

**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of**

**Master of Arts (Cosmetology)**

**Semester: (III to IV)**

**(Under Continuous Evaluation System)**

**Session: 2022-2023**



**The Heritage Institution**

**KANYA MAHAVIDYALAYA JALANDHAR**

**(Autonomous)**

**Kanya Maha Vidyalaya, Jalandhar (Autonomous)**  
**SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME**  
**(Under Continuous Evaluation System)**  
**Master of Arts (Cosmetology)**  
**Session -2022-2023**

<b>Master of Arts (Cosmetology) Semester-III</b>							
<b>Course Title</b>	<b>Course Code</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
Business Management	MCYL-3141	C	100	80	-	20	3+3
Advance Therapies for Skin and Health	MCYM-3142	C	100	40	40	20	3+3
The Magic of Massage	MCYM-3143	C	100	40	40	20	3+3
Maquillage Technique	MCYM-3144	C	100	40	40	20	3+3
<b>Total</b>			<b>400</b>				
<b>Master of Arts (Cosmetology) Semeste- IV</b>							
<b>Course Title</b>	<b>Course Code</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
Hand and Feet Care	MCYM-4141	C	100	40	40	20	3+3
Therapeutic Nutrition	MCYM-4142	C	100	40	40	20	3+3
Ayurvedic Products for Skin and Hair	MCYM- 4143	C	100	40	40	20	3+3
Internship/ Project Work	MCYI-4144	C	100	-	100		3
<b>Total</b>			<b>400</b>				

## **Programme Specific Outcomes Master of Arts (Cosmetology)**

**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**- The job roles range from the regular haircut, hair wash, perming, styling, colouring, and hair extensions to manicure, pedicure and facials

**PSO5**- The career possibility in the industry of beauty is endless. This industry offers various careers for these professionals to excel and grow. It is a lucrative career option with earnings increasing with experience and reputation Trained cosmetologists find well paid jobs in beauty parlours, high-end salons and in luxurious hotels/resorts  
Makeuphair style.

**PSO6**- Beauty therapists give treatment for the face, hair, skin, and the body. Threading, facials, massages, skin treatments, manicure and pedicure are all included in Beauty therapy. They also advice on skin care, makeup.

**PSO7**- Beauticians specialize in doing make up for marriages, for TV and film performances and special occasions.

**PSO8**- Specialized areas of work are electrolysis, permanent make-up used to give a permanent lip-line or eye-line, aroma therapy which uses fragrances and essences for beauty treatment, etc.

**PSO9**- Beauty advisors market cosmetics, help customers identify the skin/ hair type and give advice on how to treat minor ailments. They give advice on

**Master of Arts (Cosmetology) (SEMESTER-III) Session 2022-2023**

**Business Management**

**Course Code: MCYL-3141**

**(THEORY)**

**COURSE OUTCOMES:**

**CO1:** To learn the principles of management.

**CO2:** Students will learn how to plan and locate a saloon and to keep its income and expenditure record.

**COS.3** To analyze the financial performance of an organization.

**COS.4** To develop the understanding of the concept of resource management and to understand its relevance in organizations.

**Master of Arts (Cosmetology) (SEMESTER-III)**

**Session 2022-2023**

**Business Management**

**Course Code: MCYL-3141**

**(THEORY)**

**MaxMarks:100**

**Theory Marks: 80**

**CA: 20**

**Time: 3 hrs**

**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 & Wehrich Heinz (2006) Essesentials of Management 7<sup>th</sup> edition Tata Mc Graw Hill Book Company
- Sethi Mohini (2005) Institution Food Management New Age International Publishers
- Tripathi P C (2000) Personnel management 15<sup>th</sup> ed Sultan Chand ,NewDelhi
- A very AC (1991) Modern Guide to Food Service Equipment ,Waveland Press
- Sethi Mohini (2005) Personnel management 15<sup>th</sup> ed sultan Chand ,NewDelhi
- Luthans Fred (2001) Organizational Behaviour 9<sup>th</sup> Edition Mc Graw Hill International
- Swamy's Handbook (2009) Swamy Publisher (P) Ltd

**Master of Arts (Cosmetology) Semester-III**  
**Session 2022-2023**  
**Advance Therapies for Skin & Health**  
**Course Code: MCYM-3142**  
**(THEORY)**

**Course Outcomes:**

- CO1: To provide an in depth understanding on how to give magnet and reflex therapy.
- CO2: To provide an advance training above the purpose benifites and techniques of hydro and sea weed therapy.
- CO3: To give student and understanding of different techniques and purpose of electro therapy and electrolysis therapy.
- CO4: Develop skill dealing with different Aayurveda SPA therapies.

