

**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of**

**Master of Arts**

**(Cosmetology)**

**Semester: (I to IV)**

**(Under Continuous Evaluation System)**

**Session: 2021-2022**



**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 2021-2022)**

<b>Master of Arts (Cosmetology) Semester-I</b>							
<b>Course Title</b>	<b>Course Code</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time(in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
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
<b>Total</b>			<b>400</b>				
<b>Master of Arts (Cosmetology) Semester-II</b>							
<b>Course Title</b>	<b>Course Code</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time(in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
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
<b>Total</b>			<b>400</b>				

**Kanya Maha Vidyalaya, Jalandhar (Autonomous)**

**SCHEME AND CURRICULUM OF EXAMINATION OF TWO YEAR DEGREE PROGRAMME**

**Master of Arts (Cosmetology)**

**Semester-III**

**(Session 2021-**

**22)  
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
<b>Total</b>			<b>400</b>				
<b>Master of Arts (Cosmetology) Semeste- IV</b>							
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
<b>Total</b>			<b>400</b>				

**Arts (Cosmetology) Semester-I**  
**Session — 2021-22**  
**Anatomy and Physiology of Skin**  
**Course Code : MCYM-1141**  
**(THEORY)**

**Course Outcomes:**

- CO1:** Apply concepts and knowledge of the general terminology, cell structure and function, histology, gross anatomy, and physiology related to the integumentary, skeletal, muscular and nervous systems to novel technical and/or clinical scenarios.
- CO2:** Evaluate information on human health and medical research as to its social, environmental, and ethical implications as part of responsible citizenship.
- CO3:** Use scientific laboratory equipment in order to gather and analyze data on human anatomy and physiology.
- CO4:** Understand skin functions and how relevant dysfunction contributes to disease.
- CO5:** Approach dermatologic disease with an understanding of basic skin structure
- CO6:** To create awareness about the skin

**Master of Arts (Cosmetology) Semester-I**  
**Anatomy and Physiology of Skin**  
**COURSE CODE: MCYM-1141**  
**Session 2021-2022**  
**(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, dark circles, albinism, dehydration, milia, asbestosis, stoma, 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 2021-22)**  
**Anatomy and Physiology of Skin**  
**Course Code : MCYM-1141**  
**(PRACTICAL)**

**Time: 3 hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

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

Skin analysis  
Exercise of physiology  
Treatments of disorder  
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 : 2021-2022**

**Beauty and Wellness**

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

**Course Outcomes:**

- CO 1:** To impart knowledge of skin and personal grooming.
- CO 2:** Understand why personal hygiene is an important part of good health maintenance
- CO 3:** Understand what areas are included in health maintenance
- CO 4:** Know when to offer choices when providing personal care
- CO 5:** Understand that professional ethics should always be applied when providing personal care



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

**Session : 2021-2022**

**BEAUTY AND WELLNESS**

**Course Code: MCYM-1142**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical:40**

**CA: 20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**BEAUTY:**

- What is beauty and its importance
- Colour and outfit culture

**UNIT-II**

**PERSONAL GROOMING:**

Personal grooming: visual poise, basic stance and corrective stance, correct sleeping position basic hand position, meeting and greeting people, speaking and charming conversation

**UNIT- III**

**YOGA:**

- What is yoga? Aim, importance and benefits, Stages of yoga
- Guidelines for yoga practice, Breathing system in yoga
- Aerobics
- Rules of Yoga

**UNIT-IV**

**MEDITATION:**

- Benefits of meditation,
- gaining the meditative state,
- How to use meditation,
- Simple meditation techniques,
- Personal development,
- Enjoyment and achievement

**Books Recommended:**

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

**Master of Arts (Cosmetology) Semester-I**  
**BEAUTY AND WELLNESS**  
**Course Code: MCYM-1142**  
**Session 2021-2022**  
**(PRACTICAL )**

**Time: 3**  
**hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

- Aerobics
- 20 yoga asans:
- Dhanur asana , halasana , Shav asana, Pachimottan asana , Vajar asana, Tar asan, Chakarasan, Bhujangasan, pranayam, sarvang asana , trikonasan , gomukhasan, 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**

**MASSAGE**

**Course Code : MCYM-1143**

**Session 2021-2022**

**(THEORY)**

**Course Outcomes:**

**CO 1:** Create a safe massage environment.

**CO 2:** Integrate various massage skills to provide effective massage therapy techniques in a clinical setting.

**CO 3:** To provide students with the basic bodywork techniques and skills needed to be

**CO 4:** employed as a massage therapist.

**CO 5:** To provide students with a foundation in general education.

**CO 6:** Beauty therapists give treatments for the face, hair, skin, and the body facials, massages, skin treatments are all included in Beauty therapy. They also advice on skincare, Massage and Body SPA

**Master of Arts (Cosmetology) Semester-I**  
**Session 2021-2022**  
**MASSAGE**  
**Course Code : MCYM-1143**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical:40**  
**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from anySection.

**UNIT-I**

**MASSAGE**

- Introduction to massage
- Techniques and types of massage
- Steps of massage
- Benefits of massage
- Physiological effect of massage

**UNIT -II**

**UNIT- III**

- Anatomy of bones

- 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 2021-2022**  
**MESSAGE**  
**Course Code: MCYM-1143**  
**(PRACTICAL)**

**Time: 3 hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External

Examiners. Basic facial

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

**Books Recommended:**

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

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

**Session 2021-2022**

**SKIN CARE**

**Course Code: MCYM-1144**

**(THEORY)**

**Course Outcomes:**

- CO 1:** The purpose of this course is to provide students with the knowledge to identify terminology related to skin, products and treatments with the demonstration of proper application of cosmetics related to skin care.
- CO 2:** Create a safe massage environment.
- CO 3:** Integrate various massage skills to provide effective massage therapy techniques in a clinical setting.
- CO 4:** To provide students with the basic bodywork techniques and skills needed to be.

