

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Master of Arts (Cosmetology)

Semester: (III & IV)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2025-2026



The Heritage Institution

KANYA MAHAVIDYALAYA JALANDHAR

(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME (Under Credit Based Continuous Evaluation Grading System)(CBCEGS)

Master of Arts (Cosmetology)

Session: 2025-26

Master of Arts (Cosmetology) Semester-III										
Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours	
					Total	Ext	CA			
						L	P			
MCYL-3141	Business Management	C	4-0-0	04	100	70	---	30	3	
MCYM-3142	Advance Therapies for Skin and Health	C	4-0-2	06	100	40	30	30	3+3	
MCYM-3143	The Magic of Massage	C	4-0-2	06	100	40	30	30	3+3	
MCYM-3144	Maquillage Technique	C	4-0-2	06	100	40	30	30	3+3	
Student may opt any one of the following Interdisciplinary compulsory courses. The ID course opted in sem -I can not be opted in sem-III		IDE	04		04	80		20	3	
	Total			22	400					
IDEC-3101 IDEM-3362 IDEH-3313 IDEI-3124 IDEW- 1275	• Communication Skills • Basics of Music (Vocal) • Human Rights and Constitutional Duties • Basics of Computer Applications • Indian Heritage: Contribution to the world									

C-Compulsory

IDE- Inter Disciplinary Elective Course

*Credits/Grade Points of these courses optional will not be included in the SGPA/CGPA of Semester.

Master of Arts (Cosmetology) Semester-IV										
	Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours
						Total	Ext.		CA	
							L	P		
	MCYM-4141	Hand and Feet Care	C	4-0-2	06	100	40	30	30	3+3
	MCYM-4142	Therapeutic Nutrition	C	4-0-2	06	100	40	30	30	3+3
	MCYM-4143	Ayurvedic Products for Skin and Hair	C	4-0-2	06	100	40	30	30	3+3
	MCYI-4144	Internship and Report Writing	C	0-0-4	04	100		100		3
Total					22	400				

C- Compulsory

Programme Specific Outcomes

Master of Arts (Cosmetology)

Session-2025-26

PSO1 -Cosmetology is the study and application of beauty treatment. It is the science which focuses on making people look good. It comprises many branches which include beauty therapy and treatments for face, hair, body and overall health care.

PSO2- A cosmetologist is an expert in makeup, skin care and beauty products. He or she provides beauty services that include cosmetic care for hair, skin and body.

PSO3- Students who are interested to become a cosmetologist need to obtain certain educational and licensing requirements. With the right educational qualification and license, cosmetologists can work in several industries and may also be self-employed.

PSO4- The job roles range from the regular haircut, hair wash, perming, styling, colouring, and hair extensions to manicure, pedicure and facials

PSO5- The career possibility in the industry of beauty is endless. This industry offers various careers for these professionals to excel and grow. It is a lucrative career option with earnings increasing with experience and reputation Trained cosmetologists find well paid jobs in beauty parlours, high-end salons and in luxurious hotels/resorts Makeup hair style.

PSO6- Beauty therapists give treatment for the face, hair, skin, and the body . Threading, facials, massages, skin treatments, manicure and pedicure are all included in Beauty therapy. They also advice on skin care, makeup.

PSO7- Beauticians specialize in doing make up for marriages, for TV and film performances and special occasions.

PSO8- Specialized areas of work are electrolysis, permanent make-up used to give a permanent lip-line or eye-line, aroma therapy which uses fragrances and essences for beauty treatment, etc

PSO9- Beauty advisors market cosmetics, help customers identify the skin/ hair type and give advice on how to treat minor ailments. They give advice on the use of cosmetics, general health/fitness advice, treatment and training is given in yoga/aerobics/health clubs by specialists in fitness and exercise.

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
Business Management
Course Code: MCYL-3141
(THEORY)

Time: 3 hrs

MaxMarks:100
Theory Marks: 70
CA: 30

Instructions for the Paper Setters:

Eight questions of Equal marks (14 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-1

PRACTICES IN COSMETOLOGY AND HEALTH CARE

- Introduction of Management
- Principles of Management

UNIT-II

SPACE AND EQUIPMENT

- Layout planning: Preliminary preparation –Information gathering, Prospectus, Determining basic units and equipment.
- Determining equipment needs :Types of equipments, Features of equipments ,Factors affecting selection of equipments, Equipment needs for different situations
- Feasibility assessment in terms of layout design and costs.

