

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Post-Graduate Diploma in Cosmetology

Semester: I

(Under Continuous Evaluation System)

Session: 2020-2021



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF ONE YEAR P.G DIPLOMA
PROGRAMME

Post-Graduate Diploma in Cosmetology (Semester-I)

Session : 2020-2021

Post-Graduate Diploma in Cosmetology (Semester-I)							
Course Code	Course Name	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
PCYM-1141	Personality Development	C	100	40	40	20	3+3hrs
PCYM-1142	External Skin Science	C	100	40	40	20	3+3hrs
PCYM-1143	Hair and Scalp	C	100	40	40	20	3+3hrs
Total			300				

PROGRAMME SPECIFIC OUTCOMES

Post-Graduate Diploma in Cosmetology (Semester-I)

Session: 2020-2021

PSO1 -Cosmetology is the study and application of beauty treatment. It is the science which focuses on making people look good. It comprises many branches which include beauty therapy and treatments for face, hair, body and overall health care.

PSO2- A cosmetologist is an expert in makeup, skin care and beauty products. He or she provides beauty services that include cosmetic care for hair, skin and body.

PSO3- Students who are interested to become a cosmetologist need to obtain certain educational and licensing requirements. With the right educational qualification and license, cosmetologists can work in several industries and may also be self-employed.

PSO4- Hair styles/hair dressers specialize in hair care, cutting, styling and setting.

PSO5- Cosmetologist study everything related to beauty from daily care to specialized techniques that enhance the appearance.

Post-Graduate Diploma in Cosmetology (Semester-I)
Personality Development
Course Code: PCYM-1141
Session: 2020-2021

Course Outcomes:-

- CO 1 : To 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 : To grab knowledge for person hygiene and learn healthy habits
- CO 6 : To know the growth and reproduction of bacteria and its types

Post-Graduate Diploma in Cosmetology (Semester-I)

Personality Development

Course Code: PCYM-1141

Session: 2020-2021

(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

COSMETOLOGY:

Introduction and Importance of Cosmetology

UNIT-II

PERSONAL GROOMING:

Colour and outfit culture:

- Colours:- Importance, effects and selection.
- Planning and Wardrobe and Selection of Clothes according to figure, physique, complexion, occupation and weather.
- Selection of accessories according to attire and occasion.
- Use of perfumes

Visual Poise

- Basic Stance and Corrective Stance.
- Basic hand positions and expressive and graceful hand free actions.
- correct different sitting positions and sitting on a low stool or bench.
- Walking correctly.
- Correct sleeping position.
- Getting in and out of cars
- Meeting and greeting people, party and table manner; entering and leaving properly.
- Handling coats, shawls and stoles, gloves and hand bags.

Speaking and Conversational charm:

- Characteristics of Charming conversationalist, topics of conversation, topics to avoid, manners of pleasant conversation, when to speak and when to listen.
- Voice cultivation, enunciation and pronunciation.

UNIT-III

PERSONAL HYGIENE:

- Professional appearance and Good Grooming.
- Personal Hygiene and Healthy Habits.

UNIT-IV

BACTERIOLOGY: (In Short only)

- What is Bacteria?
- Types of Bacteria
- Growth and Reproduction of Bacteria

Books Recommended:

- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- Harper and Glenn Lewis.
- Standard text book of Cosmetology Milady's

Post-Graduate Diploma in Cosmetology (Semester-I)
Personality Development
Course Code: PCYM-1141
Session: 2020-2021
(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.

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

:

- (i) Dressing according to occasion, age, time, seasons.
- (ii) VIVA – on Visual Poises
- (iii) Practical files.

Books Recommended:

- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- Harper and Glenn Lewis.
- Standard text book of Cosmetology Milady's

Post-Graduate Diploma in Cosmetology (Semester-I)
External Skin Science
Course Code: PCYM-1142
Session: 2020-2021
(THEORY)

COURSE OUTCOMES:

CO 1 : To grab the knowledge on cells and their growth and reproduction

CO 2: Students learn the deep layers of skin and functions and its types and learn how to cure different types of skin problems

CO 3: Students know about different muscles and nerves of face and body for perfect massage and manipulation and relaxation

CO 4 : Students learn the steps of facial massage and pressure points for relaxation

CO 5 : To grab the knowledge for the theory of massage and its benefits and different facial therapies

Post-Graduate Diploma in Cosmetology (Semester-I)
External Skin Science
Course Code: PCYM-1142
Session: 2020-2021
(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

CELLS:

- Basic structure of cells
- Growth & reproduction of cells in brief.

UNIT-II

SKIN:

- Anatomy of Skin
- Function of Skin
- Types of Skin
- Problems of Skin

UNIT-III

FACIAL MUSCLES:

- Basic Knowledge of muscles of the facial skin.
- Kinds of nerves in short.
- Nerves of the face and neck.

UNIT-IV

MASSAGE:

- Theory of Massage
- Benefits of massage
- Basic Manipulations used in massage.
- Points to remember while Massage.
- Facial Therapies with Pressure points of Different types of skin.

Books Recommended:

- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- Harper and Glenn Lewis.
- Standard text book of Cosmetology Milady's
- Complete beauty book by Helen Foster

Post-Graduate Diploma in Cosmetology (Semester-I)
External Skin Science
Course Code: PCYM-1142
Session: 2020-2021
(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.

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

Facial treatment of Different types of Skin

- (i) Aroma Therapy
- (ii) Body Massage & Spa
- (iii) Viva
- (iv) File Work

Books Recommended:

- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- Harper and Glenn Lewis.
- Standard text book of Cosmetology Milady's
- Complete beauty book by Helen Foster

Post-Graduate Diploma in Cosmetology (Semester-I)

Hair and Scalp

Course Code: PCYM-1143

Session: 2020-2021

(THEORY)

COURSE OUTCOME:

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

CO 2: To have knowledge for the structure connected with hair follicle

CO 3: This subject also teaches growth and replacement of hair with its hair cycle and hair pigments

CO 4: To know about the hair analysis for curing the problems related to scalp and hair

CO 5: Students learn different techniques of scalp treatment with different electrical equipments

Post-Graduate Diploma in Cosmetology (Semester-I)

Hair and Scalp

Course Code: PCYM-1143

Session: 2020-2021

(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

STRUCTURE OF HAIR:

- Composition of Hair
- Division of Hair
- Types of Hair

UNIT-II

KNOWLEDGE OF THE STRUCTURE CONNECTED WITH HAIR FOLLICLE:

- Dermal Papila
- Outer root sheath, inner roots sheath
- Bulb, matrix
- Dermal Cord
- Connective tissues
- Arrestor Pili muscles

GROWTH AND REPLACEMENT

- Hair Cycle
- Hair Analysis
- Hair Pigments

UNIT-III

DISORDER OF THE HAIR AND SCALP

- Non- Infections
- Infectious

UNIT-IV

CARE OF SCALP:

- Treatments of scalp with the help of natural ingredients and different types of Products.
- Different Electrical Equipments used in scalp treatment.

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

Post-Graduate Diploma in Cosmetology (Semester-I)
Hair and Scalp
Course Code: PCYM-1143
Session: 2020-2021
(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.

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

- (i) Different types of scalp and Hair treatments.
- (ii) Hair Spas.
- (iii) Formal Hair Styles.
- (iv) Thermal Hair styling with Lod setting, Electric rollers, Hot rollers, straightness.
- (v) Removal of unwanted hair like – Threading, Waxing etc.

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