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

**Session 2021-2022**

**SKIN CARE**

**Course Code: MCYM-1144**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical:40**

**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**Unit-I**

**NATURAL INGREDIENTS**

- Knowledge for natural ingredients
- A to Z INGREDIENTS
- BENEFITS
- Uses
- Skin treatments Schedule

**Unit-II**

**EXFOLIATION OF SKIN**

- Exfoliation of oily skin
- Exfoliation of dry skin
- Exfoliation of sun damaged Skin

**Unit-III**

**Unit- IV**

- AHA and BHA
- pH sensitive AHA and BHA
  
- Organic Preparations

**Books Recommended:**

- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- The Ultimate Guide to being naturally gorgeous by Sarah Stacey & Gosephine Fairley.
- K.I.S.S (Keep it Simple Series) by Laura Bailey



**Master of Arts (Cosmetology) Semester-I**  
**Session 2021-2022**  
**SKIN CARE**  
**Course Code: MCYM-1144**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

- 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: 2021-2022**

**(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: 2021-2022**

**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical Marks:40**

**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**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 Bltl Edltions

**Master of Arts (Cosmetology) Semester-II****Trichology****Course Code: MCYM - 2141****Session: 2021-2022****(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

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

**Playing with Hair Colors**

**Course Code: MCYM - 2142**

**Session: 2021-2022**

**(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: 2021-2022  
(Theory)**

**Time: 3 hrs.**

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

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**COLOR THEORY**

**UNIT-I**

- Why people color their hair
- Color theory

**HAIR COLOURING**

**UNIT-II**

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

**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: 2021-2022  
(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 Edltions
- 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: 2021-2022**  
**(Theory)**

**Course Outcomes:**

**CO1:** Learn hands-on holistic reflexology techniques

**CO 2:** History of reflexology

**CO 3:** Brief overview of Anatomy and Physiology

**CO 4:** Benefits and contraindications

**CO 5:** Development/understanding of physical, mental and spiritual healing (body/mind connection)

**CO 6:** Learn advanced and specialized reflexology and assessment techniques

**CO 7:** Learn about Oncology and Reflexology, and different illnesses that can benefit through reflexology

**CO 8:** Sports Reflexology, injuries and movements.



**Master of Arts (Cosmetology) (Semester-II)**  
**Reflexology**  
**Course Code: MCYM - 2143**  
**Session: 2021-2022**  
**(Theory)**

**Time: 3 hrs.**

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

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT - I**

- How Reflexology Work
- Benefits of Reflexology
- Giving Reflexology

**UNIT - II**

- Basic Techniques
- Foot Massage
- Reflexology Routine

**UNIT-III**

- Tension Releasers
- Stress and Pain relievers
- Headaches, breathing and sleeping

**UNIT - IV**

- Reproductive Problems
- Colds, throats and sinuses
- Improving Digestion
- Hand and foot chart

**Books Recommended:**

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown

**Master of Arts (Cosmetology) (Semester-II)**  
**Reflexology**  
**Course Code: MCYM - 2143**  
**Session: 2021-2022**  
**(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 Eyerman
- 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: 2021-2022**

**(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: 2021-2022**

**(Theory)**

**Time: 3 hrs.**

**Max. Marks: 100**

**Theory Marks: 40**

**Practical Marks: 40**

**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal ( 8marks )are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**PLAY WITH CHEMICALS**

- Rebonding and 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 Bltl Edltions

**Master of Arts (Cosmetology) Semester-II****Hair Grooming****Course Code: MCYM – 2144****Session: 2021-2022****(Practical)****Time: 3hrs****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 2021-2022**  
**(THEORY)**

**COURSE OUTCOMES:**

**COS.1** To develop the knowledge base about the physical facility needed for different types of food services unit.

**COS.2** To impart necessary expertise to manage the financial aspects in the unit.

**COS.3** To learn the principles of personal management.

**COS.4** To analyze the financial performance of an organization.

**COS.5** To analyze the skills in today's business environment.

**Master of Arts (Cosmetology) Semester-III**  
**Business Management**  
**Course Code: MCYL-3141**  
**Session 2021-2022**  
**(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 ,NewDelhi
- ☰ A very AC (1991) Modern Guide to Food Service Equipment ,Waveland Press
- Sethi Mohini (2005) Personnel management 15<sup>th</sup> ed sultan Chand ,NewDelhi
- Luthans Fred (2001) Organizational Behaviour 9<sup>th</sup> Edition Mc Graw Hill International
- Swamy's Handbook (2009) Swamy Publisher (P) Ltd



**Master of Arts (Cosmetology) Semester-III**  
**Advance Therapies for Skin & Health**  
**Course Code: MCYM-3142**  
**Session 2021-2022**  
**(THEORY)**

**COURSE OUTCOMES:**

**COS. 1** To provide knowledge and necessary information of all the latest different therapies given for the overall improvement of health and beauty.

**COS. 2** To make use of the therapies for releasing the stress, fatigue, tension, depression.

**COS. 3** To practice appropriate safety and sanitation procedure.

**COS.4** To understand the role of physiotherapy in the context of the health needs.

**COS.5** To perform a safe, systematic and appropriate therapy assessment for different conditions.

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

**Advance Therapies for Skin & Health**

**Course Code: MCYM-3142**

**Session 2021-2022**

**(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-**

**IMAGNET THERAPY AND REFLEX THERAPY-**

- Introduction and its uses
- Instruments used
- Techniques
- Contraindications

**UNIT-**

**IIHYDRO 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 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

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

**Advance Therapies for Skin & Health**

**Course Code: MCYM-3142**

**Session 2021-2022**

**(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 2021-2022**  
**(THEORY)**

**COURSE OUTCOMES:**

**COS.1** To discuss the purpose of massage.

**COS.2** To demonstrate the manipulation of massage.

**COS.3** To demonstrate appropriate safety and sanitization procedures.

**COS.4** To enable the assess of imbalance and structural dysfunction.

**COS.5** To trained the students to determine the effective treatment strategies.

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

**The Magic of Massage  
Course Code: MCYM-3143  
Session 2021-2022  
(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 MASSAGE:**

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

**UNIT- II**

**WESTERN MASSAGE :**

- 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 ,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
  - 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 2021-2022**  
**(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 Traditional, Vermont



**Master of Arts (Cosmetology) Semester-III**  
**Maquillage Technique**  
**Course Code: MCYM-3144**  
**Session 2021-2022**  
**(THEORY)**

**COURSE OUTCOMES:**

**COS. 1** To understand the pattern for applying makeup techniques for all type of skin complexions.

**COS. 2** To apply appropriate cosmetic to enhance a client's appearance.

**COS.3** 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.

**COS.4** Identify and apply various makeup equipments and techniques use for professional application.

**COS.5** To Identify and apply various makeup equipment and techniques use for professional makeup application.

**Master of Arts (Cosmetology) Semester-III**  
**Maquillage Technique**  
**Course Code: MCYM-3144**  
**Session 2021-2022**  
**(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, Banglore
- ▯ 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 2021-2022**  
**(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: 2021-2022  
(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: 2021-2022  
(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: 2021-2022**  
**(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: 2021-2022**  
**(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: 2021-2022****(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 economicErrors 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 NationalUniversity.
- 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 BlackwellPublishing.
- 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**  
**Therapeutic Nutrition**  
**Course Code: MCYM - 4142**  
**Session: 2021-2022**  
**(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 9<sup>th</sup> 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 3<sup>rd</sup> edition Johan Villa and sons.

