

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Diploma in Cosmetology (Semester: I -II)

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

Session: 2025-26



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

Kanya Maha Vidyalaya , Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF ONE YEAR DIPLOMA PROGRAMME

Diploma in Cosmetology (Semester-I)

Session-2025-2026

Course Code	Course Title	C/S/I/V	Total Cred it	Marks			CA	Examinati on (Hrs)
				Total	L	P		
DCYL-1141	Basic Knowledge of Skin Care	C	4	50	35	---	15	3hrs
DCYL-1142	Fundamentals of Hair	C	4	50	35	-- - -	15	3hrs
DCYL-1143	Internal and External Perfection	C	4	50	35	---	15	3hrs
DCYL-1144	Basic Beauty Techniques	S	4	50	---	35	15	3hrs
DCYL-1145	Yoga and Hair Care	S	4	50	--	35	15	3hrs
			20	250				

Diploma in Cosmetology (Semester-II)

Course Code	Course Title	C/S/I/V	Total Cred it	Marks			CA	Examinati on (Hrs)
				Total	L	P		
DCYL-2141	Nail and Makeup Artistry	C	4	50	35	---	15	3hrs
DCYL-2142	Beauty and Health Care	C	4	50	35	-- - -	15	3hrs
DCYP-2143	Technique and Care of Nails	S	4	50	---	35	15	3hrs
DCYP-2144	Advance Makeup Techniques	S	4	50	---	35	15	3hrs
DCYP-2145	Chemical and Hair Treatment	S	4	50	--	35	15	3hrs
DCYI-2146	Lab Training	S	6	50		35	15	
	Total		26	300				

Diploma in Cosmetology (Semester I)
Session – 2025-26
Basic Knowledge of Skin Care
Course code: DCYL-1141
(THEORY)

COURSE OUTCOMES:

CO 1: To Know the importance of Cosmetology objectives and knowledge of personal grooming.

CO 2: Approach dermatologic disease with an understanding of basic skin structure.

CO 3: To know different muscles and nerves of face and body for perfect massage and
Manipulation and relaxation.

CO 4: Understand the tools, products, equipment and techniques for hair removal services.

Diploma in Cosmetology (Semester I)
Session – 2025-26
Basic Knowledge of Skin Care
Course code: DCYL-1141
(THEORY)

Time: 3 hrs

Max. Marks: 50
Theory Marks: 35
CA: 15

Instructions for the Paper Setters:

Eight questions of equal marks (7 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. COSMETOLOGY: -

- Aims and objectives
- Importance

2. PERSONAL GROOMING: -

- Care of yourself:- Mouth ,Teeth, Eyes, Ears, Feet, Removing body hair, Nails and hand care, Care of Clothing.
- Visual poise:- Standing , Sitting and Walking.
- Basic table manners.
- How to get into a car.
- How to carry accessories.
- Wardrobe Planning.

UNIT-II

3. SKIN: -

- Structure of skin.
- Functions of skin.
- Common skin problems (acne, pigmentation, wrinkles, black heads)
- Skin types and skin analysis.
- Describe the melanin.

UNIT-III

4. FACIALS: -

- Benefits of massage.
- Massage methods.
- Massaging techniques.
- Plain facial.

- Facial treatment of acne, pigmentation, wrinkles, black heads removing with natural herbs/ingredients.

UNIT-IV

5. HAIR REMOVING METHOD: -

- Waxing.
- Threading/ tweezing.
- Bleaching.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Makeup Book by Sallu Norton
- Complete beauty book by Helen Foster
 - The Complete Book of Massage by Mary Atkinson with Exme Floyd
 - The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis

Diploma in Cosmetology (Semester I)
Session – 2025-26
Fundamentals of Hair
Course code: DCYL-1142
(THEORY)

Course Outcomes:

CO 1: To have knowledge about the structure connected with hair follicle

CO 2: To impart the knowledge of shampoo and conditioning.

CO 3: Students also learn different disorders of hair and scalp both infectious and non-infectious

CO 4: : To learn about the right products, implements and cutting tools used in hair cutting.

Diploma in Cosmetology (Semester I)
Session – 2025 -26
Fundamentals of Hair
Course code: DCYL-1142
(THEORY)

Time: 3 hrs

Max. Marks: 50
Theory Marks: 35
CA: 15

Instructions for the Paper Setters:

Eight questions of equal marks (7 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

Anatomy of Hair.

- (a) Structure of hair.
- (b) Types of Hair
- (c) Composition of Hair.

UNIT-II

Shampoo and Conditioning

- a) Types of shampoo & conditioners
- b) Trolley setting for shampoo
- c) Preparation of Client
- d) Procedure of shampoo & conditioning

UNIT-III

Hair Disorder & Diseases

- a) Hair disorders (Dandruff, Alopecia, Hair fall, White hair, Head lice).
- b) Hair growth and replacement.

