

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Master of Arts (Cosmetology)

Semester: (I to IV)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2023-2024



The Heritage Institution

KANYA MAHAVIDYALAYA JALANDHAR

(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME (Under Credit Based Continuous Evaluation Grading System)(CBCEGS) Master of Arts (Cosmetology) Session -2023-2024

Master of Arts (Cosmetology) Semester-I

Master of Arts (Cosmetology) Semester-I									
Course Code	Course Titles	Cou rse Typ e	Creadit L-T-P	Total Creadit	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
MCYM-1141	Anatomy and Physiology of Skin	C	4-0-2	06	100	40	40	20	3+3
MCYM-1142	Beauty and Wellness	C	4-0-2	06	100	40	40	20	3+3
MCYM-1143	Massage	C	4-0-2	06	100	40	40	20	3+3
MCYM-1144	Skin Care	C	4-0-2	06	100	40	40	20	3+3
Student may opt any one of the following Interdisciplinary compulsory courses		IDE		04	100	80		20	3
			Total	24	400				
IDEC-1101	<ul style="list-style-type: none">• Communication Skills• Basics of Music (Vocal)• Human Rights and Constitutional Duties• Basics of Computer Applications• Indian Heritage: Contribution to the world								
IDEM-1362									
IDEH-1313									
IDEI-1124									
IDEW- 1275									

C- Compulsory

IDE- Inter Disciplinary Elective optional Course

*Grade Points of these courses will not be included in the SGPA/CGPA of Semester.

Master of Arts (Cosmetology) Semester-II

Master of Arts (Cosmetology) Semester-II									
	Course Code	Course Titles	Course Type	Credit L-T-P	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
	MCYM-2141	Trichology	C	4-0-2	100	40	40	20	3+3
	MCYM-2142	Playing with Hair Colours	C	4-0-2	100	40	40	20	3+3
	MCYM-2143	Reflexology	C	4-0-2	100	40	40	20	3+3
	MCYM-2144	Hair Grooming	C	4-0-2	100	40	40	20	3+3
		Total		24	400				

C- Compulsory

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
Anatomy and Physiology of Skin
COURSE CODE: MCYM-1141

Course Outcomes:

CO 1: Identify the function of various anatomical structures within the skin.

CO 2: To understand the common skin problems and disorders.

CO3: To understand the term skin analysis, pH scale and different techniques of sterilization.

CO4: Students can gain knowledge of the general terminology, cell structure, skeletal, muscular, nervous systems and Digestive system.

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
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

Master of Arts (Cosmetology) semester-I
(Session 2023-24)
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

Facial Exercise

Pressure points for facial

HOME REMEDIES FOR :

- Acne prone skin
- Hyper Pigmentation
- Freckles
- Wrinkles
- Blemishes

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).

Master of Arts (Cosmetology) Semester-I
Session : 2023-2024
BEAUTY AND WELLNESS
Course Code: MCYM-1142
(THEORY)

Course Outcomes:

CO1: To understand the importance of beauty and colour outfit.

CO2: To impart knowledge of personal grooming and Hygiene.

CO3: Students can understand the role of yoga and breathing system for good health.

CO4: To gain the meditative state and achievement through meditation techniques

Master of Arts (Cosmetology) Semester-I
Session : 2023-2024
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
- Rules of Yoga

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

**Master of Arts (Cosmetology) Semester-I
Session 2023-2024**

BEAUTY AND WELLNES

**CourseCode: 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.

- 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, sukhhasana , suptarvajar asana
- Meditation techniques and positions
- Viva
- File work
- Presentation

Books Recommended:

- Mind, Body , Spirit by Mark Evans
- Meditation for Beginners
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Structural Yoga Therapy by Mukunda Stiles

Master of Arts (Cosmetology) Semester-I

Session 2023-2024

MASSAGE

Course Code : MCYM-1143

(THEORY)

Course Outcomes:

CO1: To understand the different techniques of massage with the knowledge of its psychological effects.

CO2: Identify the major types of bone cells and its functions.

CO3: Students will learn various manipulation along with the knowledge of facial muscles, facial nerves and bones

CO4: Students will learn and techniques of home made spa and hoe to concern a client.

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
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 anySection.

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

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
MASSAGE
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.

Basic Facial

- Deep Cleansing
- Uses Blackhead Extractor
- Types of bleaches
- Medicated Bleach
- Facial treatment
- Body Polishing and Massage
- Body Spa
- Brushing Unit
- Microdermaabrasion
- Viva
- File work

Books Recommended:

- Massage by Ken Eyerman
- Mind, Body , Spirit by Mark Evans
- The Complete Book of Massage by Mary Atkinson with ExmeFloyd
- K.I.S.S (Keep it Simple Series) by Laura Bailey

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
SKIN CARE
Course Code: MCYM-1144
(THEORY)

Course Outcomes:

- CO1: To provide basic knowledge of the natural herbs and ingredients for skin treatment schedule.
CO2: To identify the techniques of exfoliation for oily, dry and sun damaged skin.
CO3: To know the pH scale and effect of AHA & BHA peels on skin.
CO4: To gain adequate knowledge of organic ingredients and how to prepare skin care products

Master of Arts (Cosmetology) (SEMESTER-I)

Session 2023-2024

SKIN CARE

Course Code: MCYM-1144

(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

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

Unit- IV

- AHA and BHA
- pH sensitive AHA and BHA

- 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

Master of Arts (Cosmetology) Semester-I
Session 2023-2024
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.