**Master of Arts (Cosmetology) (Semester-IV)**  
**Ayurvedic Products for Skin and Hair**  
**Course Code: MCYM - 4143**  
**Session: 2021-2022**  
**(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: 2021-2022**  
**(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**

**INTRODUCTIO**

**N:**

- 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: 2021-2022****(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: 2021-2022**

**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



**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of**

**Post-Graduate Diploma in Cosmetology**

**Semester: I & II**

**(Under Continuous Evaluation System)**

**Session: 2021-2022**



**The Heritage Institution**

**KANYA MAHA VIDYALAYAJALANDHAR**  
**(Autonomous)**

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

**Post-Graduate Diploma in Cosmetology (Semester-I)**

Session : 2021-2022

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

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

**Post-Graduate Diploma in Cosmetology (Semester II)**

Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
Yoga and Salon Management	PCYM-2141	C	100	40	40	20	3+3hrs
Make up and Cosmetic	PCYM-2142	C	150	40	80	30	3+3hrs
Chemical Structure of Hair and Colours	PCYM-2143	C	100	40	40	20	3+3hrs
<b>Total</b>			<b>350</b>				

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Session – 2021-22**  
**Personality Development**  
**Course Code: PCYM-1141**  
**(THEORY)**

**Course Outcomes:-**

- CO 1 : To know the importance of cosmetology and its objectives
- CO 2 : To enhance your beauty and groom the talking, walking, standing ,sitting skills
- CO 3 : Grooming yourself with perfect selection of dresses and accessories according to occasion
- CO 4 : Improving your speaking skills
- CO 5 : To grab knowledge for person hygiene and learn healthy habits
- CO 6 : To know the growth and reproduction of bacteria and its types

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Personality Development**  
**Course Code: PCYM-1141**  
**Session: 2021-2022**  
**(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

**COSMETOLOGY:**

**UNIT-I**

Introduction and Importance of Cosmetology

**PERSONAL GROOMING:**

**UNIT-II**

**Colour and outfit culture:**

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

**Visual Poise**

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

**Speaking and Conversational charm:**

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

**UNIT-III****PERSONAL HYGIENE:**

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

**UNIT-IV****BACTERIOLOGY: (In Short only)**

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

**Books Recommended:**

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

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Personality Development**  
**Course Code: PCYM-1141**  
**Session: 2021-2022**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

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

:

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

**Books Recommended:**

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



**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Session-2021-22**  
**External skin Science**  
**Course Code: PCYM-1142**  
**(THEORY)**

**COURSE OUTCOMES:**

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

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

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

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

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



**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**External Skin Science**  
**Course Code: PCYM-1142**  
**Session: 2021-2022**  
**(THEORY)**

**Time: 3  
hrs**

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

**Instructions for the Paper Setters:**

Eight questions of equal marks(8 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section

**UNIT-I**

**CELLS:**

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

**UNIT-II**

**SKIN:**

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

**UNIT-III**

**FACIAL MUSCLES:**

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

**UNIT-IV**

**MASSAGE**

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

**Books Recommended:**

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

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**External Skin Science**  
**Course Code: PCYM-1142**  
**Session: 2021-2022**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

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

Facial treatment of Different types of Skin

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

**Books Recommended:**

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

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Session – 2021-22**  
**Hair and Scalp**  
**Course Code: PCYM-1143**  
**(THEORY)**

**COURSE OUTCOME:**

- CO 1:** To learn the deep layers of hair its composition and its types
- CO 2:** To have knowledge for the structure connected with hair follicle
- CO 3:** This subject also teaches growth and replacement of hair with its hair cycle and hair pigments
- CO 4:** To know the hair analysis for curing the problems related to scalp and hair
- CO 5:** This also teaches us the different disorders of hair and scalp both infectious and non- infectious
- CO 6:** To learn different techniques of scalp treatment with different electrical equipments

**Post-Graduate Diploma in Cosmetology(Semester-I)**

**Hair and Scalp  
Course Code: PCYM-1143  
Session: 2021-2022  
(THEORY)**

**Time: 3 hrs**

**Max. Marks: 100  
Theory Marks:40  
Practical Marks:40  
C.A:20  
C**

**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 beset 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

**STRUCTURE OF  
HAIR:**

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

**UNIT-I**

**UNIT-II**

**KNOWLEDGE OF THE STRUCTURE CONNECTED WITH HAIR FOLLICLE:**

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

**GROWTH AND REPLACEMENT**

- Hair Cycle
- Hair Analysis
- Hair Pigments

**UNIT-III**

**DISORDER OF THE HAIR AND SCALP**

- Non- Infections
- Infectious

**UNIT-IV**

**CARE OF SCALP:**

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

**Books Recommended:**

- Professional Hair Dressing by Martin Green Leo Palladino
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Post-Graduate Diploma in Cosmetology (Semester-I)**  
**Hair and Scalp**  
**Course Code: PCYM-1143**  
**Session: 2021-2022**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

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

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

**Books Recommended:**

- Professional Hair Dressing by Martin Green Leo Palladino
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Post-Graduate Diploma in Cosmetology Semester-II**  
**Yoga and Salon Management**  
**Course Code: PCYM – 2141**  
**Session – 2021-2022**  
**(THEORY)**

**COURSE OUTCOME:**

- CO1:** To impart knowledge of skin and personal grooming.
- CO 2:** Understand why personal hygiene is an important part of good health maintenance
- CO 3:** Understand what areas are included in health maintenance
- CO 4:** Know when to offer choices when providing personal care
- CO 5:** Understand that professional ethics should always be applied when providing personal care
- CO 6:** Improve physical conditioning related to flexibility through participation in Hatha yoga.
- CO 7:** Develop and maintain a personal yoga practice.
- CO 8:** Understand the causes, and be better able to manage, stress, anxiety and low mood

**Post-Graduate Diploma in Cosmetology Semester-II**  
**Yoga and Salon Management**  
**Course Code: PCYM – 2141**  
**Session – 2021-2022**  
**(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**

**YOGA:**

- What is Yoga/ its aims, importance and benefits.
- ASSANS – Vajar, Tar, Bhujang, Gowmukh, Padam, their techniques, importance and effects on body and warm up techniques in Yoga.
- Aerobics and difference between Yoga and Aerobics.

**UNIT-II**

**NUTRITION AND DIETICS:**

- Major functions of carbohydrates, protein, fat, vitamin – A, B, C, B-Complex (B.Group) and sources related to skin, eye and hair.
- Role of water in maintaining healthy skin.
- Concept of Balance Diet and five food groups.

**UNIT-III**

**SALON MANAGEMENT:**

- Salon – Planning, Location
- Salon Ownership
- Space allotment, installation and fittings.
- Types of services and their cost.
- Types of employees and employment.
- Record keeping: Income and Expenditure
- Retailing and Salesmanship
- Advertising and Appointments
- Maintenance
- Common equipment required for salon operation
- Safety Precautions

## UNIT-IV

### **STERLIZATION AND SANITATION:**

- Common terms used in relation to disinfection
- Methods of sterilization and sanitation
- General suggestions for sanitation.