**Master of Arts (Cosmetology) Semester-III  
Session 2022-2023**

**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 usingessential 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

**Master of Arts (Cosmetology) Semester-III)**

**Session 2022-2023**

**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.

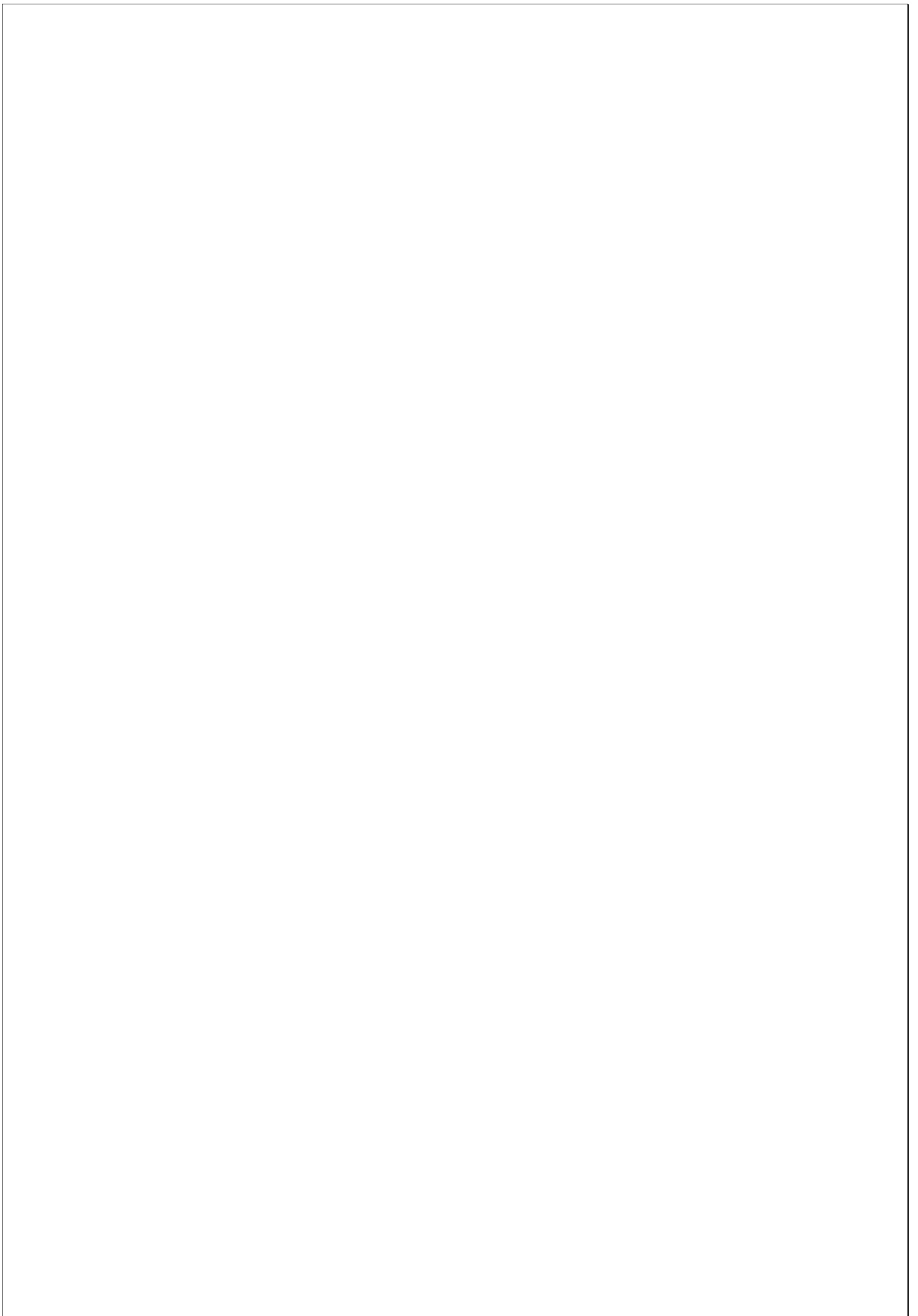
**THERAPIES:-**

- 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 usingessential 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.





