

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Cosmetology

for

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

(Under Continuous Evaluation System)

Session: 2022-2023



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 2022-2023

| 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 |

E- Elective

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. | | C A | |
| | | | | | 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 –VI | | | | | | | | |
|--|-----------------------------|-------------|-------------|-------|------|----|-----|--------------------------------|
| 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-6147 | E | 100 | 40 | 40 | 20 | 3+4 |

Bachelor of Arts (Semester-I)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(THEORY)

Course Outcomes:-

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

CO 2 : To learn structure and function of skin along with skin problems.

CO 3 : Students grab knowledge about person hygiene and learn healthy habits

CO 4 : To learn the theory and techniques of massage also the basic knowledge of facial muscles.

Bachelor of Arts (Semester-I)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(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)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(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 Cosmetology

Bachelor of Arts (Semester – II)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

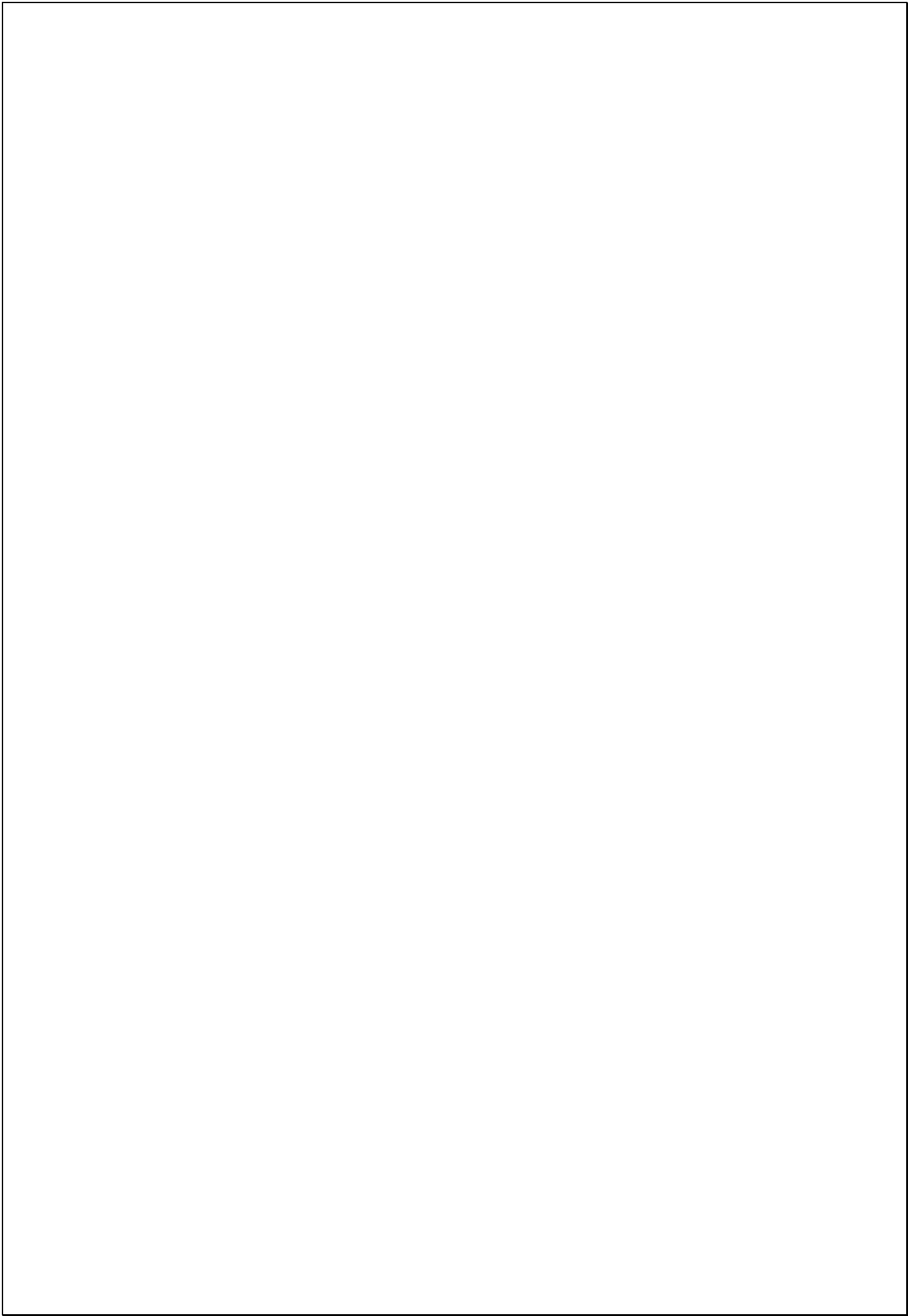
Course Outcomes:-

CO1 :To make students study about the deep layers of nail and different disorders of nail

CO2 : Students will learn about types and classification of colors

CO3: Students enhance the beauty and groom the talking, walking, standing ,sitting skills.