### **Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.



**Post-Graduate Diploma in Cosmetology (Semester-II)**  
**Yoga and Salon Management**  
**Course Code: PCYM – 2141**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

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

- (i) Perform Assans :Vajar, Tar, Bhujang, Gowmukh, Padam
- (ii) Aerobics
- (iii) Viva – Assans and Salon Management
- (iv) File Work

**Books Recommended:**

- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

**Post-Graduate Diploma in Cosmetology (Semester-II)**

**Make -Up and Cosmetic  
Course Code: PCYM – 2142  
Session-2021-22  
(THEORY)**

**COURSE OUTCOMES:**

**COS. 1** To understand the pattern for applying makeup techniques for all type of skin complexions.

**COS. 2** To apply appropriate cosmetic to enhance a client's appearance.

**COS.3** 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.

**COS.4** Identify and apply various makeup equipments and techniques use for professional application.

**COS.5** To Identify and apply various makeup equipment and techniques used for professional makeup application.

**Post Graduate Diploma in Cosmetology(Semester-II)**

**Make-up and Cosmetics  
Course Code: PCYM – 2142  
Session-2021-22  
(THEORY)**

**Time: 3hrs**

**Max.Marks100  
Theory Marks:40  
Practical Marks:60  
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**

**CHEMICAL AND PHYSICAL CLASSIFICATIONS OF COSMETICS**

- ☐ Powders, solutions, soaps, emulsions – oil in water or water in oil, suspensions, ointments.
- ☐ Creams for different types of skin
- ☐ Skin Bleaches
- ☐ Cosmetics for make-up
- ☐ Nail Products

**UNIT-II**

**MAKEUP:**

- ☐ Makeup according to skin, climate and occasion.
- ☐ Different types of make-up – corrective make-up, camufeluge make-up, theatremake-up.
- ☐ Bridal make-up.

**UNIT-III**

**NAILS:**

- Structure & functions of nail.
- Disorder and disease ofnails.

**UNIT-IV**

**MANICURE AND PEDICURE**

- Describe step by step.
- Their effects and Spa

**Books Recommended:**

- The Make up Book by Sallu Norton
- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and GlennLewis

**Post -Graduate Diploma in Cosmetology (Semester-I )**  
**Make-up and Cosmetics**  
**Course Code: PCYM – 2142**  
**Session-2021-22**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks: 80**

**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.**

- (i) Pedicure or manicure
- (ii) Bridal Makeup
- (iii) VIVA – About different types of Makeup and cosmetic
- (iv) File Work

**Books Recommended:**

- The Makeup Book by Sallu Norton
- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis

**P.G. Diploma in Cosmetology (Semester-II)**  
**Chemical Structure of Hair and Colours**  
**Course Code: PCYM – 2143**  
**Session – 2021-22**  
**(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 products, tools, equipment and techniques, for hair and scalp treatments

**Post- Graduate Diploma in Cosmetology(Semester-II)**  
**Chemical Structure of Hair and Colours**  
**Course Code: PCYM – 2143**  
**(THEORY)**

**Time: 3 hrs**

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

**Instructions for the Paper Setters:**

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**UNIT-I**

**CHEMICAL STRUCTURE OF HAIR:**

- Knowledge of hair bonds.
- How does a chemical react in layers of hair?
- Knowledge of Acids, Alkalis in hair.
- Types of shampoo and additives used in Shampoo?

**UNIT-II**

**KNOWLEDGE OF PHYSICAL AND CHEMICAL CLASSIFICATION: (In Brief only)**

- Shampoo
- Hair conditioners and Rinses
- Setting Gels and Lotions
- Hair Sprays
- Hair Colouring Products
- Products for Permanent Straightening and Waving.
- Hair Tonics
- Hair Oils.

**UNIT-III**

**HAIR COLOURING**

- Principle of Colour and Colour Correction.
- Types of Colour
- Client consultation
- Applied techniques, mixing Techniques
- Colour depth and tone.

## UNIT-IV

### HAIR TEXTURING

- Types of cutting tools.
- Hair Cutting Angle System
- Cutting lines and texturing
- Techniques of Hair cutting

#### Books Recommended:

- Professional Hair Dressing by Martin Green Leo Palladino
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Post Graduate Diploma in Cosmetology (Semester-II)**  
**Chemical Structure of Hair and Colours**  
**Course Code: PCYM – 2143**  
**Session-2021-22**  
**(PRACTICAL)**

**Time: 3 hrs**  
**40**

**Practical Marks:**

**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.**

- (i) Hair Cuts : lines, angles and texture.
- (ii) Hair Colouring and lightening
- (iii) VIVA : About Rebouncing and permanent waving, shampooing
- (iv) File Work

**Books Recommended:**

- Professional Hair Dressing by Martin Green Leo Palladino
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd



**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of Cosmetologyfor**

**Bachelor of Arts Cosmetology  
(Vocational)(Semester: I to VI)**

**(Under Continuous Evaluation System)**

**Session: 2021-2022**



**The Heritage Institution**

**KANYA MAHA VIDYALAYAJALANDHAR  
(Autonomous)**

**Kanya Maha Vidyalaya , Jalandhar ( Autonomous)**  
**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME**  
**Bachelor of Arts Semester -I**  
**Cosmetology (Vocational)**  
**Session 2021-2022**

<b>Bachelor of Arts Cosmetology (Vocational) Semester I</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time(in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology Vocational	BARM-1147	E	100	40	40	20	3+4

<b>Bachelor of Arts Cosmetology (Vocational) Semester II</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-2147	E	100	40	40	20	3+4

**E- Elective**

<b>Bachelor of Arts Cosmetology (Vocational) Semester III</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-3147	E	100	40	40	20	3+4

**Kanya Maha Vidyalaya , Jalandhar ( Autonomous)**  
**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME**

<b>Bachelor of Arts Cosmetology (Vocational) Semester IV</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		C A	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-4147	E	100	40	40	20	3+4

<b>Bachelor of Arts Cosmetology (Vocational) Semester -V</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		C A	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-5147	E	100	40	40	20	3+4

<b>Bachelor of Arts Cosmetology (Vocational) Semester -VI</b>								
Program Name	Course Title	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		C A	
					L	P		
Bachelor of Arts	Cosmetology (Vocational)	BARM-6147	E	100	40	40	20	3+4

E-Elective

**Bachelor of Arts (Semester-I)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-1147**  
**Session – 2021-2022**  
**(THEORY)**

**Course Outcomes:-**

**CO 1 :** Students know the importance of cosmetology and its objectives

**CO 2 :** Students enhance the beauty and groom the talking, walking, standing ,sitting skills

**CO 3 :** Grooming their self with perfect selection of dresses and accessories according to occasion

**CO 4 :** Students Improving the speaking skills

**CO 5 :** Students grab knowledge about person hygiene and learn healthy habits

**CO 6 :** Students know the growth and reproduction of bacteria and its types

**Bachelor of Arts (Semester-I)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-1147**  
**Session – 2021-2022**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks(8 each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**Unit-I**

**Cosmetology**

- Introduction
- Aims and Importance

**Unit-II**

**Skin:**

- What is Skin?
- Structure of skin
- Functions of skin
- Types of skin
- Common skin problems

**Unit-III**

**Personal Grooming:**

- Personal Hygiene
- Care of mouth, teeth, ears, feet, removing body hair, skin care and cosmetics, care of hair, nail and hand care, care of your clothing.