**Master of Arts (Cosmetology) Semester-III**  
**Session 2022-2023**  
**The Magic of Massage**  
**Course Code: MCYM-3143**  
**(THEORY)**

**COURSE OUTCOMES:**

**CO1: 1** To discuss the purpose and origin of massage.

**CO2:** To demonstrate and understand of the structure and function of the human body with different western massage.

**CO3.** Identify the movement types of the massage.

**CO4:** To understand the concept of oils and their healing power.

**Master of Arts (Cosmetology) Semester-III**

**Session 2022-2023**

**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

**INTRODUCTION OF MESSAGE:**

**UNIT-I**

- Origin of Massage
- The History of Massage Therapy
- Types of Massage
- Benefits of Massage Therapy

**UNIT- II**

**WESTERN MESSAGE :**

- 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 MESSAGE:**

- 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 ,1<sup>st</sup> ed. Simon & Schuster 1<sup>st</sup> 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

**Master of Arts (Cosmetology) Semester-III**

**Session 2022-2023**

**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.

**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 BodyEnergy, Inner Traditional ,Vermont

**Master of Arts (Cosmetology) Semester-III**

**Session 2022-2023**

**Maquillage Technique**

**Course Code: MCYM-3144**

**(THEORY)**

**COURSE OUTCOMES:**

**CO1:** To Identify and apply various makeup equipment and techniques use for professional makeup application.

**CO2:** To understand the different types of makeup around the clock.

**CO3** To understand that while applying makeup, one must take in to consideration the structure of client's face, the color of eye, skin and hair that how the client wants to look.

**CO4:** Understand equipment , materials, products , techniques and treatment planning for eyelash extention services.

**Master of Arts (Cosmetology) Semester-III**  
**Session 2022-2023**  
**Maquillage Technique**  
**Course Code: MCYM-3144**  
**(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.

**Master of Arts (Cosmetology) Semester-III)**  
**Session 2022-2023**  
**Maquillage Technique**  
**Course Code: MCYM-3144**  
**(THEORY)**