UNIT-III

FINANCIAL MANAGEMENT

- The use of financial Management in a Health and beauty based enterprise
- Budget , Budgeting and Budgetary Control
- Basic concepts in Financial Accounting : Cash memo, Cash Receipt, Pay-in-slip Cheques ,Vouchers

UNIT-IV

RESOURCE MANAGEMENT

- Human Resource Management
- Entrepreneurship Development
- Business Communication Skills
- Business Environment
- Service Management
- Retail Management
- Computer Application in cosmetology & Health care Management
- Fitness Management.

BOOKS RECOMMENDED

- ☐ Koontz Harold & Weihrich Heinz (2006) Essentials of Management 7th edition Tata Mc Graw Hill Book Company
- ☐ Sethi Mohini (2005) Institution Food Management New Age International Publishers
- ☐ Tripathi P C (2000) Personnel management 15th ed Sultan Chand ,New Delhi
- ☐ A very AC (1991) Modern Guide to Food Service Equipment ,Waveland Press
- ☐ Sethi Mohini (2005) Personnel management 15th ed sultan Chand ,New Delhi
- ☐ Luthans Fred (2001) Organizational Behaviour 9th Edition Mc Graw Hill International
- ☐ Swamy's Handbook (2009) Swamy Publisher (P) Ltd

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
Advance Therapies of Skin and Health
Course Code: MCYM-3142
(THEORY)

Course Outcomes:

- CO1: To provide an in depth understanding on how to give magnet and reflex therapy.
- CO2: To provide an advance training above the purpose benifites and techniques of hydro and sea weed therapy.
- CO3: To give student and understanding of different techniques and purpose of electro therapy and electrolysis therapy.
- CO4: Develop skill dealing with different Aayurveda SPA therapies.

Master of Arts (Cosmetology) Semester-III
Session 2025-2026

Advance Therapies of Skin and Health
Course Code: MCYM-3142
(THEORY)

Time: 3 hrs

Max.Marks100
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

MAGNET THERAPY AND REFLEX THERAPY-

- Introduction and its uses
- Instruments used
- Techniques
- Contraindications

UNIT-II

HYDRO THERAPY & SEA WEED THERAPY

- Its Meaning
- Its Purpose and benefits
- Techniques
- Contraindications

UNIT-III

ELECTRO THERAPY & ELECTROLYSIS THERAPY

- Definition
- Terms and types
- Techniques and its purpose
- Contraindications

UNIT –IV

AYURVEDIC SPA THERAPY

- Introduction to Ayurveda
- Panchkarma
- Kerala Massage Therapy
- Uses and benefits
- Contraindication

BOOKS RECOMMENDED:

- Gill Farrer-Halls, The Aroma Therapy Bible :The Definitive Guide to usingessential oils
- Patricia Davis, Aroma Therapy: An A-Z: the most comprehensive Guide.
- Ron Lawrence ,M.D, PHD and Paul Rosch , M.D. F.A.C.P. Magnetic therapy
- Diane Buchman, Blanche Fried ,The Complete Book on Water Therapy

Master of Arts (Cosmetology) Semester-III

Session-2025-26

**Advance Therapies of Skin and Health
Course Code: MCYM-3142
(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.

THERAPIES:-

- Magnet therapy
- Reflex therapy
- Sea weed Therapy
- Electro Therapy
- Ayurvedic Spa Therapies
- Kerala massage therapy
- Shirodhara massage techniques
- Viva
- File Work

BOOKS RECOMMENDED:

- Gill Farrer-Halls, The Aroma Therapy Bible :The Definitive Guide to usingessential oils
- Patricia Davis, Aroma Therapy: An A-Z: the most comprehensive Guide.
- Ron Lawrence ,M.D, PHD and Paul Rosch , M.D. F.A.C.P. Magnetic therapy
- Diane Buchman, Blanche Fried ,The Complete Book on Water Therapy
- Ruth Sova, The Water way to Mobility and Painfree .
- Kathi Keville,IDG ,1999,Aromatherapy for Dummies.

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

COURSE OUTCOMES:

CO1: To discuss the purpose and origin of massage.

CO2: To demonstrate and understand of the structure and function of the human body with different western massage.

CO3: Identify the movement types of the massage.

CO4: To understand the concept of oils and their healing power.

