

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Cosmetology

for

**Bachelor of Arts
(Semester: III & IV)**

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

Session: 2025-2026



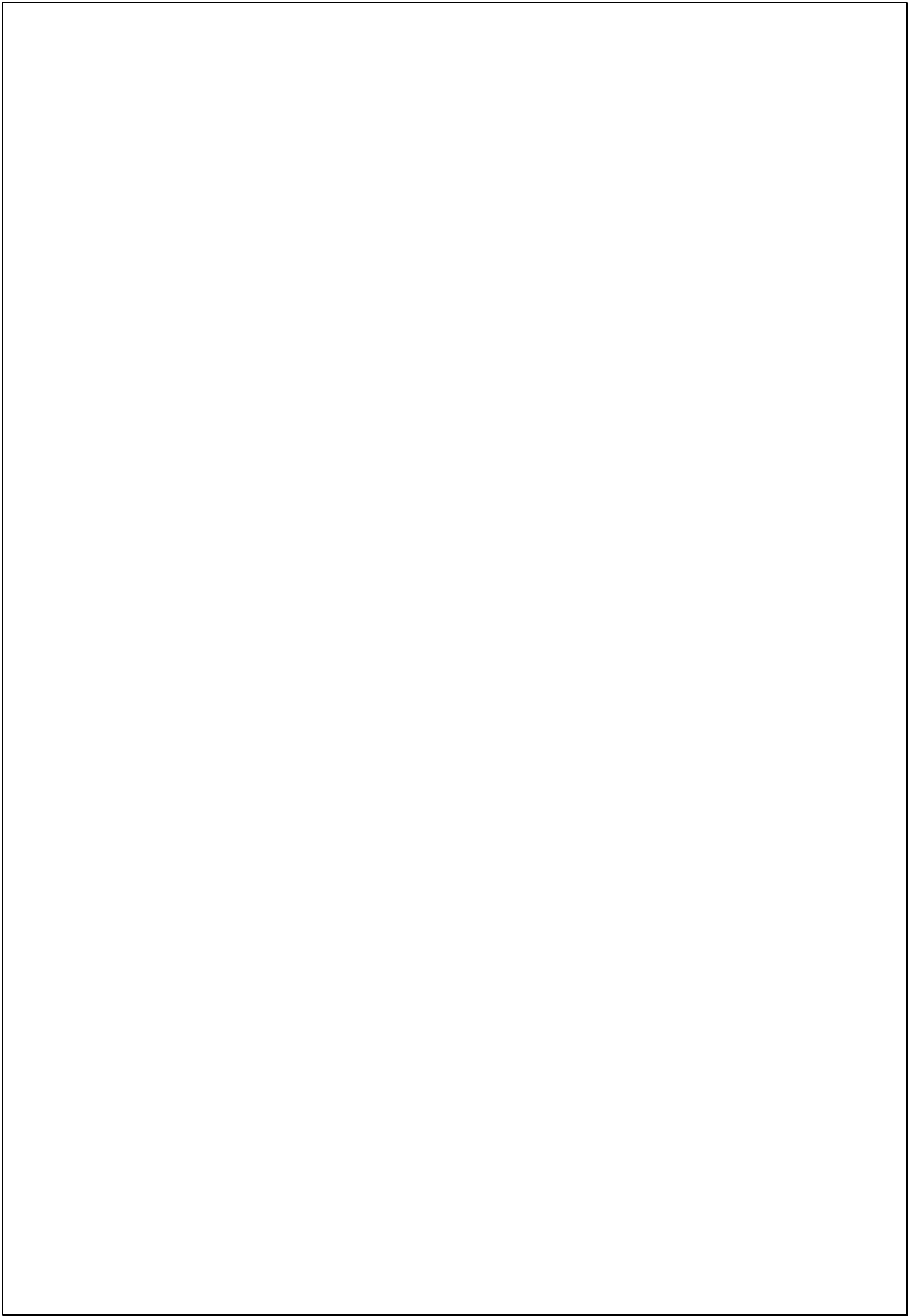
The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

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

Bachelor of Arts Cosmetology (Vocational) Semester III									
Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
BARM-3147	Cosmetology (Vocational)	E	2-0-2	04	100	40	30	30	3+3

[illegible]



Bachelor of Arts (Semester-III)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(THEORY)

COURSE OUTCOME:

CO 1: Students learn the deep layers of hair its composition and its types

CO 2: This also teaches us the different disorders of hair and scalp both infectious and non-infectious.