**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.

**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

**Master of Arts (Cosmetology) (Semester-IV)**

**Session: 2022-2023**

**Hand and Feet Care**

**Course Code: MCYM - 4141**

**(Theory)**

**COURSE OUTCOMES:**

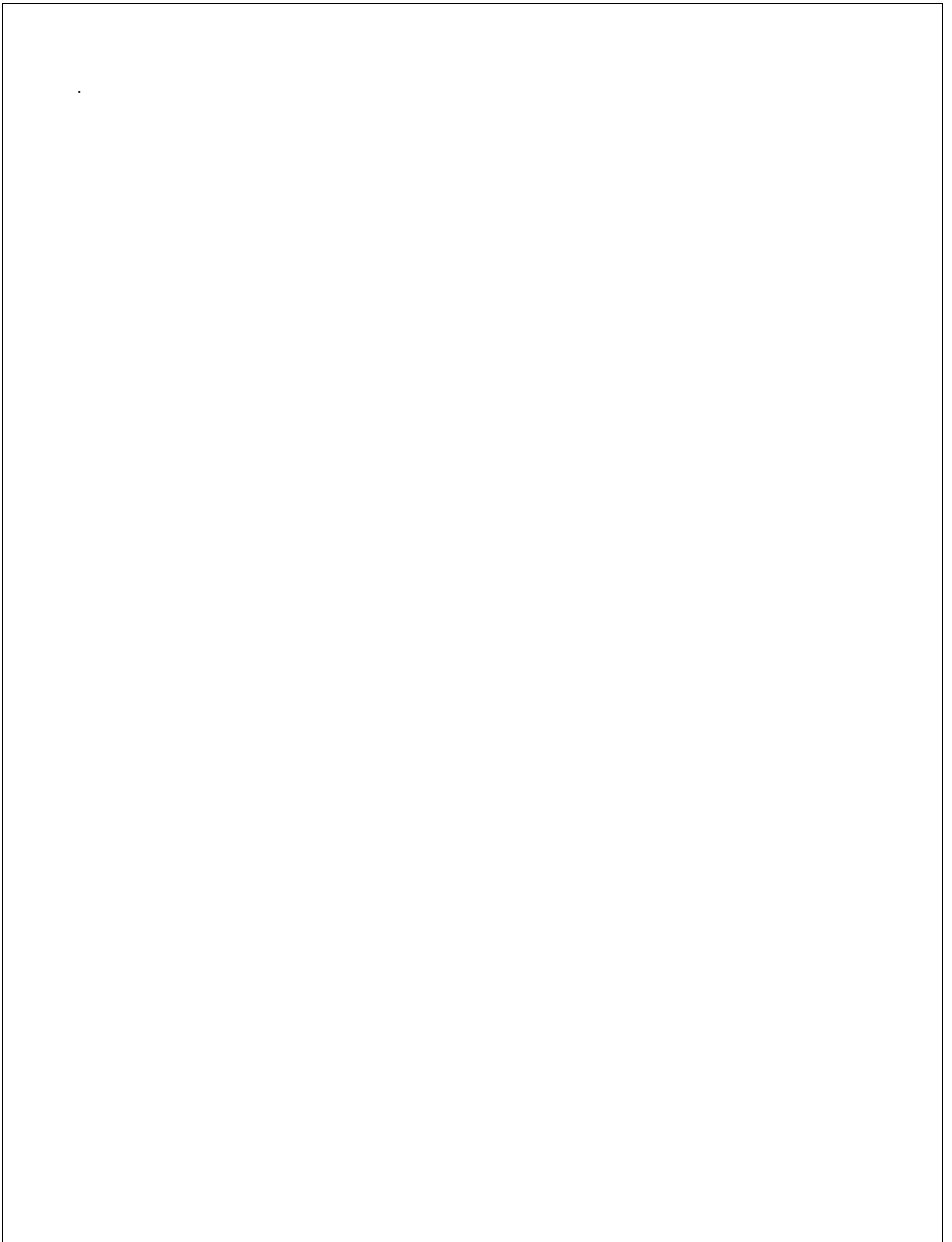
**CO.1** Demonstrate different types of nail shapes and identify common nail disorders.

**CO 2** To understand the introduction to the practice of manicure and how to provide the full consultation to the client.

**CO.3** To understand the introduction to the practice of pedicure and how to provide the full consultation to the client.

**CO.4** To identify the different types of nails and remove them with due care and safety.





**Master of Arts (Cosmetology) (Semester-IV)**  
**Session: 2022-2023**  
**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, preparation, procedures, equipment, precautions ,Cleanup and Sanitation.

**UNIT-III**

**FEET CARE**

- Pedicure Preparation
- Pedicure Type, preparation, 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)

**Master of Arts (Cosmetology) (Semester-IV)**  
**Session: 2022-2023**  
**Hand and Feet Care**  
**Course Code: MCYM - 4141**  
**(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.

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

**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 Pu

**Master of Arts (Cosmetology) Semester-IV**  
**Session : 2022-2023**  
**Therapeutic Nutrition**  
**Course Code: MCYM - 4142**  
**(Theory)**

