FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Master of Arts (Cosmetology)

Semester: (I to IV)

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

Session: 2026-2027

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 -2026-2027

Master of Arts (Cosmetology) Semester-I

Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
MCYM-1141	Anatomy and Physiology of Skin	C	3-0-2	5	100	40	30	30	3+3
MCYM-1142	Beauty and Wellness	C	3-0-2	5	100	40	30	30	3+3
MCYM-1143	Massage	C	3-0-2	5	100	40	30	30	3+3
MCYM-1144	Skin Care	C	3-0-2	5	100	40	30	30	3+3
Student may opt any one of the following Interdisciplinary compulsory courses		IDE		05	100	70		30	3
			Total	**20**	**400**				

IDEC-1101 IDEM-1362 IDEH-1313 IDEI-1124 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 optional Course

Master of Arts (Cosmetology) Semester-II

Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
MCYM-2141	Trichology	C	3-0-2	5	100	40	30	30	3+3
MCYM-2142	Playing with Hair Colors	C	3-0-2	5	100	40	30	30	3+3
MCYM-2143	Reflexology	C	3-0-2	5	100	40	30	30	3+3
MCYM-2144	Hair Grooming	C	3-0-2	5	100	40	30	30	3+3
	Total			**20**	**400**				

C- Compulsory

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: 2026-27

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 -1 can not be opted in sem-III		IDE	04		04	70		30	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-2026-27

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-I

Anatomy and Physiology of Skin

COURSE CODE: MCYM-1141

Course Outcomes:

CO 1**:** Identify the function of various anatomical structures within the skin.

CO 2: To understand the common skin problems and disorders.

CO3: To understand the term skin analysis, ph scale and different techniques of sterilization.

CO4: Students can gain knowledge of the gernal terminology, cell structure, skeletal, muscular, nervous systems and Digestive system.

Master of Arts (Cosmetology) Semester-I

Anatomy and Physiology of Skin
COURSE CODE: MCYM-1141
(THEORY)

Time: 3 hrs. **Max. Marks: 100**
Theory Marks: 40
Practical:30
CA: 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

ANATOMY OF SKIN:

- Why study anatomy?
- Structure of skin
- How is skin nourished ,functions of skin, Glands of skin ,Types of skin, Skin facts, Skin elasticity, Skin Colour

UNIT-II

PROBLEMS OF SKIN

- Disorders of skin- acne, rosacea, psoriasis, pigmentation,seborrhoea, eczema, blemishes, bulla, sun tan.

COMMON SKIN PROBLEMS

- Wrinkles ,freckles comedons, darkcircles, albinism, dehydration, milia, asbestosis, stetoma, mole, allergy

UNIT-III

- Skin Analysis
- PH Scale
- Sterilization

UNIT-IV

HUMAN PHYSIOLOGY

- Cells, Tissue, Organs
- Skeleton system**,** Muscular system**,** Nervous system **,** Circulatory system**,** Digestive system

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
  Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe

Master of Arts (Cosmetology)
Semester-I
Anatomy and Physiology of Skin
Course Code : MCYM-1141
(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.

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

Skin analysis
Facial Exercise
Pressure points for facial
HOME REMEDIES FOR :

- Acne prone skin
- Hyper Pigmentation
- Freckles
- Wrinkles
- Blemishes

File work
Viva
Presentation

Books Recommended:

- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
- Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe).

Master of Arts (Cosmetology)

Semester-I

BEAUTY AND WELLNESS
Course Code: MCYM-1142
(THEORY)

Course Outcomes:

CO1: To understand the importance of beauty and colour outfit.

CO2: To impart knowledge of personal grooming and Hygiene.

CO3: Students can understand the role of yoga and breathing system for good health.

CO4: To gain the meditative state and achivment through meditation techniques

Master of Arts (Cosmetology)

Semester-I

BEAUTY AND WELLNESS
Course Code: MCYM-1142
(THEORY)

Time: 3 hrs. **Max. Marks: 100**
Theory Marks: 40
Practical:30
CA: 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

BEAUTY:

- What is beauty and its importance
- Colour and outfit culture

UNIT-II

PERSONAL GROOMING:

Personal grooming: visual poise, basic stance and corrective stance, correct sleeping position basic hand position, meeting and greeting people, speaking and charming conversation

UNIT- III

YOGA:

- What is yoga? Aim, importance and benefits, Stages of yoga
- Guidelines for yoga practice**,** Breathing system in yoga
- Aerobics
- Rules of Yoga

UNIT-IV

MEDITATION:

- Benefits of meditation**,**
- gaining the meditative state,
- How to use meditation,
- Simple meditation techniques,
- Personal development,
- Enjoyment and achievement

Books Recommended:

- Structural Yoga Therapy by Mukunda Stiles
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Meditation for Beginners by

Master of Arts (Cosmetology)

Semester-I

BEAUTY AND WELLNES

Course Code: MCYM-1142

(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.