UNIT-IV

2. HAIR SHAPING WITH HAIR CUT:-

- (a) Sectioning of hair.
- (b) Preparation of hair cut.
- (c) Technique of hair cut.
- (d) Basic hair cut like trimming, U-cut, V-cut, feather cut, layers and razor cut.
- (e) Equipment sanitizing brushes, combs

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

Diploma in Cosmetology (Semester I)
Session – 2025-26
Internal and External Care
Course code: DCYL-1143
(THEORY)

Course Outcomes:

CO 1: To discuss the purpose and origin of massage.

CO 2: To learn both the Physical and Meditative Properties of Yoga.

CO3: Students can learn different techniques of yoga asanas.

CO4: To Identify and apply various makeup equipment and techniques use for professional makeup application.

Diploma in Cosmetology (Semester I)
Session – 2025-26
Internal and External Care
Course code: DCYL-1143
(THEORY)

Time: 3 hrs

Max. Marks: 50
Theory Marks: 35
CA:15

Instructions for the Paper Setters:

Eight questions of equal marks (7 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

MASSAGE

Origin & history of massage

Massage methods

Techniques of massage

Benefits of massage

Unit-II

YOGA: -

- (a) Benefits of yoga, Rules of yoga.
- (b) Benefits of aerobics.

Unit-III

3. YOGA ASANS: -

- | | |
|-------------------|-------------------------|
| (a) Shav asana | (f) Dhanur asana |
| (b) Gomukh asana | (g) Chakar asana |
| (c) Vajar asana | (h) Tar asana |
| (d) Bhujang asana | (i) Pashchimottan asana |
| (e) Hala asana | (j) Pawan mukt asana |

Unit-IV

6. BASIC MAKE-UP STEPS: -

- Base make-up.
- Base make-up according to day/night.
- Facial shape analysis.
- Casual and formal make-up.
- Make-up according to weather, occasion and with matching dress

Books Recommended:

- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- Structural Yoga Therapy by Mukunda Stiles.
- Madhumita Pauwal, Practical Guide to Beautician Traning Asian Publishers, New Delhi,2002

Diploma in Cosmetology (Semester-I)
Session – 2025-26
Basic Beauty Techniques
Course code: DCYL-1144
(PRACTICAL)

COURSE OUTCOMES:

- CO 1:** To know different muscles and nerves of face and body for perfect massage and Manipulation and relaxation
- CO 2 :** The course teaches the practical techniques of different types of make ups.
- CO 3 :** To be able to recognize trends and quick fashion tips..
- CO 4 :** To learn different types of mehndi designs.

Diploma in Cosmetology (Semester-I)

Session – 2025-26

Basic Beauty Techniques

Course Code: DCYP-1144

(PRACTICAL)

Time: 3 hrs

Max. Marks: 50

Practical Marks: 35

C.A:15

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

MESSAGE:-

- (a) Benefits of massage.
- (b) Massage methods.
- (c) Massaging techniques.

1. FACIAL:-

- (a) Preparation of facial
- (b) Skin analysis
- (c) Plain facial.
- (d) Different facial for different skin type and different skin problems:-
 - Black head removing.
 - Application of thermo pack.
- (e) Facial with natural herbs and ingredients.
- (f) Treatment of acne, pigmentation, wrinkles.
- (g) Vegetable peeling.

2. REMOVING BODY HAIR:-

- (a) Waxing , Tweezing ,Threading.
- (b) Use of chemical applicators.
- (c) Bleaching.

3. MAKE-UP:-

- (a) Analysis of facial shape.
- (b) Base make-up according to day/night, weather, occasion and according to dress.
- (c) Casual and formal make-up.
- (d) How to choose correct make-up.
- (e) Applications of different type of base make-up.

4. MEHNDI:-

- (a) Arabian mehndi.
- (b) Simple mehndi.
- (c) Bridal mehndi.

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 Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis

Diploma in Cosmetology (Semester I)
Session – 2025-26
Yoga and Hair Care
Course code: DCYL-1145
PRACTICAL

COURSE OUTCOMES:

CO 1 : Yoga learn both the Physical and Meditative Properties of the Practice of Yoga.

CO 2 : Be able to provide specialist hair and scalp treatments.

