

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

M.A Cosmetology (Semester: I -IV)

(Under Continuous Evaluation System)

Session: 2019-20



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR**

(Autonomous)

Scheme of Studies and Examination
(Session 2019-20)
M.A. Cosmetology

Semester I							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
MCYM-1141	Anatomy and physiology of Skin	C	100	40	40	20	3+3
MCYM-1142	Beauty and Wellness	C	100	40	40	20	3+3
MCYM-1143	Massage	C	100	40	40	20	3+3
MCYM-1144	Skin Care	C	100	40	40	20	3+3
Total			400				
Semester II							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
MCYM-2141	Trichology	C	100	40	40	20	3+3
MCYM-2142	Playing with Hair Colours	C	100	40	40	20	3+3
MCYM- 2143	Reflexology	C	100	40	40	20	3+3
MCYM-2144	Hair Grooming	C	100	40	40	20	3+3
Total			400				

Scheme of Studies and Examination
(Session 2019-20)
MA. Cosmetology

Semester III							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
MCYM-3141	Maquillage Technique	C	100	40	40	20	3+3
MCYM-3142	Advance Therapies for Skin and Health	C	100	40	40	20	3+3
MCYM-3143	The magic of Massage	C	100	40	40	20	3+3
MCYL-3144	Business Management	C	100	80	-	20	3+3
Total			400				

Semester IV

Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
MCYM-4141	Hand and Feet Care	C	100	40	40	20	3+3
MCYM-4142	Therapeutic Nutrition	C	100	40	40	20	3+3
MCYM-4143	Ayurvedic Products for Skin and Hair	C	100	40	40	20	3+3
MCYI-4144	Internship/ Project Work	C	100	-	100		3
Total			400				

M.A COSMETOLOGY (SEMESTER-I)
(Session 2019-20)
ANATOMY AND PHYSIOLOGY OF SKIN
COURSE CODE: MCYM-1141
(THEORY)

Time: 3 hrs.

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

ANATOMY OF SKIN:

- Why study anatomy?
- Structure of skin
- Histology 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).

M.A COSMETOLOGY (SEMESTER-I)
(Session 2019-20)
ANATOMY AND PHYSIOLOGY OF SKIN
COURSE CODE : MCYM-1141
(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.

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

- Skin analysis
- Exercise of physiology
- Treatments of disorder
- 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).

M.A COSMETOLOGY (SEMESTER-I)
(Session 2019-20)
BEAUTY AND WELLNESS
COURSE CODE: MCYM-1142
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40

Practical:40

CA: 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

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

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 Jack Kornfield

M.A COSMETOLOGY (SEMESTER-I)
(Session 2019-20)
BEAUTY AND WELLNESS
COURSE CODE: MCYM-1142
(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.

- 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 by Jack Kornfield
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Structural Yoga Therapy by Mukunda Stiles

M.A COSMETOLOGY (SEMESTER-I)

(Session 2019-20)

MASSAGE

COURSE CODE : MCYM-1143

(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical: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

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 Exme Floyd
- Mind, Body , Spirit by Mark Evans
- K.I.S.S (Keep it Simple Series) by Laura Bailey

M.A COSMETOLOGY (SEMESTER-I)
(Session 2019-20)
MESSAGE
COURSE CODE: MCYM-1143
(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 facial
- Deep Cleansing
- Uses Blackhead Extractor
- Types of bleaches
- Medicated Bleach
- Facial treatment
- Body Polishing and Massage
- Body Spa
- Viva
- File work
- Presentation

Books Recommended:

- Massage by Ken Eyerman
- 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

M.A COSMETOLOGY (SEMESTER-I)

(Session 2019-20)

SKIN CARE

COURSE CODE: MCYM-1144

(THEORY)

Time: 3 hrs.

Max. Marks: 50

Theory Marks: 40

Practical:40

CA: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

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

M.A COSMETOLOGY (SEMESTER-I)
Session 2019-20
SKIN CARE
COURSE CODE: MCYM-1144
(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

- Making creams, pack, scrub with natural ingredients
- Treating of 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.