CO 3: Students can learn the role of nutrients for a healthy life.

CO4: To impart the knowledge of overweight and underweight due to malnutrition.

Bachelor of Arts (Semester-III)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 30
C.A: 30

Instructions for the Paper Setters:

Eight questions of equal (8 marks) marks 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-1

1. Hair

- Composition and Structure of Hair
- Division & Forms of Hair
- Hair Growth & Regeneration

UNIT-II

- Disorders & Disease of the hair and scalp
- PH scale with Diagram

2. Health and diet

- Basic Introduction of Nutrients
- Carbohydrates, Protein, Fat, Vitamin A,D,C & B complex, Calcium, Iron and their food sources

UNIT-III

- Role of Water for healthy Skin
- Concept of Balance Diet -5 food groups principles of meal planning

UNIT-IV

- Overweight and Underweight causes and dietary Management
- Main functions related to skin and hair

Books Recommended :-

- Berg, A.(1973)The Nutrition` factor, The Brookings Institution, Washington.
- Gibney M.J, Margetts, B.M, Kearney, J.M Arab, I. eds (2004) Public Health Nutrition, NS Blackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford University Press.
- Complete beauty book by Helen Foster

Bachelor of Arts (Semester-III)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(Practical)

Time: 3 hrs.

Practical Marks: 30

Instructions for Practical Examiners:

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

1. Hair Care

- Types of shampoos and procedure of shampoo
- Hair rinses and hair conditions
- Hair spa acc.to scalp
- Corrective hair and scalp treatment :
- Treatment for Dry, Oily scalp, Dandruff treatment ,Hair fall treatment with the help of Steamer, Vibrator , Heat, High Frequency

2. Hair Styling

- Basic Techniques and Equipment used in styling
- Principles of Hair Design
- Shapes of Head, Headlines , Texture and Density
- Different Thermal hair styles with the help of thermal equipment

Books Recommended :-

- Blackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford University Press.
- Complete beauty book by Helen Foster

Bachelor of Arts (Semester – IV)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

COURSE OUTCOME:

CO 1: To impart the knowledge of Hair bonds and Chemical reaction .

CO 2: Understand the knowledge of acid and alkline in Chemical relaxers.

CO3: To understand the role of colour in relation to skin, eyes and hair.

CO4: Students can learn hair analysis and cosmetics use for hair colouring.

Bachelor of Arts (Semester – IV)
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 30
C.A:30

Instructions for the Paper Setters:

Eight questions of equal(8 marks) 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

Chemical Knowledge of Hair

- Chemical Structure of Hair
- Hair Bonds

UNIT-II

- Acids & Alkalis
- Determine Porosity in Chemical hair Treatments:
 - a) Rebonding
 - b) Perming

UNIT-III

Colours

- Colour Principles
- Colours key programme and its relation to Skin ,Eye and Hair

UNIT-IV

- Analysis of client
- Hair textures , lighteners, Cosmetics and hair Colouring

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

Bachelor of Arts Semester-IV
Session – 2025-2026
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(Practical)

Time: 3 hrs.

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.

Basic Hair Shaping

- Hair shaping instruments and their uses
- Sectioning for Haircut
- Degree system for Haircut
- Hair texture and four types of hair Cuts

Scalp Manipulations

- Benefits of Scalp Manipulations
- Scientific hair Brushing
- Pressure Point of Head Massage
- Hairstyles & Buns

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd