

**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of**

**Master of Arts (Cosmetology)**

**Semester: (I to IV)**

**(Under Credit Based Continuous Evaluation Grading System)**

**Session: 2024-2025**



**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 -2024-2025

#### Master of Arts ( Cosmetology) Semester-I

| Course Code   | Course Titles  | Course Type | Credit L-T-P | Total Credit | Marks |      |    |    | Examination Time Hours |
|---|--|-------------|--------------|--------------|-------|------|----|----|------------------------|
|   |  |             |              |              | Total | Ext. |    | CA |                        |
|   |  |             |              |              |       | L    | P  |    |                        |
| MCYM-1141   | Anatomy and Physiology of Skin   | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
| MCYM-1142   | Beauty and Wellness  | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
| MCYM-1143   | Massage  | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
| MCYM-1144   | Skin Care  | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
| Student may opt any one of the following Interdisciplinary compulsory courses |  | IDE         |              | 05           | 100   | 70   |    | 30 | 3                      |
|   |  |             | Total        | 20           | 400   |      |    |    |                        |
| IDEC-1101   | <ul style="list-style-type: none"><li>• Communication Skills</li><li>• Basics of Music (Vocal)</li><li>• Human Rights and Constitutional Duties</li><li>• Basics of Computer Applications</li><li>• Indian Heritage: Contribution to the world</li></ul> |             |              |              |       |      |    |    |                        |
| IDEM-1362   |  |             |              |              |       |      |    |    |                        |
| IDEH-1313   |  |             |              |              |       |      |    |    |                        |
| IDEI-1124   |  |             |              |              |       |      |    |    |                        |
| IDEW- 1275  |  |             |              |              |       |      |    |    |                        |

**C- Compulsory**

**IDE- Inter Disciplinary Elective optional Course**

#### Master of Arts ( Cosmetology) Semester-II

|  | Course Code | Course Titles            | Course Type | Credit L-T-P | Total Credit | Marks |      |    |    | Examination Time Hours |
|--|-------------|--------------------------|-------------|--------------|--------------|-------|------|----|----|------------------------|
|  |             |                          |             |              |              | Total | Ext. |    | CA |                        |
|  |             |                          |             |              |              |       | L    | P  |    |                        |
|  | MCYM-2141   | Trichology               | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
|  | MCYM-2142   | Playing with Hair Colors | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
|  | MCYM-2143   | Reflexology              | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
|  | MCYM-2144   | Hair Grooming            | C           | 3-0-2        | 5            | 100   | 40   | 30 | 30 | 3+3                    |
|  |             | Total                    |             |              | 20           | 400   |      |    |    |                        |

**C- Compulsory**

## 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: 2024-25

| Master of Arts ( Cosmetology) Semester-III   |  |             |              |              |       |     |     |    |                        |  |
|--|--|-------------|--------------|--------------|-------|-----|-----|----|------------------------|--|
| Course Code  | Course Titles  | Course Type | Credit L-T-P | Total Credit | Marks |     |     |    | Examination Time Hours |  |
|  |  |             |              |              | Total | Ext | CA  |    |                        |  |
|  |  |             |              |              |       | L   | P   |    |                        |  |
| MCYL-3141  | Business Management  | C           | 4-0-0        | 04           | 100   | 80  | --- | 20 | 3                      |  |
| MCYM-3142  | Advance Therapies for Skin and Health  | C           | 4-0-2        | 06           | 100   | 40  | 40  | 20 | 3+3                    |  |
| MCYM-3143  | The Magic of Massage   | C           | 4-0-2        | 06           | 100   | 40  | 40  | 20 | 3+3                    |  |
| MCYM-3144  | Maquillage Technique   | C           | 4-0-2        | 06           | 100   | 40  | 40  | 20 | 3+3                    |  |
| Student may opt any one of the following Interdisciplinary compulsory courses. The ID course opted in sem -I can not be opted in sem-III |  | IDE         | 04           |              | 04    | 80  |     | 20 | 3                      |  |
|  | Total  |             |              | 22           | 400   |     |     |    |                        |  |
| IDEC-3101<br>IDEM-3362<br>IDEH-3313<br>IDEI-3124<br>IDEW- 1275   | <ul style="list-style-type: none"><li>• Communication Skills</li><li>• Basics of Music (Vocal)</li><li>• Human Rights and Constitutional Duties</li><li>• Basics of Computer Applications</li><li>• Indian Heritage: Contribution to the world</li></ul> |             |              |              |       |     |     |    |                        |  |

**C-Compulsory**

**IDE- Inter Disciplinary Elective Course**

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

| Master of Arts ( Cosmetology) Semester-IV |             |                                      |             |              |              |       |      |     |    |                        |
|---|-------------|--------------------------------------|-------------|--------------|--------------|-------|------|-----|----|------------------------|
|   | Course Code | Course Titles                        | Course Type | Credit L-T-P | Total Credit | Marks |      |     |    | Examination Time Hours |
|   |             |                                      |             |              |              | Total | Ext. |     | CA |                        |
|   |             |                                      |             |              |              |       | L    | P   |    |                        |
|   | MCYM-4141   | Hand and Feet Care                   | C           | 4-0-2        | 06           | 100   | 40   | 40  | 20 | 3+3                    |
|   | MCYM-4142   | Therapeutic Nutrition                | C           | 4-0-2        | 06           | 100   | 40   | 40  | 20 | 3+3                    |
|   | MCYM-4143   | Ayurvedic Products for Skin and Hair | C           | 4-0-2        | 06           | 100   | 40   | 40  | 20 | 3+3                    |
|   | MCYI-4144   | Internship and Report Writing        | C           | 0-0-4        | 04           | 100   |      | 100 |    | 3                      |
| Total                                     |             |                                      |             |              | 22           | 400   |      |     |    |                        |

C- Compulsory

## **Programme Specific Outcomes**

### **Master of Arts (Cosmetology)**

### **Session-2024-25**

**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. Makeup hair 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 advise 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 the use of cosmetics, general health/fitness advice, treatment and training is given in yoga/aerobics/health clubs by specialists in fitness and exercise.

**Master of Arts (Cosmetology)**  
**Semester-I**  
**Session 2024-2025**  
**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 2024-2025**

**Anatomy and Physiology of Skin**

**COURSE CODE: MCYM-1141**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical:30**

**CA: 30**

**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
- 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 2024-25**  
**Anatomy and Physiology of Skin**  
**Course Code : MCYM-1141**  
**(PRACTICAL)**

**Time: 3 hrs.**

**Practical Marks: 30**

**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 : 2024-2025**  
**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: 2024-2025**  
**BEAUTY AND WELLNESS**  
**Course Code: MCYM-1142**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical:30**

**CA: 30**

**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 2024-2025**

**BEAUTY AND WELLNES**

**Course Code: MCYM-1142  
(PRACTICAL )**

**Time: 3 hrs.**

**Practical Marks: 30**

**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 2024-2025**

**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 2024-2025**  
**MASSAGE**  
**Course Code : MCYM-1143**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical:30**  
**C.A:30**

**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 2024-2025**  
**MASSAGE**  
**Course Code: MCYM-1143**  
**(PRACTICAL)**

**Time: 3 hrs.**

**Practical Marks: 30**

**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 2024-2025**  
**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 2024-2025**

**SKIN CARE**

**Course Code: MCYM-1144**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical:30**

**CA:30**

**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 2024-2025**  
**SKIN CARE**  
**Course Code: MCYM-1144**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 30**

**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
- High frequency
- 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: 2024-2025**

**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: 2024-2025**

**Trichology**

**Course Code: MCYM - 2141**

**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical Marks:30**

**C.A:30**

**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 Bltl Edltions

**Master of Arts (Cosmetology) Semester-II**  
**Session-2024-2025**  
**Trichology**  
**Course Code: MCYM-2141**  
**(Practical)**

**Time: 3 hrs**

**Practical Marks : 30**

**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: 2024-2025**  
**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: 2024-2025**  
**Playing with Hair Colors**  
**Course Code: MCYM - 2142**  
**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks:30**  
**CA:30**