- Aerobics
- 20 yoga asans:
- Dhanur asana , halasana , Shav asana, Pachimottan asana , Vajar asana,Tar asan, Chakarasan, Bhujangasan, pranayam,sarvang asana , trikonasan , gowmukhasan, chaki asana , konasana, garudhasan , virabhadrasana, utkatasana, vrkasana, sukhasana , suptarvajar asana
- Meditation techniques and positions
- Viva
- File work
- Presentation

Books Recommended:

- Mind, Body , Spirit by Mark Evans
- Meditation for Beginners
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Structural Yoga Therapy by Mukunda Stiles

Master of Arts (Cosmetology)

Semester-I

MASSAGE

Course Code : MCYM-1143

(THEORY)

Course Outcomes:

CO1: To understand the different techniques of massage with the knowlwdge of its psychological effects.

CO2: Identify the major types of bone cells and its functions.

CO3: Students will learn various manipulation along with the knowledge of facial muscles, facial nerves and bones

CO4: Students will learn and techniques of home made spa and hoe to concern a client.

Master of Arts (Cosmetology)

Semester-I

MASSAGE
Course Code : MCYM-1143
(THEORY)

Time: 3 hrs. **Max. Marks: 100**
Theory Marks: 40
Practical: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 anySection.

UNIT-I

MASSAGE

- Introduction to massage
- Techniques and types of massage
- Steps of massage
- Benefits of massage
- Physiological effect of massage

UNIT -II

- Anatomy of bones

UNIT- III

- Introduction to facial
- Facial manipulation
- Basic knowledge for facial nerves
- Basic knowledge for facial muscles
- Basic knowledge for facial bones
- Treatments for different skin types

UNIT- IV

Body spa and massage

- Massage steps
- Homemade SPA
- Client consultation

Books Recommended:

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with ExmeFloyd
- Mind, Body , Spirit by Mark Evans
- K.I.S.S (Keep it Simple Series) by Laura Bailey

Master of Arts (Cosmetology)

Semester-I
MASSAGE
Course Code: MCYM–1143
(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.

Basic Facial

- Deep Cleansing
- Uses Blackhead Extractor
- Types of bleaches
- Medicated Bleach
- Facial treatment
- Body Polishing and Massage
- Body Spa
- Brushing Unit
- Microdermaabrasion
- Viva
- File work

Books Recommended:

- Massage by Ken Eyeraman
- Mind, Body , Spirit by Mark Evans
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- K.I.S.S (Keep it Simple Series) by Laura Bailey

Master of Arts (Cosmetology)

Semester-I

SKIN CARE

Course Code: MCYM-1144

(THEORY)

Course Outcomes:

CO1: To provide basic knowledge of the natural hurbs and ingredients for skin treatment schedule.
CO2: To identify the tec hniques of exfoliation for oily, dry and sun damaged skin.
CO3: To know the pH scale and effect of AHA & BHA peels on skin.
CO4: To grab adeqate knowledge of organic ingredients and how to prepare skin care prodects

Master of Arts (Cosmetology)

Semester-I

SKIN CARE
Course Code: MCYM-1144

(THEORY)

Time: 3 hrs. **Max. Marks: 100**

Theory Marks: 40

Practical:30

CA: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

NATURAL INGREDIENTS

- Knowledge for natural ingredients
- A to Z INGREDIENTS
- BENEFITS
- Uses
- Skin treatments Schedule

Unit-II

EXFOLIATION OF SKIN

- Exfoliation of oily skin
- Exfoliation of dry skin
- Exfoliation of sun damaged Skin

Unit-III

- AHA and BHA
- pH sensitive AHA and BHA

Unit- IV

- Organic Preparations

Books Recommended:

- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- The Ultimate Guide to being naturally gorgeous by Sarah Stacey & Gosephine Fairley.
- K.I.S.S (Keep it Simple Series) by Laura Bailey

Master of Arts (Cosmetology)

Semester-I
SKIN CARE
Course Code: MCYM-1144
(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.