CO3 : Understand the products, tools, equipment and techniques, for hair and scalp treatments

CO 4 : To able to prepare for haircutting services

Diploma in Cosmetology (Semester I)

Session – 2025-26

Yoga and Hair Care

Course code: DCYP-1145

PRACTICAL

Time: 3 hrs

Max. Marks: 50

Practical: 35

C.A:15

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 YOGA ASAN:-

- | | |
|-------------------|-------------------------|
| (a) Shav asana | (f) Dhanur asana |
| (b) Gomukh asana | (g) Chakar asana |
| (c) Vajar asana | (h) Tar asana |
| (d) Bhujang asana | (i) Pashchimottan asana |
| (e) Hala asana | (j) Pawan mukt asana |

2. HAIR CARE:-

- (a) Shampooing – Procedure, Types of shampoo.
- (b) Scientific brushing on wet hair.

3. SCALP TREATMENT, APPLYING MASK, CONDITIONERS.

- (a) Scientific brushing on different types of hair.
- (b) Scalp manipulations.
- (c) Scalp treatment(lice, hair treatment)
- (d) Dandruff treatment.
- (e) Removing of splitants.

4. HAIR SHAPING:-

- (a) Blow dry.
- (b) Temporary Straightning.
- (c) Crimping.
- (d) Different style of hair curls.

5.USE OF SPRAY, GEL, MOUSSE, VOLUMIZERS ETC.

6. HAIR CUTS:-

- (a) Hair Sectioning (Basic)
- (b) Hair Sectioning acc. To different basic hair cuts.
- (c) Preparation of hair cut.
- (d) Basic hair cut like trimming, U-cut, V-cut, feather cut, layers and razor cut.

Books Recommended:

- Basic Knowledge of Skin Care, Hare Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

Diploma in Cosmetology (Semester II)

Session – 2025-26

Nail & Makeup Artistry

Course code: DCYL-2141

(THEORY)

COURSE OUTCOMES:

CO 1 : To make student study about the deep layers of nail and different disorders of nail

CO 2 : To discuss about hygiene , care and makeup of eyes.

CO 3 : Student can work as a manicurist and pedicurist .

CO 4: To Identify and apply various makeup equipment and techniques use for Professional makeup applications

Diploma in Cosmetology (Semester II)

Session – 2025-26

Nail & Makeup Artistry

Course code: DCYL-2141

(THEORY)

Time: 3 hrs

Max. Marks: 50

Theory Marks: 35

CA:15

Instructions for the Paper Setters:

Eight questions of equal marks (7 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.

OBJECTIVES

To impart knowledge about Hand Care & Make-up

UNIT-I

1. NAILS: -

- (a) Structure of nails.
- (b) Disorders and diseases of nails.
- (c) Nail spa.
- (d) Nail art.

UNIT-II

2. EYES: -

- (a) Care of eyes.
- (b) Exercise of eyes.
- (c) Eye brow shaping.
- (d) Different type of make-up (dramatic make-up, smoky make-up, winged make-up)
- (e) Applications of fake eye lashes.
- (f) Eye treatment with home remedies.

UNIT-III

3. CARE OF HAND AND FEET: -

- (a) Method of Pedicure and Manicure.

UNIT-IV

4. MAKE-UP: -

- (a) Art of camouflage, Products and application.
- (b) Engagement make-up.
- (c) Bridal make-up.
- (d) Correct make-up of eyes, nose, cheeks, jaw line, lip line.
- (e) Reception make-up.
- (f) Dupatta Setting.
- (g) Sari Draping.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

Diploma in Cosmetology (Semester II)
Session – 2025-26
Beauty and Health Care
Course code: DCYL-2142
(THEORY)

COURSE OUTCOMES:

CO 1 : Discuss human nutrition for healthy adults.

CO 2 : Perform hair care services for all types of hair including hair analysis, hair cutting, hair styling, hair coloring and lightening and chemical relaxing.

CO 3 Identify the movement types of the massage.

CO 4 : Students will learn chemical treatment and plan a salon to keep as its income and expenditure record.

Diploma in Cosmetology (Semester II)

Session – 2025-26

Beauty and Health Care

Course code: DCYL-2142

(THEORY)

Time: 3 hrs

Max. Marks: 50

Theory Marks: 35

CA:15

Instructions for the Paper Setters:

Eight questions of equal marks (7 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.

OBJECTIVES

Value of Nutrition & Colours

To impart knowledge about Advance Techniques & Salon Management

UNIT-I

1. NUTRITION:-

- Rule of nutrition: Protein, Carbohydrates, Fats, Minerals, Vitamin A, B, C, B- Complex, B3 and their food sources.
- Basic five food groups.

UNIT-II

2. HAIR COLORING:-

- Global coloring.
- Hair streaking.
- Method of color mixing.
- Method of color applications.
- Color cutting.
- Heena applications.

UNIT-III

3. HEAD MASSAGE:-

- Technique of head massage.
- Hair problem treatments with natural masks and packs.