**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**

- Why people color their hair
- Color theory

**UNIT-I**

**HAIR COLOURING**

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

**UNIT-II**

**CLIENT CONSULTATION**

- Client Consultation
- Hair Analysis

**UNIT-III**

**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: 2024-2025**

**Playing with Hair Colors**

**Course Code: MCYM - 2142**

**(Practical)**

**Time: 3 hrs**

**Practical Marks : 30**

**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 Coloring
- Highlights
- Streaking
- Fashion Hair Coloring
- 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: 2024-2025**  
**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: 2024-2025**  
**Reflexology**  
**Course Code: MCYM - 2143**  
**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks:30**  
**CA:30**

**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: 2024-2025**  
**Reflexology**  
**Course Code: MCYM - 2143**  
**(Practical)**

**Time: 3 hrs**

**Practical Marks : 30**

**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: 2024-2025**  
**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: 2024-2025**

**Hair Grooming**

**Course Code: MCYM - 2144**

**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical Marks: 30**

**CA:30**

**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: 2024-2025**

**Hair Grooming**

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

**Practical Marks : 30**

**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

**Master of Arts (Cosmetology) Semester-III**  
**Session 2024-2025**  
**Business Management**  
**Course Code: MCYL-3141**  
**(THEORY)**

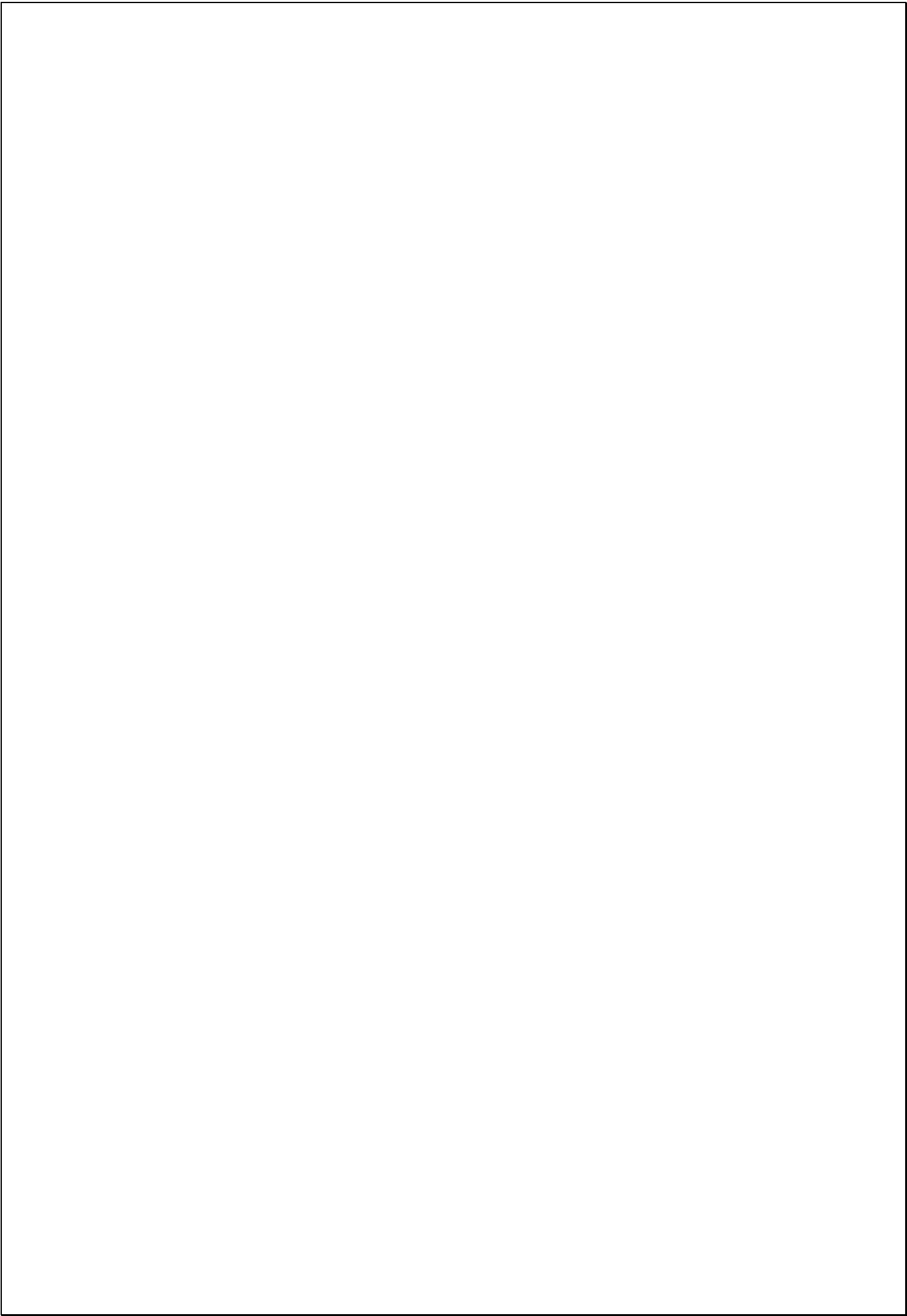
**COURSE OUTCOMES:**

**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.

**CO3:** To analyze the financial performance of an organization.

**CO4:** To develop the understanding of the concept of resource management and to understand its relevance in organizations.



**Master of Arts (Cosmetology) Semester-III**  
**Session 2024-2025**  
**Business Management**  
**Course Code: MCYL-3141**  
**(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 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 ,New Delhi
- ☐ A very AC (1991) Modern Guide to Food Service Equipment ,Waveland Press
- ☐ Sethi Mohini (2005) Personnel management 15<sup>th</sup> ed sultan Chand ,New Delhi
- ☐ 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 2024-2025**  
**Advance Therapies of Skin and 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 2024-2025**

**Advance Therapies of Skin and 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-2024-25**

**Advance Therapies of Skin and 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
- Kerala massage therapy
- Shirodhara massage techniques
- 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 2024-2025**  