CO4: TO discuss the role of yoga for good health.



Bachelor of Arts (Semester – II)
Session – 2022-2023
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 – 2022-2023
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)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(THEORY)

COURSE OUTCOME:

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

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

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

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

Bachelor of Arts (Semester-III)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(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-I

1. Hair

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

UNIT-II

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

2. Health and diet

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

UNIT-III

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

UNIT-IV

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

Books Recommended :-

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

Bachelor of Arts (Semester-III)
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(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 – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

COURSE OUTCOME:

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

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

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

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

Bachelor of Arts (Semester – IV)
Session – 2022-2023
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 – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(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

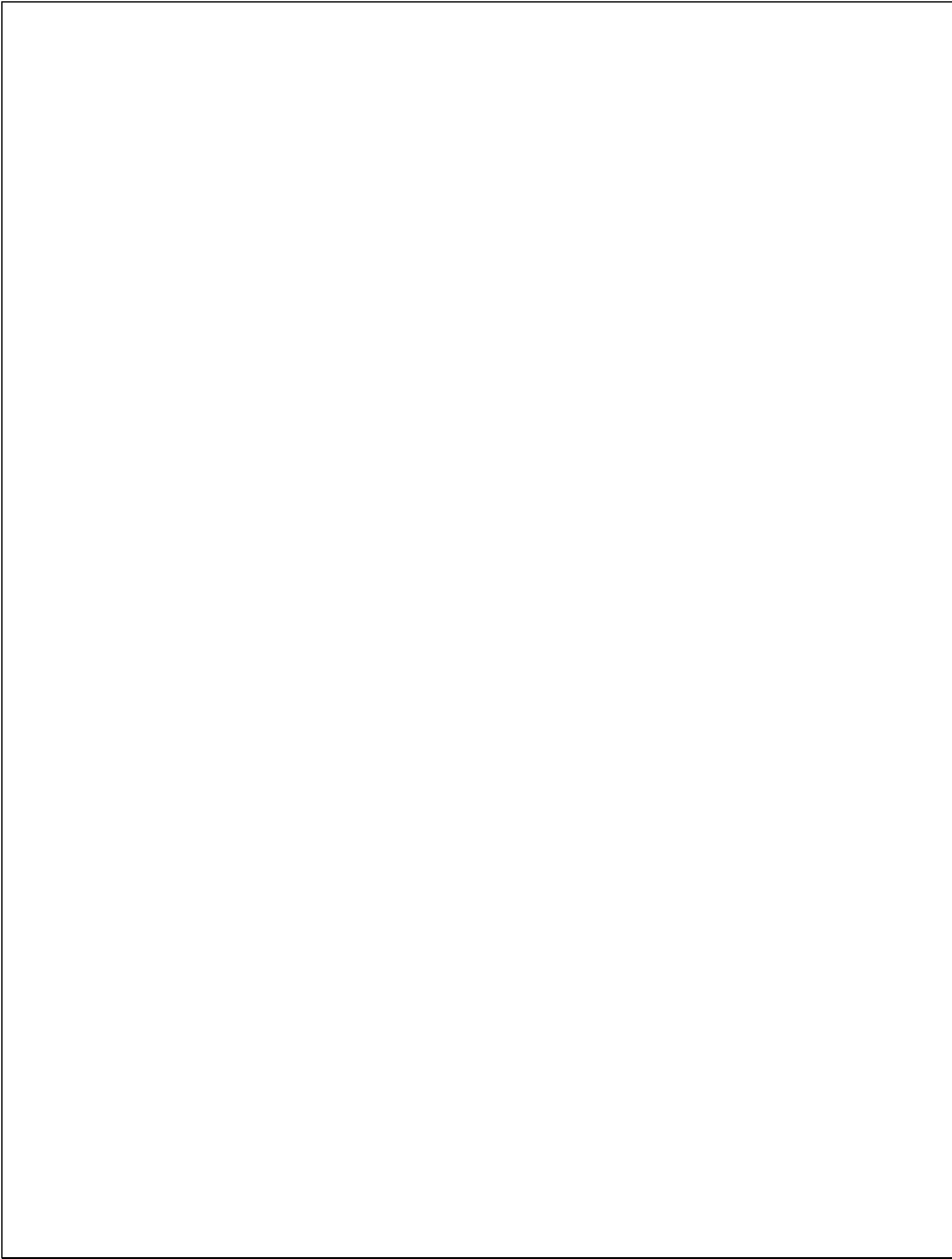
- Hair shaping instruments and their uses
- Sectioning for Haircut
- Degree system for Haircut
- Hair texture and four types of hair Cuts

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
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-5147
(THEORY)

Course Outcomes:-

CO 1. Students able to determine the basic properties of Bacteria and study the impact of Bacteria on Skin.