4. HAIR REPAIR TREATMENT AFTER THE USE OF CHEMICALS:-

- Hair Spa.
- Deep Conditioning.
- Hair Polishing.

UNIT-IV

5. USE OF ADVANCED TECHNIQUES ON THE HAIR:-

- Rebonding
- Perming.

6. SALON MANAGEMENT:-

- Qualities and duties of salon management.
- Common equipments used in salon.
- Planning and layout of salon.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Contemporary Nutrition by Wardlaw Insel Seyler
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

Diploma in Cosmetology (Semester II)
Session – 2025-26
Technique & Care of Nails
Course code: DCYL-2143
(PRACTICAL)

Time: 3 hrs

Max. Marks: 50
Practical marks: 35
C.A:15

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.

Manicure & Pedicure

Trolley Setting
Arrangement of Products & Tools
Preparing the client
Shape of Nails
Use of different tools of Manicure & Pedicure
Massage Techniques
Use of sterilization & sanitization
After Care

Nails Care:

Basic Nail Art
Artificial nails
Permanent Nail paint

Viva
File Work

Diploma in Cosmetology (Semester II)
Session – 2025-26
Advance Makeup Techniques
Course code: DCYL-2144
(PRACTICAL)

Course outcomes:

CO 1: To learn about eye care and different eye makeup

CO 2: To learn about professional makeup.

CO 3: To grab the knowledge about different types of makeup i.e. bridal, reception, dramatic makeup.

CO 4: To learn the professional techniques to carry duppatta and saree in different ways.

Diploma in Cosmetology (Semester II)
Session – 2025-26
Advance Makeup Techniques
Course code: DCYL-2144
(PRACTICAL)

Time: 3 hrs

Max. Marks: 50
Practical marks: 35
C.A:15

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.

EYE CARE AND EYE MAKE-UP:-

- (a) Eye exercise, eye treatments.
- (b) Eye brow shaping.
- (c) Simple eye make-up.
- (d) Fashion eye make-up:- Dramatic, smoky eye, winged eye make-up.
- (e) Applications of fake eye lashes.

PROFESSIONAL MAKE-UP.

FULL MAKE-UP ACCORDING TO WEDDING FUNCTION:-

- (a) Engagement make-up.
- (b) Bridal make-up.
- (c) Reception make-up.

CORRECTIVE MAKE-UP OF:-

- (a) Eyes, Nose, Cheeks, Jaw line, Lip line.
- (b) Dupatta setting.
- (c) Saree draping.

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

Diploma in Cosmetology (Semester II)
Session – 2025-26
Chemical and Hair Treatment
Course code: DCYL-2144
(PRACTICAL)

COURSE OUTCOMES:

- CO 1 :** Perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair colouring and lightening, permanent waving and chemical relaxing.
- CO 2 :** Students are trained to understand the purpose and procedure for carrying out strand test and the factors that determine the choice of colour shades and performing change in base colour with highlight and lowlight.
- CO 3 :** Understand the products, tools, equipment and techniques, for hair and scalp treatments
- CO 4 :** To provide students with the basic body work techniques and skills needed to be employed as a massage therapist.
- CO 5 :** Possess the necessary skill to pass the Washington state licensure written and practical exam required for a professional license to work in the cosmetology industry.

Diploma in Cosmetology (Semester II)

Session – 2025-26

Chemical and Hair Treatment

Course code: DCYL-2145

(PRACTICAL)

Time: 3 hrs

Max. Marks: 50

Practical : 35

C.A:15

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. HAIR COLORING:-

- 1.(a) Global colouring.
- (b) Hair streaking.
- (c) Method of colour mixing.
- (d) Method of colour applications.
- (e) Method of Colour cutting.
- (h) Heena applications.
- (i) Preparation of hair colouring.
2. Application of temporary, permanent, semi-permanent color.

2. HAIR DESIGNING:-

- (a) Different types of plait (at least any five).
- (b) Buns with stuffies and without stuffies.

3. SCALP MASSAGE, BODY MASSAGE.

4. HAIR CARE:-

- (a) Hair spa.
- (b) Hair polishing.

5. REBONDING

6. PERMING

7. ADVANCED HAIR CUTTS.

8. PLANNING OF A SALON ON A PAPER.

Books Recommended:

- Basic Knowledge of Skin Care, Hare Care and personal grooming by Anita Thakur.
- Contemporary Nutrition by Wardlaw Insel Seyler
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

Diploma in Cosmetology (Semester II)

Session – 2025-26

Lab Training

Course code: DCYI-2146

(PRACTICAL)

Time: 3 hrs

Max. Marks: 50

Practical : 35

C.A:15

Students must undertake, Lab training in cosmetology lab and will prepare files according to the syllabus. A report of completion submitted to department is mandatory.