**The Magic of Massage**  
**Course Code: MCYM-3143**  
**(THEORY)**

**COURSE OUTCOMES:**

**CO1:** 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 2024-2025**  
**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 MASSAGE:**

**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 2024-2025**

**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
- Potli Massage
- Uses of Aromatic oils (carrier oils, essential oil)
- Viva
- File Work

**BOOKS RECOMMENDED**

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

**Master of Arts (Cosmetology) Semester-III**  
**Session 2024-2025**  
**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 2024-2025**  
**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 2024-2025**  
**Maquillage Technique**  
**Course Code: MCYM-3144**  
**(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.

**MAQUILLAGE:-**

- Corrective Make up
- Bridal Make up
- Reception Make up
- Glossy Makeup.
- HD makeup
- No makeup look
- 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: 2024-2025**

**Hand and Feet Care**

**Course Code: MCYM - 4141**

**(Theory)**

**COURSE OUTCOMES:**

**CO1:** Demonstrate different types of nail shapes and identify common nail disorders.

**CO2:** To understand the introduction to the practice of manicure and how to provide the full consultation to the client.

**CO3:** To understand the introduction to the practice of pedicure and how to provide the full consultation to the client.

**CO4:** To identify the different types of nails and remove them with due care and safety.

**Master of Arts (Cosmetology) Semester-IV**  
**Session: 2024-2025**  
**Hand and Feet Care**  
**Course Code: MCYM - 4141**  
**(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**

**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: 2024-2025**  
**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.

- Basic Manicure
- Oil Manicure
- Parrafin wax manicure
- Pedicure
- Acrylic Nail
- Permanent Nail extension
- Nail art
- Gel nail art
- Press on
- 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: 2024-2025**  
**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

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

**Session : 2024-2025**

**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: 2024-2025**

**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 & RECIPES FOR:**

- Pregnant and lactating mothers
- Infants and school children's
- Adolescents
- Diabetic patient
- Obesity patient
- Weight Loss
- 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: 2024-2025**  
**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: 2024-2025**  
**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: 2024-2025**  
**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 PRODUCTS FOR PROBLEMATIC SKIN**

- Creams
- Lotions
- Masks
- Packs

**PREPARING AYURVEDIC PRODUCTS FOR HAIR PROBLEMS**

- 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: 2024-2025**  
Internship and Report  
**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