**Unit-IV**

**Massage:**

- Theory of massage
- Benefits of massage
- Basic knowledge of facial muscles
- Types of Bleach

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Massage by Ken Everyman.
- Salon fundamental cosmetology textbook: A Pivot Point
- Preparing for the practical exam : Milady's Standard Cosmetology

**Bachelor of Arts (Semester-I)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-1147**  
**Session – 2021-2022**  
**(PRACTICAL)**

**Time: 4hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

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

**1. Massage:**

- a) Methods of massage
- b) Massage Techniques

**2. Facial Treatments:**

- a) Knowledge of skin analysis
- b) Facial Massage(Deep Cleansing Extraction)
- c) Method of Bleach

- 3. Skin Treatments:** Different types of skin treatments with the help of natural ingredients likepacks, masks and creams for different skins.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Massage by Ken Everyman.
- Salon fundamental cosmetology textbook: A Pivot Point
- Preparing for the practical exam : Milady's Standard Cosmetolog

**Bachelor of Arts (Semester – II)**  
**Session – 2021-2022**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-2147**  
**(THEORY)**

**COURSE OUTCOME:**

**CO1:** Students get knowledge of skin and personal grooming.

**CO 2:** To make student study about the deep layers of nail and different disorders of nail

**CO 3 :**Students learn nail spa i.e how to make our nails and hands clean

**CO 4:** Know when to offer choices when providing personal care

**Bachelor of Arts (Semester – II)**  
**Session – 2021-2022**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-2147(THEORY)**

**Time: 3 hrs.**

**Total Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A:20**

**Instructions for the Paper**

**Setters:**

Eight questions of equal 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**

- Nail**
- Structure of nail
  - Disorder and Disease of the nails

**Unit-II**

**Colours**

- Basic knowledge of colours: Primary & Secondary.
- Colours, effects and selection acc. To season and occasion.
- Planning of wardrobe and acc. To figure, complexion, occupation and weather.

**Unit-III**

**Visual Poise**

- Corrective stance,
- Standing Poise.
- Walking Sitting Style.

**Unit-IV**

**Yoga**

- What is Yoga?
- Role of Yoga for a good health.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Complete beauty book by Helen.
- FosterPerth hair dressers complete Book



**Bachelor of Arts (Semester – II)**  
**Session – 2021-2022**  
**COSMETOLOGY (VOCATIONAL)**  
**Course code: BARM-**  
**2147(PRACTICAL)**

**Time: 4hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

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

**1. Nails and Hand care:**

- a) Plain Manicure
- b) Manicure Pedicure
- c) Pedicure Spa
- d) Artificial Spa
- e) Waxing, Threading

**2. Yoga Asanas:**

- a) Guide line for Yoga practice
- b) Asanas:
  - Virbhadrasana
  - Tar Asana
  - Dhanurasansa
  - Padmasana
  - Bhujangasana

**Books Recommended:**

- Structural Yoga Therapy by Mukunda Stiles
- Complete beauty book by Helen.
- FosterPerth hair dressers complete Book

**Bachelor of Arts (Semester-III)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-3147**  
**Session – 2021-2022**  
**(THEORY)**

**Course Outcomes:-**

**CO1:** To have knowledge for the structure connected with hair follicle.

**CO2:** Students learn different techniques of scalp treatment with electrical equipments.

**CO 3:** Students learn about the basic knowledge of Nutrition

**CO 4:** Students learn about the functions of skin and hair

**Co 5:** Students learn the deep layers of hair its composition and its types

**Bachelor of Arts (Semester-III)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-3147**  
**Session – 2021-2022**

**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks:**  
**40 Practical**  
**Marks:40**  
**C.A: 20**

**Instructions for the Paper Setters:**

Eight questions of equal (8 marks) 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-1**

**1. Hair**

- Composition and Structure of Hair
- Division & Forms of Hair
- Hair Growth & Regeneration

**UNIT-II**

- Disorders & Disease of the hair and scalp
- PH scale with Diagram

**2. Health and diet**

- Basic Introduction of Nutrients
- Carbohydrates, Protein, Fat, Vitamin A,D,C & B complex, Calcium, Iron and their food sources

**UNIT-III**

- Role of Water for healthy Skin
- Concept of Balance Diet -5 food groups principles of meal planning

**UNIT-IV**

- Overweight and Underweight causes and dietary Management
- Main functions related to skin and hair

**Books Recommended :-**

- 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, NSBlackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford UniversityPress.
- Complete beauty book by Helen Foster

**Bachelor of Arts (Semester-III)**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-3147**  
**Session – 2021-2022**  
**(Practical)**

**Time: 3hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners.

**1. Hair Care**

- Types of shampoos and procedure of shampoo
- Hair rinses and hair conditions
- Hair spa acc.to scalp
- Corrective hair and scalp treatment :
- Treatment for Dry, Oily scalp, Dandruff treatment ,Hair fall treatment with the help of Steamer, Vibrator , Heat, High Frequency

**2. Hair Styling**

- Basic Techniques and Equipment used in styling
- Principles of Hair Design
- Shapes of Head, Headlines , Texture and Density
- Different Thermal hair styles with the help of thermal equipment

**Books Recommended :-**

- Blackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford University Press.
- Complete beauty book by Helen Foster

**Bachelor of Arts (Semester – IV)**  
**Session – 2021-2022**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-4147**  
**(THEORY)**

**CO 1:** Understand how health and safety policies and procedures effect specialist hair and scalp treatments

**CO 2:** Understand the factors that influence specialist hair and scalp treatments

**CO 3:** Students get knowledge about the products, tools, equipment and techniques, for hair and scalptreatments

**CO4:** Students perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair colouring and lightening, permanent waving and chemical relaxing.

