

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Cosmetology

for

**Bachelor of Arts
Cosmetology (Vocational)
(Semester: I to VI)**

(Under Continuous Evaluation System)

Session: 2021-2022



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts Semester -I
Cosmetology (Vocational)
Session 2021-2022

E- Elective

Bachelor of Arts Cosmetology (Vocational) Semester I								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology Vocational	BARM-1147	E	100	40	40	20	3+4

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts Cosmetology (Vocational) Semester II								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-2147	E	100	40	40	20	3+4

E- Elective

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts Cosmetology (Vocational) Semester III								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-3147	E	100	40	40	20	3+4

E- Elective

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts Cosmetology (Vocational) Semester IV								
Program Name	Course Title	Course Code	Course Type	Marks			Examination time (in Hours)	
				Total	Ext.			C A
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-4147	E	100	40	40	20	3+4

E- Elective

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts Cosmetology (Vocational) Semester -V								
Program Name	Course Title	Course Code	Course Type	Marks			Examination time (in Hours)	
				Total	Ext.			C A
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-5147	E	100	40	40	20	3+4

E- Elective

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts Cosmetology (Vocational) Semester -V								
Program Name	Course Title	Course Code	Course Type	Marks			Examination time (in Hours)	
				Total	Ext.			C A
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-5147	E	100	40	40	20	3+4

Bachelor of Arts (Semester-I)
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
Session – 2021-2022
(THEORY)

Course Outcomes:-

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

CO 2 : Students enhance the beauty and groom the talking, walking, standing ,sitting skills

CO 3 : Grooming their self with perfect selection of dresses and accessories according to occasion

CO 4 : Students Improving the speaking skills

CO 5 : Students grab knowledge about person hygiene and learn healthy habits

CO 6 : Students know the growth and reproduction of bacteria and its types

Bachelor of Arts (Semester-I)
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
Session – 2021-2022
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 40
C.A:20

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)
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
Session – 2021-2022
(PRACTICAL)

Time: 4hrs.

Practical Marks: 40

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 – 2021-2022
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

COURSE OUTCOME:

CO1: Students get knowledge of skin and personal grooming.

CO 2: To make student study about the deep layers of nail and different disorders of nail

CO 3 :Students learn nail spa i.e how to make our nails and hands clean

CO 4: Know when to offer choices when providing personal care

Bachelor of Arts (Semester – II)
Session – 2021-2022
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

Time: 3 hrs.

Total Marks: 100
Theory Marks: 40
Practical Marks: 40
C.A:20

Instructions for the Paper Setters:

Eight questions of equal 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

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 – 2021-2022
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(PRACTICAL)

Time: 4hrs.

Practical Marks: 40

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:

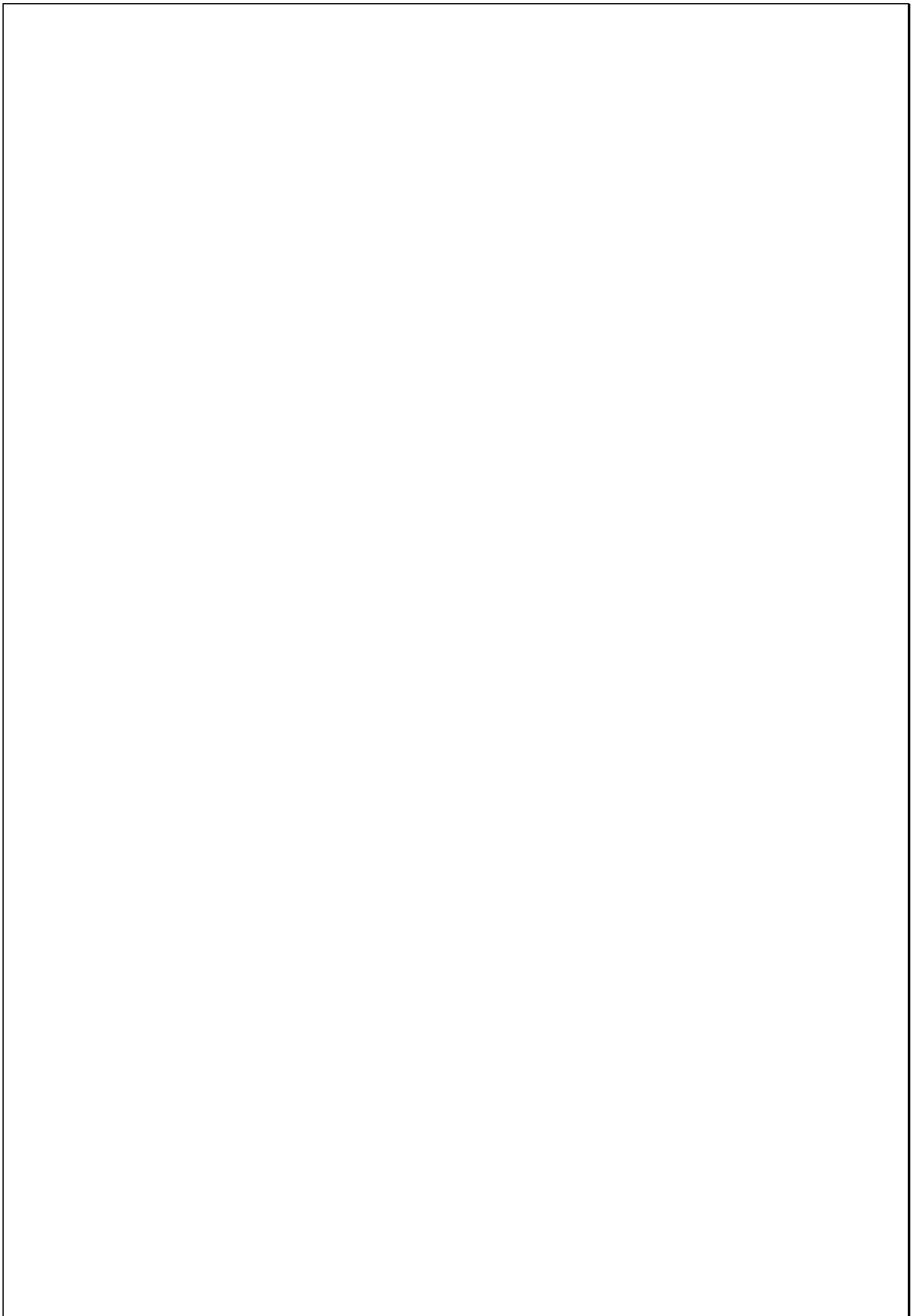
- a) Plain Manicure
- b) Manicure Pedicure
- c) Pedicure Spa
- d) Artificial Spa
- e) Waxing, Threading

2. Yoga Asanas:

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

Books Recommended:

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



Bachelor of Arts (Semester-III)
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
Session – 2021-2022
(THEORY)

Course Outcomes:-

CO1: To have knowledge for the structure connected with hair follicle.

CO2: Students learn different techniques of scalp treatment with electrical equipments.

CO 3: Students learn about the basic knowledge of Nutrition

CO 4: Students learn about the functions of skin and hair

Co 5: Students learn the deep layers of hair its composition and its types

Bachelor of Arts (Semester-III)
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
Session – 2021-2022
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks:40
C.A: 20

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)
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
Session – 2021-2022
(Practical)

Time: 3 hrs.

Practical Marks: 40

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 – 2021-2022
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

CO 1: Understand how health and safety policies and procedures effect specialist hair and scalp treatments

CO 2: Understand the factors that influence specialist hair and scalp treatments

CO 3: Students get knowledge about the products, tools, equipment and techniques, for hair and scalp treatments

CO4: Students perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair colouring and lightening, permanent waving and chemical relaxing.

Bachelor of Arts (Semester – IV)
Session – 2021-2022
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 40
C.A:20

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 – 2021-2022
Course Code: BARM-4147
COSMETOLOGY (VOCATIONAL)
(Practical)

Time: 3 hrs.