- Chemical Peels
- Hydra Facial
- Galvanic Treatment
- High frequency
- Making creams, pack, scrub with natural ingredients
- Treating problematic skin with natural ingredients
- File work
- Viva
- Presentation

Books Recommended:

- Complete beauty book by Helen Foster
- K.I.S.S (Keep it Simple Series) by Laura Bailey
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- The Ultimate Guide to being naturally gorgeous by Sarah Stacey & Gosephine Fairley.

Master of Arts (Cosmetology)

Semester-II

Trichology
Course Code: MCYM - 2141
(Theory)

Course Outcomes:

CO 1: Students learn the deep layers of hair its composition and its types
CO 2: To analysis the hair on the basis of shapes and distribution and their facts.
CO3: This also teaches us the different disorders of hair and scalp both infectious and non- infectious.
CO4: To impart the knowledge of chemical hair structre and its pH level.

Master of Arts (Cosmetology)

Semester-II

Trichology
Course Code: MCYM - 2141
(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

ANATOMY OF HAIR

- Structure of Hair
- Composition of hair
- Types of Hair
- Hair Growth and Replacement

UNIT-II

- Hair shapes
- Hair distribution
- Hair Facts
- Hair Analysis

UNIT-III

DISORDERS OF HAIR

- Non-infectious
- Infectious

UNIT-IV

CHEMICAL STRUCTURE OF HAIR

- Knowledge of Hair Bond
- Hair Pigment
- Knowledge of Alkaline and Acid

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Blltl Edltions

Master of Arts (Cosmetology)

Semester-II
Trichology
Course Code: MCYM-2141
(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.

- Micro dermablading
- Eyebrow Mapping
- Highfrequency for dandruff treatment
- Shampooing and conditioning
- Botox
- Hair Removing Methods(Epilation & Depilation)
- Hair Fillers
- Presentation
- Viva

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Blltl Edltions

Master of Arts (Cosmetology)
Semester-II
Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Course Outcomes:

Co1: To impart the knowledge of colour theory in relation to hair colour

CO2: To identify the natural level and tone of the colour and its application and mixing techniques.

CO3: To understand the value of hair analysis and client consultation prior to hair colouring**.**

CO4: Students can learn different types of hair colouring and their use.

Master of Arts (Cosmetology)

Semester-II

Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Time: 3 hrs. **Max. Marks: 100**
Theory Marks: 40
Practical Marks:30
CA: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

COLOR THEORY
- Why people color their hair
- Color theory

UNIT-II

HAIR COLOURING
- Choosing your Color
- Types of Color
- Application and Mixing techniques
- Identifying natural level and tone
- Color Depth Tone
- Corrective Color

UNIT-III

CLIENT CONSULTATION
- Client Consultation
- Hair Analysis

UNIT –IV

FASHION COLORS
- Highlights
- Global Coloring
- Fashion Shades
- Change of Color
- Frosting
- Color Melting
- Tipping, HEENA Application

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Haircoloring in plain English ISBN-10: 1562533576
- The Haircoloring Manual a practical guide to successful hair coloring by Martha Gfemandez

Master of Arts (Cosmetology)

Semester-II

Playing with Hair Colors
Course Code: MCYM - 2142
(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**.**

- Global Hair Coloring
- Highlights
- Streaking
- Fashion Hair Coloring
- Stencils
- Colour cutting methods
- Frosting
- Tipping
- Heena Application
- Model of Color Wheel
- File Work
- Viva

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair coloring in plain English ISBN-10: 1562533576
- The Haircoloring Manual a practical guide to successful hair coloring by Martha Gfemandez

Master of Arts (Cosmetology) Semester-II
Reflexology
Course Code: MCYM - 2143
(Theory)

Course Outcomes:-

CO1: To understand some of the benefits and application of reflexology.

CO2: The difference between reflexology relaxation methods and reflexology treatment techniques

CO3: To understand the range, purpose and application of different treatment and relaxation techniques in Reflexology.

CO4: Student have a broad understanding of reflexology , hand and foot map.

Master of Arts (Cosmetology) Semester-II
Reflexology
Course Code: MCYM - 2143
(Theory)

Time: 3 hrs.