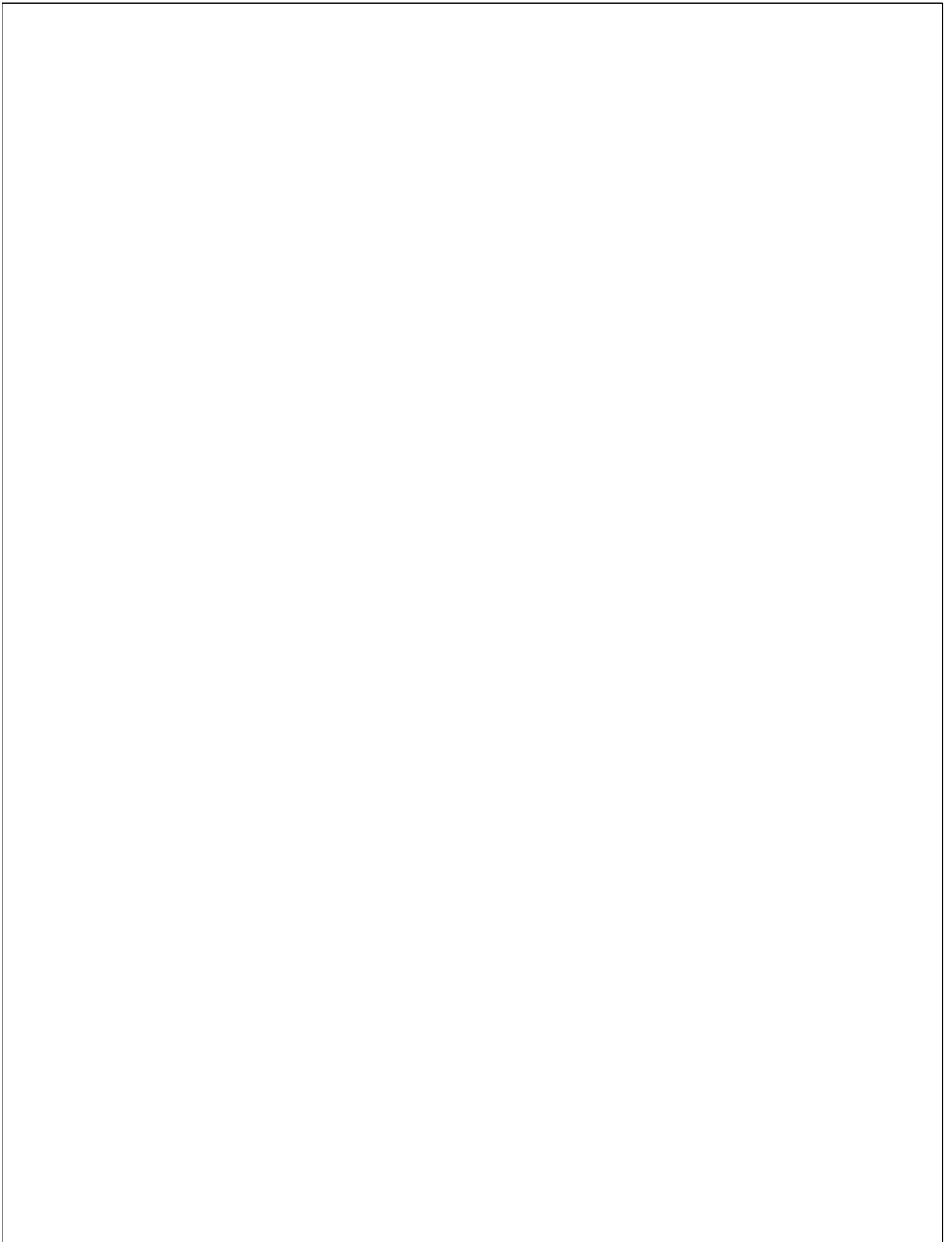
**Course Outcomes:**

CO1: To understand the aim , scop and role of nutrition in health and disease process.

CO2: Implement different strategic methods for assessing nutritional status.

CO3: Utilize knowledge from the physical and biological sciences as a basic for understand the role of food and nutrients in health and disese process.

CO4: Understand the nutitional requirments and develop recipes for infants , school children, pregnant and lactating mothers.



- rity By Virginia Smith(Author

**Master of Arts (Cosmetology) Semester-IV**

**Session : 2022-2023**

**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:**

- 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, 2<sup>nd</sup> ed. Times Mirror/Mosby.

**Master of Arts (Cosmetology) (Semester-IV)**

**Session: 2022-2023**

**Therapeutic Nutrition**

**Course Code: MCYM - 4142**

**(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.

**DIET CHART FOR:**

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

**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, 2<sup>nd</sup> ed. Times Mirror/Mosby.



**Master of Arts (Cosmetology)(Semester-IV)**  
**Session: 2022-2023**  
**Ayurvedic Products for Skin and Hair**  
**Course Code: MCYM - 4143**  
**(Theory)**