**Bachelor of Arts (Semester – IV)**  
**Session – 2021-2022**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-4147**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section

**UNIT-I**

**Chemical Knowledge of Hair**

- Chemical Structure of Hair
- Hair Bonds

**UNIT-II**

- Acids & Alkalis
- Determine Porosity in Chemical hair Treatments:
  - a) Rebonding
  - b) Perming

**UNIT-III**

**Colours**

- Colour Principles
- Colours key programme and its relation to Skin ,Eye and Hair

**UNIT-IV**

- Analysis of client
- Hair textures , lighteners, Cosmetics and hair Colouring

**Books Recommended:**

- Professional Hair Dressing by Martin Green Leo Palladino.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Bachelor of Arts Semester-IV**  
**COSMETOLOGY (VOCATIONAL)**  
**Course Code: BARM-4147**  
**Session – 2021-2022**

**(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 Hair Shaping**

- Hair shaping instruments and their uses
- Sectioning for Haircut
- Degree system for Haircut
- Hair texture and four types of hair Cuts

**Scalp Manipulations**

- Benefits of Scalp Manipulations
- Scientific hair Brushing
- Pressure Point of Head Massage
- Hairstyles & Buns

**Books Recommended:**

- Professional Hair Dressing by Martin Green Leo Palladino.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Bachelor of Arts Semester –V**  
**Cosmetology (Vocational)**  
**Course Code: BARM-5147**  
**Session – 2021-2022**  
**(THEORY)**

**Time :3 hrs**

**Max Marks: 100**  
**Theory Marks: 40**

**Practical Marks: 40**  
**C.A: 20**

**Instructions for the Paper Setters:**

Eight questions of equal 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**

**1. Bacteriology:**

- a) What is Bacteria?
- b) How Bacteria grow and reproduce?
- c) Types of Bacteria
- d) Infections and Disease

**UNIT- II**

**2. Sterilization & Sanitations:**

- a) Methods of Sterilization & Sanitations
- b) Commonly used disinfectants
- c) Knowledge of common antiseptics
- d) General suggestions for sanitations

**UNIT- III**

**3. Chemical Treatment of Hair:**

- a) Rebonding
- b) Smoothing
- c) Hair Spa

**UNIT-IV**

**4. Makeup:**

- a. Determine face shape
- b. Choosing your Makeup with Care
- c. Formal and casual Makeup

**Books Recommended:-**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton.
- Complete beauty book by Helen Foes.
- Salon fundamental cosmetology textbook: A Pivot Point.



**Bachelor of Arts Semester –V**  
**Cosmetology (Vocational)**  
**Course Code: BARM- 5147**  
**Session – 2021-2022**  
**(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..

**Note:** Lab training should be taken in college cosmetology lab. And report with picture profile should be submitted by each student with the remarks of lab instructor.

*1. Make-up*

- a) Cosmetics used in make-up, how to choose the correct colour, selecting base shades, how to determine facial balance.
- b) Application of Makeup
- c) Corrective make-up

**2. Hair Styling:** Formal and casual

**3. Draping of Formals & Casual:** Saree and Lehnga dupatta setting.

**Books Recommended:-**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton.
- Complete beauty book by Helen Foes.
- Salon fundamental cosmetology textbook: A Pivot Point.

**Bachelor of Arts Semester-VI**  
**Cosmetology (Vocational)**  
**Course Code: BARM-6147**  
**Session – 2021-2022**  
**(Theory)**

**Course Outcomes:**

**CO 1:** Students perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, haircoloring and lightening, permanent waving and chemical relaxing.

**CO 2:** Students learn different techniques of scalp treatment with different electrical equipments

**CO 3:** Students will develop their skill to set up a Beauty Salon Business and manage it effectively .

**CO4:** To Learn how to Sterilize & Sanitize the Equipment and Surroundings.

**Bachelor of Arts Semester-VI**  
**Cosmetology (Vocational)**  
**Course Code: BARM-6147**  
**Session – 2021-2022**  
**(Theory)**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A: 20**

**Instructions for the Paper Setters:**

Eight questions of equal(8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section

**UNIT-I**

**Salon Management**

- a) Salon Planning
- b) Types of Salon Ownership

**UNIT-II**

**Salon Records and Professional Ethics**

- a) Record Keeping
- b) Types of Services Offered, Types of Employers
- c) Professional Ethics as an employee, co-worker, as an operator

**UNIT-III****Safety Precautions**

- a) Health and safety risk
- b) Accidents due to chemicals, electric equipments, services
- c) Consultation
- d) Emergency Procedure
- e) First Aid in Salon

**UNIT-IV****Chemical Treatment of Hair**

- a) Permanent waving Procedure with the knowledge of hair porosity
- b) Classification of hair colouring: Application of temporary hair colour, semi-permanent hair colour and permanent hair colour

**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

**Bachelor of Arts Semester-VI  
Session – 2021-2022  
Cosmetology (Vocational)  
Course Code: BARM-6147**

**(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.

**1. Wigs and hair pieces**

- a) Wig materials
- b) Wig Construction
- c) How to attach hair pieces?
- d) How to clean and care for and hair pieces?

**2. Hair Colouring**

- a) Understanding colour
- b) International colour code
- c) Knowledge and Usage of Permanent Hair colour
- d) Highlighting Procedure

**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

**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**

**of**

**Diploma in Cosmetology (Semester: I -II)**

**(Under Continuous Evaluation System)**

**Session: 2021-22**



**The Heritage Institution**

**KANYA MAHA VIDYALAYA  
JALANDHAR  
(Autonomous)**

**Kanya Maha Vidyalaya , Jalandhar ( Autonomous)**  
**SCHEME AND CURRICULUM OF EXAMINATIONS OF ONE YEAR DIPLOMA**  
**PROGRAMME**  
**Diploma in Cosmetology Semester-I**  
**Session-2021-2022**

<b>Semester I</b>							
<b>Course Code</b>	<b>Course Name</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>C A</b>	
				<b>L</b>	<b>P</b>		
DCYL-1141	Paper-1	C	50	40	-	10	3
DCYL-1142	Paper-2	C	50	40	-	10	3
DCYP-1143	Paper-3	C	50	-	40	10	3
DCYP-1144	Paper-4	C	50	-	40	10	3
<b>Total</b>			<b>200</b>				
<b>Diploma in Cosmetology Semester II</b>							
<b>Course Code</b>	<b>Course Name</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>C A</b>	
				<b>L</b>	<b>P</b>		
DCYL-2141	Paper-1	C	50	40	-	10	3
DCYL-2142	Paper-2	C	50	40	-	10	3
DCYP-2143	Paper-3	C	50	-	40	10	3
DCYP-2144	Paper-4	C	50	-	40	10	3
<b>Total</b>			<b>200</b>				

**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-1**  
**Course code: DCYL-1141**  
**(THEORY)**

**COURSE OUTCOMES:**

**CO 1:** To Know the importance of Cosmetology and objectives

**CO 2 :** To create awareness about the skin

**CO 3 :** To know different muscles and nerves of face and body for perfect massage and  
Manipulation and relaxation

**CO 4 :** To impart knowledge of skin and personal grooming

**CO 5 :** The course teaches the theory and techniques of different types of make ups.



**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-1**  
**Course code: DCYL-1141**  
**(THEORY)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Theory Marks: 40**  
**CA:10**

**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**

**1. COSMETOLOGY: -**

- Aims and objectives
- Importance

**2. PERSONAL GROOMING: -**

- Care of yourself:- Mouth ,Teeth, Eyes, Ears, Feet, Removing body hair, Nails and hand care, Care of Clothing.
- Visual poise:- Standing , Sitting and Walking.
- Basic table manners.
- How to get into a car.
- How to carry accessories.
- Wardrobe Planning.

