

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Master of Arts (Cosmetology)

Semester: (I to IV)

(Under Continuous Evaluation System)

Session: 2020-21



The Heritage Institution

KANYA MAHAVIDYALAYA JALANDHAR

(Autonomous)

Kanya Maha Vidyalaya, Jalandhar(Autonomous)
SCHEME AND CURRICULUM OF EXAMINATION OF TWO YEAR DEGREE PROGRAMME
Master of Arts (Cosmetology) Semester-I
(Session 2020-21)

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

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATION OF TWO YEAR DEGREE PROGRAMME

Master of Arts (Cosmetology)

Semester-III

(Session 2020-21)

Master of Arts (Cosmetology) Semester-III							
Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
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
Total			400				
Master of Arts (Cosmetology) Semeste- IV							
Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
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
Total			400				

Master of Arts (Cosmetology) Semester-I
Anatomy and Physiology of Skin
COURSE CODE: MCYM-1141
Session 2020-2021
(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
BEAUTY AND WELLNESS
Course Code: MCYM-1142
Session : 2020-2021
(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 Jack Kornfield

Master of Arts (Cosmetology) Semester-I
BEAUTY AND WELLNESS Course
Code: MCYM-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.

- Aerobics
- 20 yoga asans:
- Dhanur asana , halasana , Shav asana, Pachimottan asana , Vajar asana, Tar asan, Chakarsana, 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

Master of Arts (Cosmetology) Semester-I

MASSAGE

Course Code : MCYM-1143

Session 2020-2021

(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)
MASSAGE
Course Code: MCYM–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.

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 Eyeraman
- 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)

SKIN CARE

Course Code: MCYM-1144

Session 2020-2021

(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

- 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

Master of Arts (Cosmetology) Semester-I
SKIN CARE
Course Code: MCYM-1144
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.

- 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.

Master of Arts (Cosmetology) (Semester-II)

Trichology

Course Code: MCYM - 2141

Session: 2020-21

(Theory)

Course Outcomes:

- CO 1:** The purpose of this course is to provide students with the knowledge to identify terminology related to hair structure, growth and distribution
- CO 2:** Perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair coloring and lightening, permanent waving and chemical relaxing.
- CO 3:** Be able to provide specialist hair and scalp treatments.
- CO 4:** Understand how health and safety policies and procedures affect specialist hair and scalp treatments
- CO 5:** Understand the factors that influence specialist hair and scalp treatments
- CO 6:** Understand the science of specialist hair and scalp treatments
- CO 7:** Understand the products, tools, equipment and techniques, for hair and scalp treatments

Master of Arts (Cosmetology) (Semester-II)
Trichology
Course Code: MCYM - 2141
Session: 2020-21
(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 Blitl Edltions
- The Hair Color Mix Book: 120 Recipes for Salon Perfect Hair

Master of Arts (Cosmetology) (Semester-II)
Trichology
Course Code: MCYM-2141
Session-2020-21
(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 Edltions
- The Hair Color Mix Book: 120 Recipes for Salon Perfect Hair

Master of Arts (Cosmetology) (Semester-II)
Playing with Hair Colors
Course Code: MCYM - 2142
Session: 2020-21
(Theory)

Course Outcomes:

CO 1: Highlighting and Lowlighting of Hair

Students are trained to understand the basic principles of hair colouring, stages of hair lightening and the different techniques used for colouring, the different usages of lightening with colour and lightening (bleaching) products, and toner and the technique of performing highlighting and lowlighting of hair.

CO 2: Lightening and Toning (whole head)

Students are trained to identify the stages of lightening, and the different types of bleaches and lighteners and the technique of performing lightening and toning (whole head).

CO 3: Change of Base Colour with Highlight and Lowlight

Students are trained to understand the purpose and procedure for carrying out strand test and the factors that determine the choice of colour shades and performing change in base colour with highlight and lowlight

CO 4: Corrective Colouring

Students are trained to understand the corrective measures for hair colouring and lightening problems, the uses of shampoo bleach and the effect of oxidation in hair colouring and the technique of performing colour correction.