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

Time: 3 hrs

Max. Mark100
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

INTRODUCTION OF MASSAGE:

UNIT-I

- Origin of Massage
- The History of Massage Therapy
- Types of Massage
- Benefits of Massage Therapy

UNIT- II

WESTERN MASSAGE :

- Deep Tissue Massage
- Swedish massage
- Lomi-Lomi
- Aroma massage

UNIT-III

Oriental Massage:

- Japanese massage –Shiatsu
- Chinese massage
- Tibetan massage
- Thai massage
- Thai Yoga massage

UNIT-IV

HEALING WITH MASSAGE:

- Self Massage:
Revitalizing Arm and Neck Massage ,Leg Massage , Back massage
- Basic oils and their uses:
Sweet Almond, Castor Oil, Coconut oil, Olive Oil

BOOKS RECOMMENDED

- Tanushree Podder,2002 ,The Magic of Massage ,Pustak Mahal , Delhi
- Tappan, Frances M- Healing Massage Techniques : A Study of Eastern and Western Methods
- Lidell, Lucinda – The Book of Massage : The Complete step by step guide to Eastern and Western Techniques ,New York ,1st ed. Simon & Schuster 1st ed. 2001.
- Sharma ,Rajiv ,2006 Massage for Good Health ,Diamond Pocket Books (P) Ltd.
- D. Milli Austin, Healing Bath: Using Essential Oil Therapy to Balance Body Energy ,Inner Tradition ,Vermont

Master of Arts (Cosmetology) Semester-III

Session 2025-2026

The Magic of Massage

Course Code: MCYM-3143

(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.

MASSAGES:-

- Self Massage
- Swedish massage
- Deep Tissue massage
- Aroma massage Therapy and Thai yoga
- Thai massage
- Japanese massage
- Chinese massage
- Potli Massage
- Uses of Aromatic oils (carrier oils, essential oil)
- Viva
- File Work

BOOKS RECOMMENDED

- Tanushree Podder, 2002, The Magic of Massage, Pustak Mahal, Delhi
- Tappan, Frances M- Healing Massage Techniques : A Study of Eastern and Western Methods
 - Sharma, Rajiv, 2006 Massage for Good Health, Diamond Pocket Books (P) Ltd.
 - D. Milli Austin, Healing Bath: Using Essential Oil Therapy to Balance Body Energy, Inner Tradition, Vermont
 - Baiz Rodolfe, Healing Power of Essential Oils Therapy to Balance Body Energy, Inner Traditional, Vermont

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
Maquillage Technique
Course Code: MCYM-3144
(THEORY)

COURSE OUTCOMES:

CO1: To Identify and apply various makeup equipment and techniques use for professional makeup application.

CO2: To understand the different types of makeup around the clock.

CO3 To understand that while applying makeup, one must take in to consideration the structure of client's face, the color of eye, skin and hair that how the client wants to look.

CO4: Understand equipment , materials, products , techniques and treatment planning for eyelash extention services.

Master of Arts (Cosmetology) Semester-III
Session 2025-2026
Maquillage Technique
Course Code: MCYM-3144
(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

MAQUILLAGE PRINCIPLE:-

- Preparation for makeup Application-Equipment, tools, terms.
- Material Required for Maquillage.
- Procedures for applying professional make up.

UNIT-II

AROUND THE CLOCK MAKE UP

- Day, Night, and Evening Make Up,
- Signature Makeup
- Beauty Care Prior to Wedding- Bridal Make Up

UNIT-III

FACE SHAPES & TOUCH UP TRICKS-

- The basic face shapes
- Make Up Touch Up Tricks
- Lunch Time Touch Up
- Night Time Face Touch up
- The cocktail eye

UNIT-IV

FALSE EYELASHES

- Applying strip eyelashes. material and implements used
- Removal of strip false eyelashes
- Applying semi permanent individual eyelashes and material & implements used
- Removing false individual eyelashes
- Allergy test
- Procedure for upper and lower lashes

BOOKS RECOMMENDED:

- Kevyn Aucoin ,Harper Collins ,1995,The Art of Make Up
- Mary Quant, DK Publishing,1996, Classic Make Up and Beauty
- Kevyn Aucoin, Little Brown and Company,2000, Face Forward
- Arlene Mathew ,The Complete Beauty Book,2004, Varun Publication, Bangalore
- Milady's ,Text Book of cosmetology ,2000, Milady Publication ,America
- Handa Parvesh, Complete Book on Beauty Body Make Up,2006 Goodwill Publications ,New Delhi.

Master of Arts (Cosmetology) Semester-III)

Session 2025-2026

Maquillage Technique

Course Code: MCYM-3144

(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.