**UNIT-II**

**3. SKIN: -**

- Structure of skin.
- Functions of skin.
- Common skin problems (acne, pigmentation, wrinkles, black heads)
- Skin types and skin analysis.
- Describe the melanin.

**4. FACIALS: -**

- Benefits of massage.
- Massage methods.
- Massaging techniques.
- Plain facial.

- Facial treatment of acne, pigmentation, wrinkles, black heads removing with natural herbs/ingredients.

### UNIT-III

#### 5. BASIC MAKE-UP STEPS: -

- Base make-up.
- Base make-up according to day/night.
- Facial shape analysis.
- Casual and formal make-up.
- Make-up according to weather, occasion and with matching dress.

### UNIT-IV

#### 6. HAIR REMOVING METHOD: -

- Waxing.
- Threading/ tweezing.
- Bleaching.

#### **Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis

**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-2**  
**Course code: DCYL-1142**  
**(THEORY)**

**Course Outcomes:**

- CO 1:** Yoga learn both the Physical and Meditative Properties of the Practice of Yoga.
- 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 treatment
- CO 7:** Understand the products, tools, equipment and techniques, for hair and scalp treatments

**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-2**  
**Course code: DCYL-1142**  
**(THEORY)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Theory Marks: 40**  
**CA:10**

**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**

**1. YOGA: -**

- (a) Benefits of yoga, Rules of yoga.
- (b) Benefits of aerobics.

**UNIT-II**

**2. YOGA ASANS: -**

- |                   |                         |
|-------------------|-------------------------|
| (a) Shav asana    | (f) Dhanur asana        |
| (b) Gomukh asana  | (g) Chakar asana        |
| (c) Vajar asana   | (h) Tar asana           |
| (d) Bhujang asana | (i) Pashchimottan asana |
| (e) Hala asana    | (j) Pawan mukt asana    |

**UNIT-III**

**3. HAIR: -**

- (a) Structure of hair.
- (b) Hair disorders (Dandruff, Alopecia, Hair fall, White hair, Head lice).
- (c) Hair growth and replacement.

**UNIT-IV**

**4. HAIR SHAPING WITH HAIR CUT:-**

- (a) Sectioning of hair.
- (b) Preparation of hair cut.
- (c) Technique of hair cut.
- (d) Basic hair cut like trimming, U-cut, V-cut, feather cut, layers and razor cut.

**EQUIPMENT SANITIZING BRUSHES, COMBS**

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

**Diploma in Cosmetology (Semester-I)**  
**Session – 2021-22**  
**Paper-3**  
**Course code: DCYL-1143**  
**(PRACTICAL)**

**COURSE OUTCOMES:**

- CO 1 :** To know different muscles and nerves of face and body for perfect massage and Manipulation and relaxation
- CO 2 :** The course teaches the theory and techniques of different types of make ups.
- CO 3 :** To be able to recognize trends and quick fashion tips..
- CO 4 :** The course teaches the theory and techniques of stage makeup and includes work in specific phases of the makeup process

**Diploma in Cosmetology (Semester-I)**  
**Session – 2021-22**  
**Paper-3**  
**Course code: DCYL-1143**  
**(PRACTICAL)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Practical Marks: 40**  
**C.A:10**

**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**

**MESSAGE:-**

- (a) Benefits of massage.
- (b) Massage methods.
- (c) Massaging techniques.

**1. FACIAL:-**

- (a) Preparation of facial
- (b) Skin analysis
- (c) Plain facial.
- (d) Different facial for different skin type and different skin problems:-
  - Black head removing.
  - Application of thermo pack.
- (e) Facial with natural herbs and ingredients.
- (f) Treatment of acne, pigmentation, wrinkles.
- (g) Vegetable peeling.

**2. REMOVING BODY HAIR:-**

- (a) Waxing , Tweezing ,Threading.
- (b) Use of chemical applicators.
- (c) Bleaching.

**3. MAKE-UP:-**

- (a) Analysis of facial shape.
- (b) Base make-up according to day/night, weather, occasion and according to dress.
- (c) Casual and formal make-up.
- (d) How to choose correct make-up.
- (e) Applications of different type of base make-up.

**4. MEHNDI:-**

- (a) Arabian mehndi.
- (b) Simple mehndi.
- (c) Bridal mehndi.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- The Make up Book by Sallu Norton
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis

**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-4**  
**Course code: DCYL-1144**  
**PRACTICAL**

**COURSE OUTCOMES:**

**CO 1 :** Yoga learn both the Physical and Meditative Properties of the Practice of Yoga.

**CO 2 :** Be able to provide specialist hair and scalp treatments.

**CO3 :** Understand the products, tools, equipment and techniques, for hair and scalp treatments

**CO 4 :** To able to prepare for haircutting services



**Diploma in Cosmetology (Semester I)**  
**Session – 2021-22**  
**Paper-4**  
**Course code: DCYL-1144**  
**PRACTICAL**

**Time: 3 hrs**

**Max. Marks: 50**  
**Practical: 40**  
**C.A:10**

**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.

**1 YOGA ASAN:-**

- |                   |                         |
|-------------------|-------------------------|
| (a) Shav asana    | (f) Dhanur asana        |
| (b) Gomukh asana  | (g) Chakar asana        |
| (c) Vajar asana   | (h) Tar asana           |
| (d) Bhujang asana | (i) Pashchimottan asana |
| (e) Hala asana    | (j) Pawan mukt asana    |

**2. HAIR CARE:-**

- (a) Shampooing – Procedure, Types of shampoo.
- (b) Scientific brushing on wet hair.

**3. SCALP TREATMENT, APPLYING MASK, CONDITIONERS.**

- (a) Scientific brushing on different types of hair.
- (b) Scalp manipulations.
- (c) Scalp treatment( lice, hair treatment)
- (d) Dandruff treatment.
- (e) Removing of splitants.

**4. HAIR SHAPING:-**

- (a) Blow dry.
- (b) Temporary Straightning.
- (c) Crimping.
- (d) Different style of hair curls.

**5.USE OF SPRAY, GEL, MOUSSE, VOLUMIZERS ETC.**

**6. HAIR CUTS:-**

- (a) Hair Sectioning (Basic)
- (b) Hair Sectioning acc. To different basic hair cuts.
- (c) Preparation of hair cut.
- (d) Basic hair cut like trimming, U-cut, V-cut, feather cut, layers and razor cut.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Structural Yoga Therapy by Mukunda Stiles
- Contemporary Nutrition by Wardlaw Insel Seyler
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.