Master of Arts (Cosmetology) (Semester-II)
Playing with Hair Colors
Course Code: MCYM - 2142
Session: 2020-21
(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

Master of Arts (Cosmetology) (Semester-II)
Playing with Hair Colors
Course Code: MCYM - 2142
Session: 2020-21
(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 Bltl 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

Master of Arts (Cosmetology) (Semester-II)
Reflexology
Course Code: MCYM - 2143
Session: 2020-21
(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

Master of Arts (Cosmetology) (Semester-II)
Reflexology
Course Code: MCYM - 2143
Session: 2020-21
(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 Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- Beauty Basics by Lorraine Nordmann Level-I

Master of Arts (Cosmetology) (Semester-II)
Hair Grooming
Course Code: MCYM - 2144
Session: 2020-21
(Theory)

Course Outcomes:

- CO 1:** Understand the factors that influence haircutting services
- CO 2:** Understand the tools, products, equipment and techniques for haircutting services
- CO 3:** Be able to prepare for haircutting services
- CO 4:** Be able to provide haircutting services adapting various cutting techniques.

Master of Arts (Cosmetology) (Semester-II)
Hair Grooming
Course Code: MCYM - 2144
Session: 2020-21
(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

PLAY WITH CHEMICALS

- Rebonding and Smoothing
- 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 Blitl Edltions

Master of Arts (Cosmetology) (Semester-II)
Hair Grooming
Course Code: MCYM - 2144
Session: 2020-21
(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

Master of Arts (Cosmetology) (SEMESTER-III)
Business Management
Course Code: MCYL-3141
Session 2020-2021
(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) Essentials 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
- ☐ Avery 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

Master of Arts (Cosmetology) Semester-III
Advance Therapies for Skin & Health
Course Code: MCYM-3142
Session 2020-2021
(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)
Advance Therapies for Skin & Health
Course Code: MCYM-3142
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.

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.

Master of Arts (Cosmetology) Semester-III

The Magic of Massage

Course Code: MCYM-3143

Session 2020-2021

(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 MESSAGE:

- 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 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 BodyEnergy, Inner
Traditional ,Vermont

Master of Arts (Cosmetology) Semester-III
The Magic of Massage
Course Code: MCYM-3143
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.

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 Tradition, Vermont

Master of Arts (Cosmetology) Semester-III)

Maquillage Technique

Course Code: MCYM-3144

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

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)
Maquillage Technique
Course Code: MCYM-3144
Session 2020-2021
(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)
Hand and Feet Care
Course Code: MCYM - 4141
Session: 2020-21
(Theory)

COURSE OUTCOMES:

- CO.1** To know about the concept of nature cure system based on scientific technique of Massage and pressure
- CO 2** Students gain the knowledge about various pressure techniques for different ailments.
- CO 3** To provide practical knowledge about the gadgets used for the pressure.
- CO 4** Students learn and improve the flow of energy in the body.
- CO 5** Students learn the body circulatory, Lymphatic, Immune and Hormonal system.

Master of Arts (Cosmetology) (Semester-IV)
Hand and Feet Care
Course Code: MCYM - 4141
Session: 2020-21
(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)
Hand and Feet Care
Course Code: MCYM - 4141
Session: 2020-21
(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 Purity By Virginia Smith (Author)

Master of Arts (Cosmetology) (Semester-IV)
Therapeutic Nutrition
Course Code: MCYM - 4142
Session: 2020-21
(Theory)

COURSE OUTCOMES:

COS.1 Students understand the etiology, physiology and metabolic anomalies of acute and chronic disorders/diseases.

COS.2 To understand the effect of various disorders and diseases on nutritional status, nutritional and dietary status

COS.3 To be able to recommend appropriate nutrition care for prevention and treatment of various disorders and diseases

COS.4 To remain updated on recent advances in medical nutrition therapy

COS.5 To understand protective role of anti-oxidants against various human diseases

Master of Arts (Cosmetology) (Semester-IV)
Therapeutic Nutrition
Course Code: MCYM - 4142
Session: 2020-21
(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, 2nd ed. Times Mirror/Mosby.

Master of Arts (Cosmetology) (Semester-IV)
Therapeutic Nutrition
Course Code: MCYM - 4142
Session: 2020-21
(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

- 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.

Master of Arts (Cosmetology) (Semester-IV)
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
Session: 2020-21
(Theory)

COURSE OUTCOMES:

- COS.1** Students learn about the importance of ayurvedic home products.
- COS.2** Students prepare various ayurvedic products for healthy hair and skin.
- COS.3** Students prepare healthy oils, tonics and packs for various hair and skin problems.
- COS.4** To create knowledge related to the field of ayurveda.

Master of Arts (Cosmetology) (Semester-IV)
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
Session: 2020-21
(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 & 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)

Master of Arts (Cosmetology) (Semester-IV)
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
Session: 2020-21
(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)
- Dr. Deepak. Perfect health. (Harmony Books, New York, 1991)

Master of Arts (Cosmetology) (Semester-IV)
Internship/Project Work
Course Code: MCYI- 4144
Session: 2020-21

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