MAQUILLAGE:-

- Corrective Make up
- Bridal Make up
- Reception Make up
- Glossy Makeup.
- HD makeup
- No makeup look
- VIVA
- File Work

BOOKS RECOMMENDED:

- Kevyn Aucoin ,Harper Collins ,1995,The Art of Make Up
- Mary Quant, DK Publishing,1996, Classic Make Up and Beauty
- Kevyn Aucoin, Little Brown and Company,2000, Face Forward
- Arlene Mathew ,The Complete Beauty Book,2004, Varun Publication, Bangalore
- Milady's ,Text Book of cosmetology ,2000, Milady Publication ,America
- Handa Parvesh, Complete Book on Beauty Body Make Up,2006 Goodwill Publications ,New Delhi

Master of Arts (Cosmetology) Semester-IV

Session: 2025-2026

Hand and Feet Care

Course Code: MCYM - 4141

(Theory)

COURSE OUTCOMES:

CO1: Demonstrate different types of nail shapes and identify common nail disorders.

CO2: To understand the introduction to the practice of manicure and how to provide the full consultation to the client.

CO3: To understand the introduction to the practice of pedicure and how to provide the full consultation to the client.

CO4: To identify the different types of nails and remove them with due care and safety.

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Hand and Feet Care
Course Code: MCYM - 4141
(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

NAILS

- Nail Structure
- Diseases and Disorders of Nails
- Nail Growth and Nail Shapes

UNIT-II

HAND CARE

- Manicure Preparation
- Manicure- Types, preparation, procedures, equipment, precautions ,Cleanup and Sanitation.

UNIT-III

FEET CARE

- Pedicure Preparation
- Pedicure Type, preparation, procedures, equipment, precautions ,Cleanup and Sanitation

UNIT-IV

Nail

- Nail Extension- equipment, chemical precaution & procedure
- Nail protection equipment & measure for nail technician
- Nail treatments feasible in a Salon
- Diet for healthy nails

BOOKS RECOMMENDED:

- Complete beauty book by Helen Foster
- Standard Text Book Of Cosmetology by Milady.
- Beauty Basics by Lorraine Nordmann Level-I
- Milady's, Text Book of Cosmetology, 2000, Milady Publication, America.
- Clean :A History of Personal Hygiene and Purity By Virginia Smith(Author)

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Hand and Feet Care
Course Code: MCYM - 4141
(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 Manicure
- Oil Manicure
- Parrafin wax manicure
- Pedicure
- Acrylic Nail
- Permanent Nail extension
- Nail art
- Gel nail art
- Press on
- Viva
- File work

BOOKS RECOMMENDED:

- Complete beauty book by Helen Foster
- Standard Text Book Of Cosmetology by Milady.
- Beauty Basics by Lorraine Nordmann Level-I
- Milady's, Text Book of Cosmetology, 2000, Milady Publication, America.
- Clean : A History of Personal Hygiene and Pu

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Therapeutic Nutrition
Course Code: MCYM - 4142
(Theory)

Course Outcomes:

CO1: To understand the aim , scop and role of nutrition in health and disease process.

CO2: Implement different strategic methods for assessing nutritional status.

CO3: Utilize knowledge from the physical and biological sciences as a basic for understand the role of food and nutrients in health and disese process.

CO4: Understand the nutitional requirments and develop recipes for infants , school children, pregnant and lactating mothers

Master of Arts (Cosmetology) Semester-IV

Session : 2025-2026

Therapeutic Nutrition

Course Code: MCYM - 4142

(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

HEALTH NUTRITION:

- Aim and scope of Nutrition
- Nutrition-Definition
- Role of Nutrition ,Role of Nutritionist in National development
- Dimension and indicators

UNIT-II

NUTRITIONAL STATUS:

- Direct methods – anthropometry, biochemical, biophysical and chemical methods, indirect methods
- Dietary intake and ecological variables including socio-cultural, biologic, environment and economic Errors in methods of assessing nutritional status.

UNIT-III

EFFECTS OF MALNUTRITION AND PREVENTIVE STRATEGIES:

- Protein Energy Malnutrition
- Vitamin A deficiency
- Nutritional Anemia
- Iodine deficiency Disorders
- Vitamin D deficiency
- Osteoporosis
- Zinc deficiency

UNIT-IV

DEVELOPMENT RECIPES:

- Infants
- Elementary School Children
- Adolescents
- Pregnant and lactating Mothers

BOOKS RECOMMENDED

- Achaya, K.T.(ed) (1984) interface between Agriculture , Nutrition and Food Science, The United National University.
- Beaton, G.H and Bengoa, J.M (eds) (1976) Nutrition in preventive Medicine , WHO.
- 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.
- Owen ,A.Y and Frankle, R.T.(1986)Nutrition in the Community . The Art of Delivering services, 2nd ed. Times Mirror/Mosby.