- Chemical Peels
- Hydra Facial
- Galvanic Treatment
- Highfrequency
- Making creams, pack, scrub with natural ingredients
- Treating 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.

Master of Arts (Cosmetology) (Semester-II)

Session: 2023-2024

Trichology

**Course Code: MCYM - 2141
(Theory)**

Course Outcomes:

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

CO 2: To analysis the hair on the basis of shapes and distribution and their facts.

CO3: This also teaches us the different disorders of hair and scalp both infectious and non- infectious.

CO4: To impart the knowledge of chemical hair structre and its pH level.

Master of Arts (Cosmetology) Semester-II

Session: 2023-2024

Trichology

Course Code: MCYM - 2141

(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.

ANATOMY OF HAIR

- Structure of Hair
- Composition of hair
- Types of Hair
- Hair Growth and Replacement

UNIT-I

- Hair shapes
- Hair distribution
- Hair Facts
- Hair Analysis

UNIT-II

DISORDERS OF HAIR

- Non-infectious
- Infectious

UNIT-III

CHEMICAL STRUCTURE OF HAIR

- Knowledge of Hair Bond
- Hair Pigment
- Knowledge of Alkaline and Acid

UNIT-IV

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Blitl Edltions

Master of Arts (Cosmetology) (Semester-II)
Session-2023-2024
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.

- Micro dermablading
- Eyebrow Mapping
- Highfrequency for dandruff treatment
- Shampooing and conditioning
- Botox
- Hair Removing Methods(Epilation & Depilation)
- Hair Fillers
- Presentation
- Viva

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Bltl Edltions

Master of Arts (Cosmetology) Semester-II
Session: 2023-2024
Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Course Outcomes:

CO1: To impart the knowledge of colour theory in relation to hair colour

CO2: To identify the natural level and tone of the colour and its application and mixing techniques.

CO3: To understand the value of hair analysis and client consultation prior to hair colouring.

CO4: Students can learn different types of hair colouring and their use.

Master of Arts (Cosmetology) (Semester-II)
Session: 2023-2024
Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Time: 3 hrs.

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

COLOR THEORY

UNIT-I

- Why people color their hair
- Color theory

HAIR COLOURING

UNIT-II

- Choosing your Color
- Types of Color
- Application and Mixing techniques
- Identifying natural level and tone
- Color Depth Tone
- Corrective Color

CLIENT CONSULTATION

UNIT-III

- 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

Master of Arts (Cosmetology) (Semester-II)
Session: 2023-2024
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.

- Global Hair Colouring
- Highlights
- Streaking
- Fashion Hair Colouring
- Stencils
- Colour cutting methods
- Frosting
- Tipping
- Heena Application
- Model of Color Wheel
- File Work
- Viva

Books Recommended:

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair coloring in plain English ISBN-10: 1562533576
- The Haircoloring Manual a practical guide to successful hair coloring by Martha Gfemandez

Master of Arts (Cosmetology) (Semester-II)
Session: 2023-2024
Reflexology
Course Code: MCYM - 2143
(Theory)

Course Outcomes:-

CO1: To understand some of the benefits and application of reflexology.

CO2: The difference between reflexology relaxation methods and reflexology treatment techniques

CO3: To understand the range, purpose and application of different treatment and relaxation techniques in Reflexology.

CO4: Student have a broad understanding of reflexology , hand and foot map.

Master of Arts (Cosmetology) Semester-II
Session: 2023-2024
Reflexology
Course Code: MCYM - 2143
(Theory)

Time: 3 hrs.

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

Master of Arts (Cosmetology) (Semester-II)
Session: 2023-2024
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

TREATMENTS FOR :

- Depression
 - Stress
 - Mental health illness
 - Tension
 - Headache
 - Bodyache
- Model of Hand and Feet chart of Reflexology
Presentation

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

Master of Arts (Cosmetology) Semester-II
Session: 2023-2024
Hair Grooming
Course Code: MCYM - 2144
(Theory)

Course Outcomes:

CO1: Students will learn the technique of Permanent hair straightening by Break the Natural Bond.

CO2: Be able to provide haircutting services adapting various cutting techniques.

CO3: Understand the tools, products, equipment and techniques for haircutting services.

CO4: Able to understand skills in the area of styling with thermal equipment.

Master of Arts (Cosmetology) (Semester-II)
Session: 2023-2024
Hair Grooming
Course Code: MCYM - 2144
(Theory)

Time: 3 hrs.

Max. Marks: 100
Theory Marks: 40
Practical Marks: 40
CA:20

Instructions for the Paper Setters:

Eight questions of equal (8marks)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 Smoothening
- Perming
- Hair Spa

UNIT-II

SCIZZORING

- 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 HAIR STYLING 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 Edltions

Master of Arts (Cosmetology)Semester-II

Session: 2023-2024

Hair Grooming

**Course Code: MCYM - 2144
(Practical)**

Practical Marks : 40

Time: 3 hrs

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
- Keratin
- Hair Spa treatments
- Thermal Styling
- Permanent Hair Extension
- 20 hair buns
- Blow dryer setting
- 10 braiding styles
- Presentation
- Viva

Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book Hair
- Flair by Blitl Edltions

