCEGS)

Session: 2025-2026



The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

Bachelor of Arts Semester -I
Cosmetology (Vocational)
Session 2025-2026

Bachelor of Arts Cosmetology (Vocational) Semester II									
Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
BARM-2147	Cosmetology (Vocational)	E	2-0-2	04	100	40	30	30	3+3

Bachelor of Arts (Semester-I)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(THEORY)

Course Outcomes:-

CO 1 : Students know the importance of cosmetology and its objectives

CO 2 : To learn structure and function of skin along with skin problems.

CO 3 : Students grab knowledge about person hygiene and learn healthy habits

CO 4 : To learn the theory and techniques of massage also the basic knowledge of facial muscles.

Bachelor of Arts (Semester-I)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 30
CA:30

Instructions for the Paper Setters:

Eight questions of equal marks(8 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

Cosmetology

- Introduction
- Aims and Importance

Unit-II

Skin:

- What is Skin?
- Structure of skin
- Functions of skin
- Types of skin
- Common skin problems

Unit-III

Personal Grooming:

- Personal Hygiene
- Care of mouth, teeth, ears, feet, removing body hair, skin care and cosmetics, care of hair, nail and hand care, care of your clothing.

Unit-IV

Massage:

- Theory of massage
- Benefits of massage
- Basic knowledge of facial muscles
- Types of Bleach

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Massage by Ken Everyman.
- Salon fundamental cosmetology textbook: A Pivot Point
- Preparing for the practical exam : Milady's Standard Cosmetology

Bachelor of Arts (Semester-I)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-1147
(PRACTICAL)

Time: 4hrs.

Practical Marks: 30

Instructions for Practical Examiners:

Question paper is to be set on the spot jointly by the Internal and External Examiners.

Project file will be evaluated by External Examiner which carries – 10 marks.

1. Massage:

- a) Methods of massage
- b) Massage Techniques

2. Facial Treatments:

- a) Knowledge of skin analysis
- b) Facial Massage (Deep Cleansing Extraction)
- c) Method of Bleach

- 3. Skin Treatments:** Different types of skin treatments with the help of natural ingredients like packs, masks and creams for different skins.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Massage by Ken Everyman.
- Salon fundamental cosmetology textbook: A Pivot Point
- Preparing for the practical exam : Milady's Standard Cosmetolog

Bachelor of Arts (Semester – II)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

Course Outcomes:-

CO1 :To make students study about the deep layers of nail and different disorders of nail

CO2 : Students will learn about types and classification of colors

CO3: Students enhance the beauty and groom the talking, walking, standing ,sitting skills.

CO4: TO discuss the role of yoga for good health.

Bachelor of Arts (Semester – II)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

Time: 3 hrs.

Total Marks: 100
Theory Marks: 40
Practical Marks: 30
CA:30

Instructions for the Paper Setters:

Eight questions of equal marks (8 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

Nail

- Structure of nail
- Disorder and Disease of the nails

Unit-II

Colours

- Basic knowledge of colours: Primary & Secondary.
- Colours, effects and selection acc. To season and occasion.
- Planning of wardrobe and acc. To figure, complexion, occupation and weather.

Unit-III

Visual Poise

- Corrective stance,
- Standing Poise.
- Walking Sitting Style.

Unit-IV

Yoga

- What is Yoga?
- Role of Yoga for a good health.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Complete beauty book by Helen.
- FosterPerth hair dressers complete Book

Bachelor of Arts (Semester – II)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-2147
(PRACTICAL)

Time: 4hrs.

Practical Marks: 30

Instructions for Practical Examiners:

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

Project file will be evaluated by External Examiner which carries – 10 marks.

1. Nails and Hand care:

- a) Plain Manicure
- b) Manicure Pedicure
- c) Pedicure Spa
- d) Artificial Spa
- e) Waxing, Threading

2. Yoga Asanas:

- a) Guide line for Yoga practice
- b) Asanas:
 - Virbhadrasana
 - Tar Asana
 - Dhanurasana
 - Padmasana
 - Bhujangasana

Books Recommended:

- Structural Yoga Therapy by Mukunda Stiles
- Complete beauty book by Helen.
- Foster Perth hair dressers complete Book