M.A COSMETOLOGY (SEMESTER-II)

Session 2019-20

TRICHOLOGY

COURSE CODE: MCYM-2141

(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical: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

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 Bltl Edtions

- THE HAIR COLOR MIX BOOK: 120 Recipes for Salon Perfect Hair

M.A COSMETOLOGY (SEMESTER-II)
(Session 2019-20)
TRICHOLOGY
COURSE CODE: MCYM-2141
(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

- Shampooing and conditioning
- Hair removing methods
- File Work
- Viva
- Presentation

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Bltl Edtions
- THE HAIR COLOR MIX BOOK: 120 Recipes for Salon Perfect Hair

M.A COSMETOLOGY (SEMESTER-II)
Session 2019-20
PLAYING WITH HAIR COLORS
COURSE CODE: MCYM-2142
(THEORY)

Time: 3 hrs.

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

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

M.A COSMETOLOGY (SEMESTER-II)
Session 2019-20
PLAYING WITH HAIR COLORS
COURSE CODE: MCYM-2142
(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.

- Highlights
- Global Coloring
- Fashion Shades
- Change of Color
- Frosting
- Tipping
- Heena Application
- Model of Color Wheel
- Presentation
- File Work
- Viva

Books Recommended:

- Hair Flair by Blitl Edtions
- 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

M.A COSMETOLOGY (SEMESTER-II)
(Session 2019-20)
REFLEXOLOGY
COURSE CODE: MCYM- 2143
(THEORY)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40

Practical:40

CA: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

- 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

M.A COSMETOLOGY (SEMESTER-II)
Session 2019-20
REFLEXOLOGY
COURSE CODE: MCYM-2143
(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

- Problems- Headaches, Breathing, Reproduction, Sleeping, sinus, cold, throat, digestive, pain, stress and tension
- File work
- Presentation
- Model of Hand and Foot chart of Reflexology

Books Recommended:

- Massage by Ken Eyerman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- Beauty Basics by Lorraine Nordmann Level-I

M.A COSMETOLOGY (SEMESTER-II)
(Session 2019-20)
HAIR GROOMING
COURSE CODE: MCYM- 2144
(THEORY)

Time: 3 hrs.

Max. Marks: 50
Theory Marks: 40
Practical:40
CA: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

PLAY WITH CHEMICALS

- Rebonding and Smoothing
- Perming
- Hair Spa

UNIT-II

SCISSORING

- 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

- 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 Bltl Editions

M.A IN COSMETOLOGY (SEMESTER-II)
Session 2019-20
HAIR GROOMING
COURSE CODE: MCYM-2144
(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

- Hair cutting at least 15
- Rebonding
- Perming
- Curling in different techniques
- 20 hair buns
- Blow dryer
- 10 braiding styles
- Presentation
- File work
- Viva

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book
- Hair Flair (Practical) by Bltl Edltions

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
MAQUILLAGE TECHNIQUE
Course Code: MCYM-3141
(THEORY)

Time: 3 hrs.

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

MAQUILLAGE PRINCIPLE:-

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

UNIT-II

AROUND THE CLOCK MAKE UP

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

UNIT-III

FACE SHAPES & TOUCH UP TRICKS-

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

UNIT-IV

FALSE EYELASHES

- Applying strip eyelashes. material and implements used

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

BOOKS RECOMMENDED:

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

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
Maquillage Technique
Course Code: MCYM-3141
(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.

MAQUILLAGE:-

- Corrective Make up
- Bridal Make up
- Reception Make up
- Glossy Makeup.
- Art of Bindis
- VIVA
- File Work

BOOKS RECOMMENDED:

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

M.A COSMETOLOGY (SEMESTER-III)

SESSION -2019-2020

Advance Therapies for Skin & Health

Course Code: MCYM-3142

(THEORY)

Time: 3 hrs

Max.Marks100

Theory Marks: 40

Practical Marks: 40

CA: 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

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 using essential 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.

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
Advance Therapies for Skin & Health
Course Code: MCYM-3142
(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.