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Therapeutic Nutrition
Course Code: MCYM - 4142
(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.

DIET CHART & RECIPES FOR:

- Pregnant and lactating mothers
- Infants and school children's
- Adolescents
- Diabetic patient
- Obesity patient
- Weight Loss
- Viva
- File work

BOOKS RECOMMENDED

- Achaya, K.T.(ed) (1984) interface between Agriculture , Nutrition and Food Science, The United National University.
- Beaton, G.H and Bengoa, J.M (eds) (1976) Nutrition in preventive Medicine , WHO.
- 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.
- Owen ,A.Y and Frankle, R.T.(1986)Nutrition in the Community . The Art of Delivering services, 2nd ed. Times Mirror/Mosby.

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(Theory)

Course Outcomes:

CO1: To understand the concept of ayurveda for healthy hair and skin.

CO2: Students will have knowledge of preparing different facial mask , lotion, creams and pack for different skin treatments.

CO3: Students will have knowledge of preparation of ayurvedic products for different hair treatments.

CO4: Students will learn packing and filling of different products like packs,toners, cream , shampoos and conditioners.

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(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

INTRODUCTION:

- Concept of Ayurveda
- Importance of Ayurveda
- Ayurvedic home products for healthy hair and skin

UNIT-II

AYURVEDIC PREPARATIONS FOR SKIN TREATMENT:

Ayurvedic Creams, Lotions, Mask, Packs & skin Tonics for Black and White Heads
Pigmentation
Hyper-sensitive Skin
Open pores
Muddy Skin
Prickly Heads
Boils and Pustules
Sun burn, Burns and Scalds
Birth Marks, Cold Sores
pimples and Acne
Moles
Warts, Genital Warts
Leucoderma: The Whitening of Skin, Dermatitis, skin allergies, Sunscreen lotion

UNIT-III

AYURVEDIC PRODUCTS FOR HAIR:

Ayurvedic Hair oils, Packs, Tonics, Shampoos and Conditioners for:
Dry Hair, Oily Hair , Dull Hair, Brittle Hair, Flakiness, Thin Hair, Split end Hair, Dandruff, Loss of Hair,
Chronic Hair Falling, Round Patches of Baldness, Diseased Hair
Herbal Recipes:
Traumatic Lesions of the hair, milk crust, Lice Infestation, Dandruff, Hair Loss, Hair Growth, Early Grey Hair.

UNIT-IV

PACKING PRODUCTS

Filling and packing of:
Creams, lotions
Oils
Packs, Masks Tonics
Shampoos & Conditioner

BOOKS RECOMMENDED

Rona Berg, Workman,2001, Beauty, The New Basics
Monisha Bharadwaj , Ulysses Press,2000, Beauty Secrets of India
Neal's yard Remedied, Aurum Press UK, 1997, Make your own cosmetics:Neal's yard Remedies.
Casey Keller, Lark Books, 2000, The Natural Beauty & Bath Book

Master of Arts (Cosmetology) Semester-IV
Session: 2025-2026
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(Practical)

Time: 3 hrs

Practical :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.

PREPARING AYURVEDIC PRODUCTS FOR PROBLEMATIC SKIN

- Creams
- Lotions
- Masks
- Packs

PREPARING AYURVEDIC PRODUCTS FOR HAIR PROBLEMS

- Tonics
- Oils
- Shampoos
- Conditioners

VIVA

FILE WORK

BOOKS RECOMMENDED

Rona Berg, Workman,2001, Beauty, The New Basics

Monisha Bharadwaj , Ulysses Press,2000, Beauty Secrets of India

Neal's yard Remedied, Aurum Press UK, 1997, Make your own cosmetics:Neal's yard Remedies.

Casey Keller, Lark Books, 2000, The Natural Beauty & Bath Book

Bhagwandash, Vaidya. Massage Therapy in Ayurveda (Concept publishing Company,New Delhi,1935)

Master of Arts (Cosmetology) (Semester-IV)

Session: 2025-2026

Internship and Report

Course Code: MCYI- 4144

Time: 3 hrs

Total Marks:100

One month industrial training:

Students must undertake, Industrial training in the relevant Industry. A report, certificate of completion submitted to department is mandatory