Practical Marks: 40

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

Bachelor of Arts Semester -V
Cosmetology (Vocational)
Course Code: BARM-5147
Session – 2021-2022
(THEORY)

Time :3 hrs

Max Marks: 100
Theory Marks: 40
Practical Marks: 40
C.A: 20

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

1. Bacteriology:

- a) What is Bacteria?
- b) How Bacteria grow and reproduce?
- c) Types of Bacteria
- d) Infections and Disease

UNIT- II

2. Sterilization & Sanitations:

- a) Methods of Sterilization & Sanitations
- b) Commonly used disinfectants
- c) Knowledge of common antiseptics
- d) General suggestions for sanitations

UNIT- III

3. Chemical Treatment of Hair:

- a) Rebonding
- b) Smoothing
- c) Hair Spa

UNIT-IV

4. Makeup:

- a. Determine face shape
- b. Choosing your Makeup with Care
- c. Formal and casual Makeup

Books Recommended:-

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton.
- Complete beauty book by Helen Foes.
- Salon fundamental cosmetology textbook: A Pivot Point.

Bachelor of Arts Semester -V
Cosmetology (Vocational)
Course Code: BARM- 5147
Session – 2021-2022
(PRACTICAL)

Time: 3 Hrs

Practical Marks: 40

Instructions for Practical Examiners:

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

Note: Lab training should be taken in college cosmetology lab. And report with picture profile should be submitted by each student with the remarks of lab instructor.

1. Make-up

- a) Cosmetics used in make-up, how to choose the correct colour, selecting base shades, how to determine facial balance.
- b) Application of Makeup
- c) Corrective make-up

2. Hair Styling: Formal and casual

3. Draping of Formals & Casual: Saree and Lehnga dupatta setting.

Books Recommended:-

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton.
- Complete beauty book by Helen Foes.
- Salon fundamental cosmetology textbook: A Pivot Point.

Bachelor of Arts Semester-VI
Session – 2021-2022
Course Code: BARM-6147
Cosmetology (Vocational)
(Theory)

Course Outcomes:

CO 1: Students perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair coloring and lightening, permanent waving and chemical relaxing.

CO 2: Students learn different techniques of scalp treatment with different electrical equipments

CO 3: Students will develop their skill to set up a Beauty Salon Business and manage it effectively .

CO4: To Learn how to Sterlize & Sanitize the Equipment and Surroundings.

Bachelor of Arts Semester-VI
Session – 2021-2022
Course Code: BARM-6147
Cosmetology (Vocational)
(Theory)

Max. Marks: 100
Theory Marks: 40
Practical Marks: 40
C.A: 20

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

Salon Management

- a) Salon Planning
- b) Types of Salon Ownership

UNIT-II

Salon Records and Professional Ethics

- a) Record Keeping
- b) Types of Services Offered, Types of Employers
- c) Professional Ethics as an employee, co-worker, as an operator

UNIT-III

Safety Precautions

- a) Health and safety risk
- b) Accidents due to chemicals, electric equipments, services
- c) Consultation
- d) Emergency Procedure
- e) First Aid in Salon

UNIT-IV

Chemical Treatment of Hair

- a) Permanent waving Procedure with the knowledge of hair porosity
- b) Classification of hair colouring: Application of temporary hair colour, semi-permanent hair colour and permanent hair colour

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Bltl Edltions
- The Hair Color Mix Book: 120 Recipes for Salon Perfect Hair

Bachelor of Arts Semester-VI
Session – 2021-2022
Course Code: BARM-6147
Cosmetology (Vocational)
(Practical)

Time: 3 hrs.

Practical Marks: 40

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.

1. Wigs and hair pieces

- a) Wig materials
- b) Wig Construction
- c) How to attach hair pieces?
- d) How to clean and care for and hair pieces?

2. Hair Colouring

- a) Understanding colour
- b) International colour code
- c) Knowledge and Usage of Permanent Hair colour
- d) Highlightening Procedure

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Blitl Edltions
- The Hair Color Mix Book: 120 Recipes for Salon Perfect Hair