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

- How Reflexology Work
- Benefits of Reflexology
- Giving Reflexology

UNIT – II

- Basic Techniques
- Foot Massage
- Reflexology Routine

UNIT-III

- Tension Releasers
- Stress and Pain relievers
- Headaches, breathing and sleeping

UNIT – IV

- Reproductive Problems
- Colds, throats and sinuses
- Improving Digestion
- Hand and foot chart

Books Recommended:

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown

Master of Arts (Cosmetology) Semester-II
Reflexology
Course Code: MCYM - 2143
(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

TREATMENTS FOR :

- Depression
- Stress
- Mental health illness
- Tension
- Headache
- Bodyache

Model of Hand and Feet chart of Reflexology
Presentation

Books Recommended:

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown

Master of Arts (Cosmetology)
Semester-II

Hair Grooming
Course Code: MCYM - 2144
(Theory)

Course Outcomes:

CO1: Students will learn the technique of Permanent hair straightening by Break the Natural Bond.

CO2: Be able to provide haircutting services adapting various cutting techniques.

CO3: Understand the tools, products, equipment and techniques for haircutting services.

CO4: Able to understand skills in the area of styling with thermal equipment.

Master of Arts (Cosmetology)

Semester-II

Session: 2025-2026

Hair Grooming
Course Code: MCYM - 2144
(Theory)

Time: 3 hrs. **Max. Marks: 100**
Theory Marks: 40
Practical Marks: 30
CA:30

Instructions for the Paper Setters:
Eight questions of equal(8marks)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

PLAY WITH CHEMICALS

- Rebonding and Smoothening
- Perming
- Hair Spa

UNIT-II

SCIZZORING

- Introduction of hair cutting
- Implements of hair cutting
- Sectioning of hair cutting
- Hair thinning

UNIT – III

VARIOUS TOOLS

- Degree system
- Hair cutting tools
- Holding your tools
- Client consultation

UNIT-IV

HAIR STYLING HAIR STYLING HAIR STYLING

- Wet hair styling
- Thermal styling- Straightening , Curling, Crimping, Waving, Roller setting
- Hair extensions- wigs, extensions

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book Hair
- Flair by Blltl Edltions

Master of Arts (Cosmetology)

Semester-II

Time: 3 hrs | **Hair Grooming**
Course Code: MCYM - 2144
(Practical) | **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

- Hair cutting at least 15
- Rebonding
- Keratin
- Hair Spa treatments
- Thermal Styling
- Permanent Hair Extension
- 20 hair buns
- Blow dryer setting
- 10 braiding styles
- Presentation
- Viva

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book Hair
- Flair by Blltl Edltions

Master of Arts (Cosmetology)

Semester-III

Business Management

Course Code: MCYL-3141

(THEORY)

COURSE OUTCOMES:

CO1: To learn the principles of management.

CO2: Students will learn how to plan and locate a saloon and to keep its income and expenditure record.

CO3: To analyze the financial performance of an organization.

CO4: To develop the understanding of the concept of resourse managment and to understand its relevance in organizations.

Master of Arts (Cosmetology)

Semester-III

Business Management

Course Code: MCYL-3141

(THEORY)

MaxMarks:100

Time: 3 hrs **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

UNIT-III

FINANCIAL MANAGEMENT

- Budget , Budgeting and Budgetary Control
- Basic concepts in Financial Accounting : Cash memo, Cash Recepit, 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

BOOKS RECOMMENDED

- Koontz Harold & Weihrich Heinz (2006) Essesntials 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
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

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

Max.Marks100
Time: 3 hrs **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

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
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
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

Time: 3 hrs **Max. Mark-: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 OF MASSAGE:

- 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 RECOMMEMDED

- 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

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 RECOMMEMDED

- 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 BodyEnergy, Inner Traditional ,Vermont

Master of Arts (Cosmetology)

Semester-III

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

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, Banglore
- 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

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
- AI assisted Digital Portfolio & Face Chart Creation

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, Banglore
- 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
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 safty.

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

Max.Marks:100
Time: 3 hrs **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

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

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

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
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

Ayurvedic Products for Skin and Hair

Course Code: MCYM - 4143

(Theory)

Course Outcomes:

CO1: To understand the concept of ayurveda for healty 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 prepration 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

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

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 PROBLEMETIC 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
Internship and Report Writing
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