. CO 2. To study the different types of sanitation and sterilization strategies.

CO3: Understand the knowledge of different chemical treatment.

CO 4. Identify and apply various make-up equipment and techniques used for professional application

Bachelor of Arts Semester –V
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-5147
(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) Smoothening
- 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
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM- 5147
(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 – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-6147
(Theory)

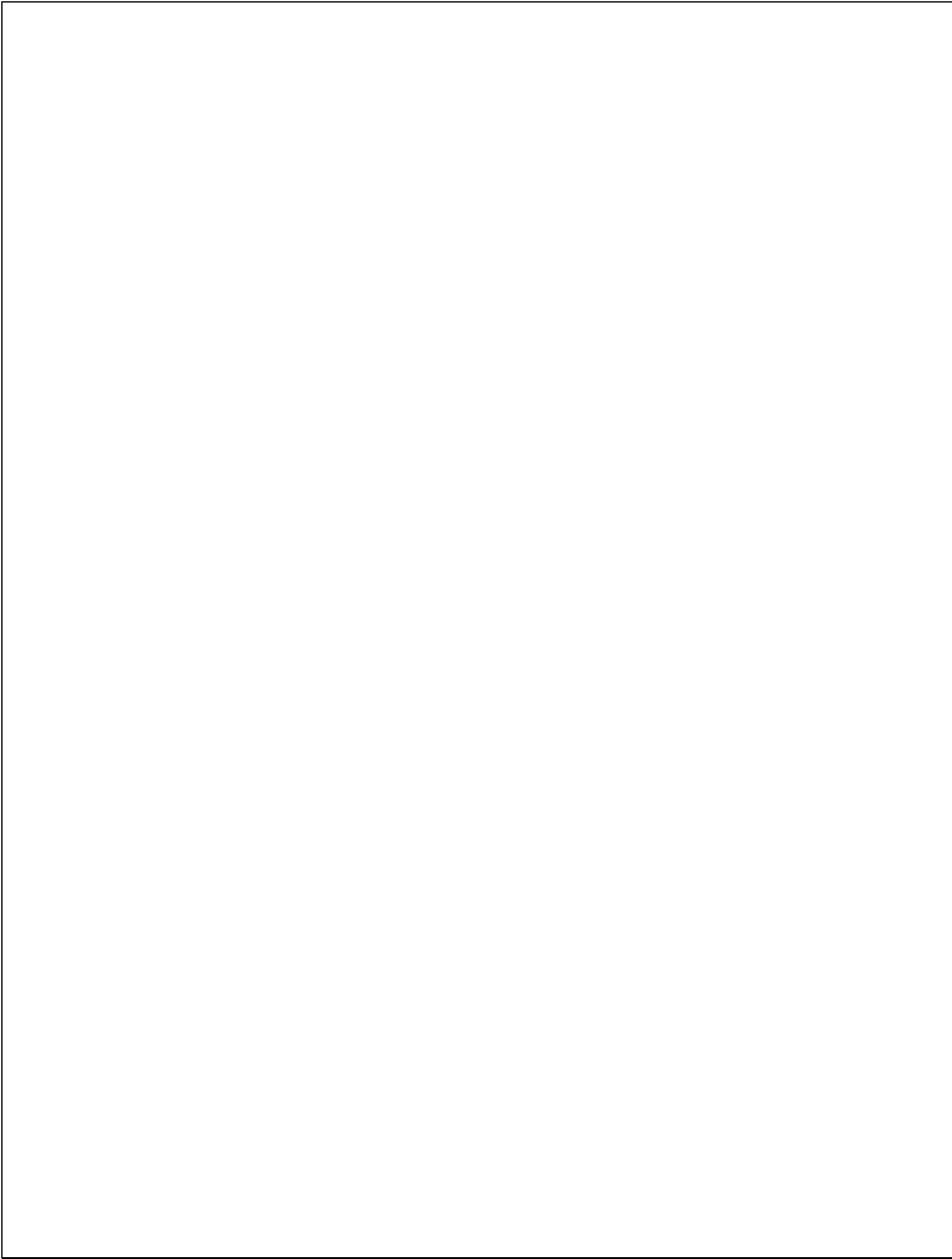
Course Outcomes:

CO 1: To understand the Ownership of salon and its planning.

CO 2: Students will learn how to plan and locate a saloon and to keep its income and expenditure record.

CO3: To Learn the importance of first aid, Sterilize & Sanitize the Equipment and Surroundings along with safety measures.

CO4: To impart the knowledge of permanent waving and application of hair colouring



Bachelor of Arts Semester-VI
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-6147
(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 Blitl Edltions

Bachelor of Arts Semester-VI
Session – 2022-2023
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-6147
(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 Bltl Edltions