THERAPIES:-

- Magnet therapy
- Reflex therapy
- Sea weed Therapy
- Electro Therapy
- Ayurvedic Spa Therapies
- Viva
- File Work

BOOKS RECOMMENDED:

- Gill Farrer-Halls, The Aroma Therapy Bible :The Definitive Guide to using essential 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.

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

Time: 3 hrs

Max. Mark100
Theory Marks: 40
Practical Marks: 40
CA: 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

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 RECOMMENDED

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

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
The Magic of Massage
Course Code: MCYM-3143
(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.

MASSAGES:-

- Self Massage
- Swedish massage
- Deep Tissue massage
- Aroma massage Therapy and Thai yoga
- Thai massage
- Japanese massage
- Chinese massage
- Viva
- File Work

BOOKS RECOMMENDED

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

M.A COSMETOLOGY (SEMESTER-III)
SESSION -2019-2020
Business Management
Course Code: MCYL-3144
(THEORY)

Time: 3 hrs

MaxMarks:100
Theory Marks: 80
CA: 20

Instructions for the Paper Setters:

Eight questions of Equal marks (16 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-1

PRACTICES IN COSMETOLOGY AND HEALTH CARE

- Introduction of Management
- Principles of Management

UNIT-II

SPACE AND EQUIPMENT

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

UNIT-III

FINANCIAL MANAGEMENT

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

UNIT-IV

RESOURCE MANAGEMENT

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

BOOKS RECOMMENDED

- Koontz Harold & Weihrich Heinz (2006) Esesntials 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

M.A COSMETOLOGY (SEMESTER-IV)

Session -2019-2020

Hand and Feet Care

Course Code: MCYM-4141

(THEORY)

Time: 3 hrs

Max.Marks100

Theory Marks: 40

Practical Marks: 40

CA: 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

NAILS

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

UNIT-II

HAND CARE

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

UNIT-III

FEET CARE

- Pedicure Preparation
- Pedicure Type, , 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)

M.A COSMETOLOGY (SEMESTER-IV)

Session -2019-2020

Hand and Feet Care

Course Code: MCYM-4141

(Practical)

Practical :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.

- Manicure
- Oil Manicure
- Pedicure
- Acrylic Nail
- Nail extension
- Nail art
- Viva
- File work

M.A COSMETOLOGY (SEMESTER-IV)

Session -2019-2020

Therapeutic Nutrition

Course Code: MCYM-4142

(THEORY)

Time: 3 hrs

Max.Marks:100

Theory Marks: 40

Practical Marks: 40

CA: 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

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:

Development recipes for :

- 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.

M.A COSMETOLOGY (SEMESTER-IV)
SESSION -2019-2020
Therapeutic Nutrition
Course Code: MCYM-4142
(Practical)

Practical :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.

DIET CHART FOR:

- Pregnant and lactating mothers
- Infants and school children's
- Adolescents
- Old age
- Viva
- File work

BOOKS RECOMMENDED

- Luthans Fred (2001) Organization behavior 9th Edition Mc Graw Hill International.
- Sethi Mohani (2005) Institution Food Management new age International Publisher.
- Terrell E M (1971) Professional Food Preparation, Wiley Publisher New York.
- Knight J B & Kotschevar LH (2000) Quantity Food Production Planning & Management 3rd addition Johan Villa and sons.

M.A COSMETOLOGY (SEMESTER-IV)
SESSION -2019-2020
Ayurvedic Products for Skin and Hair
COURSE CODE: MCYM-4143
(THEORY)

Time: 3 hrs

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

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 Heat
- 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 & Conditioners

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)

M.A COSMETOLOGY (SEMESTER-IV)

SESSION -2019-2020

Ayurvedic Products for Skin and Hair

COURSE CODE: MCYM-4143

(Practical)

Practical :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.

PREPARING AYURVEDIC SKIN PRODUCTS

- Creams
- Lotions
- Masks
- Packs

PREPARING AYURVEDIC HAIR PRODUCTS

- 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)
- Chopra, Dr. Deepak. Perfect health. (Harmony Books, New York, 1991)

M.A COSMETOLOGY (SEMESTER-IV)

SESSION -2019-2020

INTERNSHIP/PROJECT WORK

Course Code:MCYI-4144

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