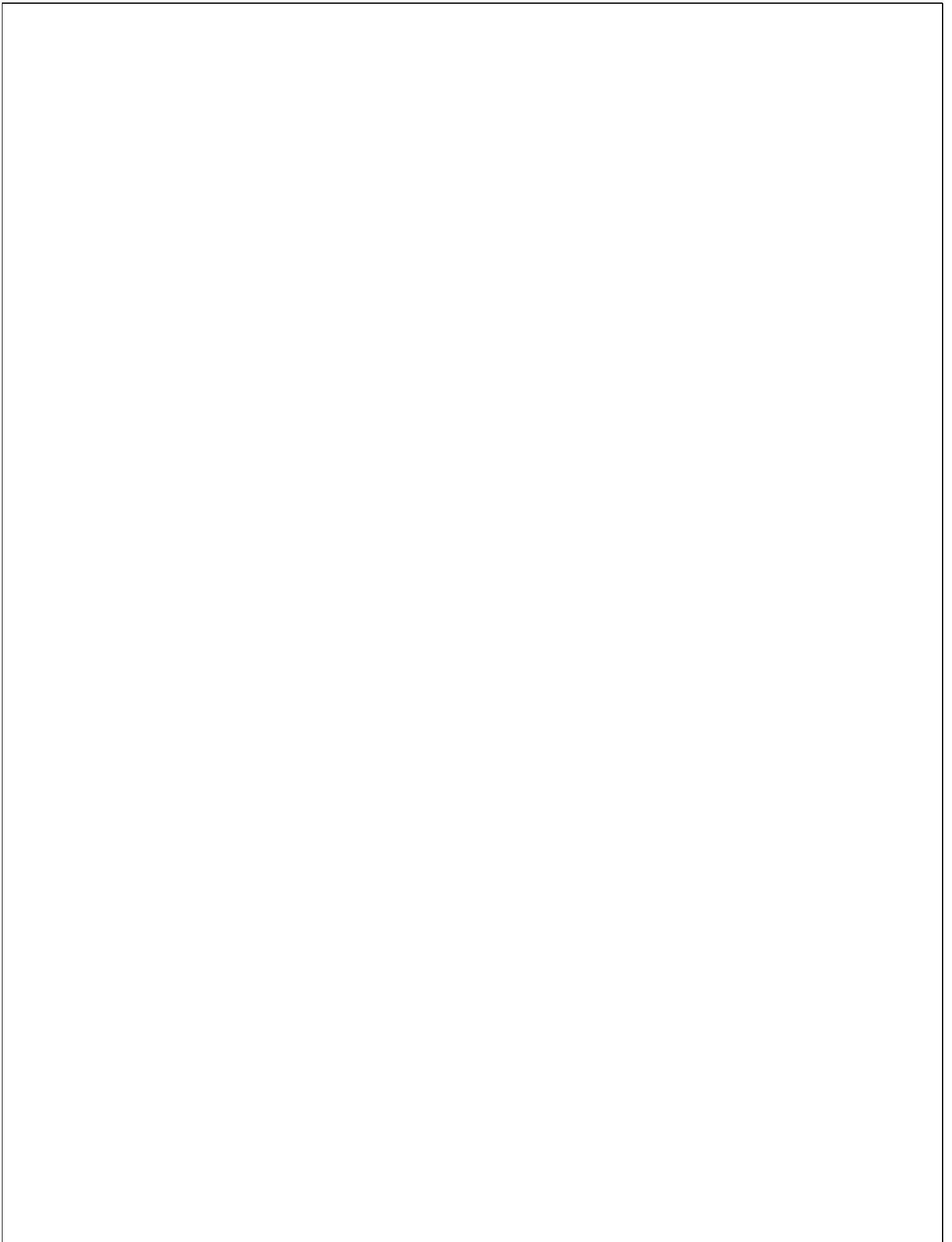
**Course Outcomes:**

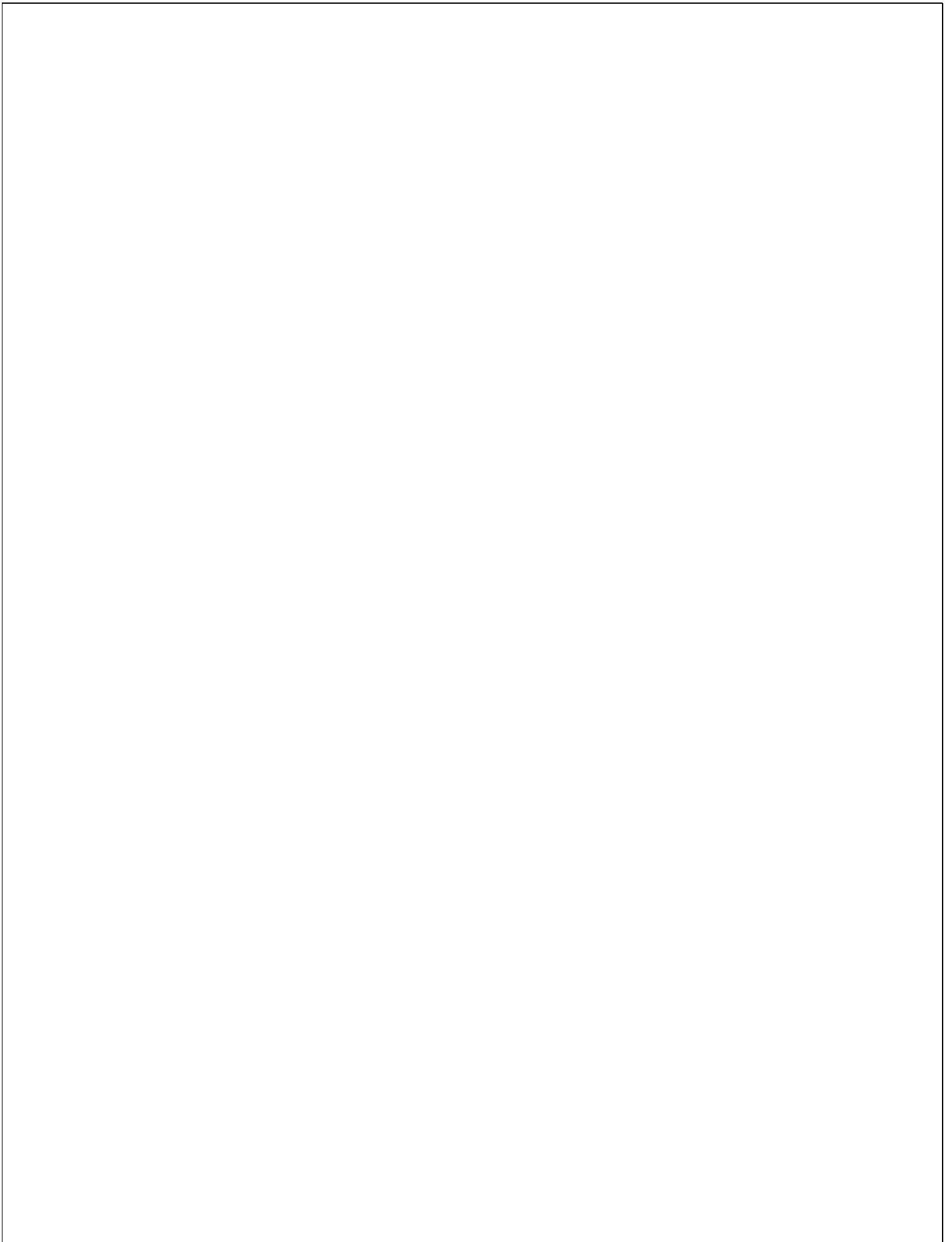
CO1: To understand the concept of ayurveda for healthy hair and skin.

CO2: Students will have knowledge of preparing different facial mask , lotion, creams and pack for different skin treatments.

CO3: Students will have knowledge of preparation of ayurvedic products for different hair treatments.

CO4: Students will learn packing and filling of different products like packs,toners, cream , shampoos and conditioners.





**Master of Arts (Cosmetology)(Semester-IV)**  
**Session: 2022-2023**  
**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 Heads  
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 & Conditioner

**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

**Master of Arts (Cosmetology) (Semester-IV)**  
**Session: 2022-2023**

**Ayurvedic Products for Skin and Hair**  
**Course Code: MCYM - 4143**  
**(Practical)**

**Time: 3 hrs**

**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)

**Master of Arts (Cosmetology) (Semester-IV)**  
**Session: 2022-2023**  
Internship/Project Work  
**Course Code: MCYI- 4144**

**Time: 3 hrs**

**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