**Diploma in Cosmetology (Semester II)**

**Session – 2021-22**

**Paper-1**

**Course code: DCYL-2141**

**(THEORY)**

**COURSE OUTCOMES:**

**CO 1 :** To make student study about the deep layers of nail and different disorders of nail

**CO 2 :** To learn nail spa i.e how to make our nails and hands clean

**CO 3 :** To enhance the beauty of nails and hands with learning different techniques of nail art

**CO 4:** To grab the knowledge about different types of makeup i.e. bridal, casual, formal , reception and corrective makeups

**CO 5 :** Student can work as a manicurist and pedicurist and a makeup artist

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-1**  
**Course code: DCYL-2141**  
**(THEORY)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Theory Marks: 40**  
**C.A10**

**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.

**OBJECTIVES**

**To impart knowledge about Hand Care & Make-up**

**UNIT-I**

**1. NAILS: -**

- (a) Structure of nails.
- (b) Disorders and diseases of nails.
- (c) Nail spa.
- (d) Nail art.

**UNIT-II**

**2. EYES: -**

- (a) Care of eyes.
- (b) Exercise of eyes.
- (c) Eye brow shaping.
- (d) Different type of make-up(dramatic make-up, smoky make-up, winged make-up)
- (e) Applications of fake eye lashes.
- (f) Eye treatment with home remedies.

**UNIT-III**

**3. CARE OF HAND AND FEET: -**

- (a) Method of Pedicure and Manicure.

**UNIT-IV**

**4. MAKE-UP: -**

- (a) Art of camouflage, Products and application.
- (b) Engagement make-up.
- (c) Bridal make-up.
- (d) Correct make-up of eyes, nose, cheeks, jaw line, lip line.
- (e) Reception make-up.
- (f) Dupatta Setting.
- (g) Sari Drapping.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-2**  
**Course code: DCYL-2142**  
**(THEORY)**

**COURSE OUTCOMES:**

- CO 1 :** Discuss human nutrition for healthy adults.
- CO 2 :** Understand the factors that influence specialist hair and scalp treatments
- CO 3 :** Perform hair care services for all types of hair including hair analysis, hair cutting, hair styling, hair coloring and lightening and chemical relaxing.
- CO 4 :** Possess the necessary skill to pass the Washington state licensure written and practical exam required for a professional license to work in the cosmetology industry.

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-2**  
**Course code: DCYL-2142**  
**(THEORY)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Theory Marks: 40**  
**CA:10**

**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.

**OBJECTIVES**

**Value of Nutrition & Colours**

**To impart knowledge about Advance Techniques & Salon Management**

**UNIT-I**

**1. NUTRITION:-**

- Rule of nutrition: Protein, Carbohydrates, Fats, Minerals, Vitamin A, B, C, B- Complex, B3 and their food sources.
- Basic five food groups.

**UNIT-II**

**2. HAIR COLORING:-**

- Global coloring.
- Hair streaking.
- Method of color mixing.
- Method of color applications.
- Color cutting.
- Heena applications.

**UNIT-III**

**3. HEAD MASSAGE:-**

- Technique of head massage.
- Hair problem treatments with natural masks and packs.

**4. HAIR REPAIR TREATMENT AFTER THE USE OF CHEMICALS:-**

- Hair Spa.
- Deep Conditioning.
- Hair Polishing.

**UNIT-IV**

**5. USE OF ADVANCED TECHNIQUES ON THE HAIR:-**

- Rebonding
- Perming.

**6. SALON MANAGEMENT:-**

- Qualities and duties of salon management.
- Common equipments used in salon.
- Planning and layout of salon.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hare Care and personal grooming by Anita Thakur.
- Contemporary Nutrition by Wardlaw Insel Seyler
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.



**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-3**  
**Course code: DCYL-2143**  
**(PRACTICAL)**

**Course outcomes:**

- CO 1 :** To learn nail spa i.e how to make our nails and hands clean.
- CO 2 :** Perform natural nail services including manicuring and pedicuring.
- CO 3 :** To grab the knowledge about different types of makeup i.e. bridal, reception, dramatic and corrective makeup's.
- CO 4 :** To provide students with the basic body work techniques and skills needed to be employed as a massage therapist.

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-3**  
**Course code: DCYL-2143**  
**(PRACTICAL)**

**Time: 3 hrs**

**Max. Marks: 50**  
**Practical marks: 40**  
**C.A:10**

**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.

**1. NAILS CARE:-**

- (a) Manicure.
- (b) Hot oil manicure.
- (c) Nail art.
- (d) Pedicure.
- (e) French manicure.
- (f) Artificial nails.
- (g) Nail mending,

**2. EYE CARE AND EYE MAKE-UP:-**

- (a) Eye exercise, eye treatments .
- (b) Eye brow shaping.
- (c) Simple eye make-up.
- (d) Fashion eye make-up:- Dramatic, smoky eye, winged eye make-up.
- (e) Applications of fake eye lashes.

**3. SKIN TREATMENTS WITH GALVANIC AND HIGH FREQUENCY.**

**4. PROFESSIONAL MAKE-UP.**

**5. FULL MAKE-UP ACCORDING TO WEDDING FUNCTION:-**

- (a) Engagement make-up.
- (b) Bridal make-up.
- (c) Reception make-up.

**6. CORRECTIVE MAKE-UP OF:-**

- (a) Eyes, Nose, Cheeks, Jaw line, Lip line.
- (b) Dupatta setting.
- (c) Sari drapping.

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-4**  
**Course code: DCYL-2144**  
**(PRACTICAL)**

**COURSE OUTCOMES:**

- CO 1 :** Perform hair care services for all types of hair including hair analysis, hair cutting, hairstyling, hair colouring and lightening, permanent waving and chemical relaxing.
- CO 2 :** 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 3 :** Understand the products, tools, equipment and techniques, for hair and scalp treatments
- CO 4 :** To provide students with the basic body work techniques and skills needed to be employed as a massage therapist.
- CO 5 :** Possess the necessary skill to pass the Washington state licensure written and practical exam required for a professional license to work in the cosmetology industry

**Diploma in Cosmetology (Semester II)**  
**Session – 2021-22**  
**Paper-4**  
**Course code: DCYL-2144**  
**(PRACTICAL)**

**Time: 3hrs.**

**Max. Marks: 50**  
**Practical: 40**  
**C.A : 10**

**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.

**1. HAIR COLORING:-**

- 1.(a) Global colouring.
  - (b) Hair streaking.
  - (c) Method of colour mixing.
  - (d) Method of colour applications.
  - (e) Method of Colour cutting.
  - (h) Heena applications.
  - (i) Preparation of hair colouring.
2. Application of temporary, permanent, semi-permanent color.

**2. HAIR DESIGNING:-**

- (a) Different types of plait (at least any five).
- (b) Buns with stuffies and without stuffies.

**3. SCALP MASSAGE, BODY MASSAGE.**

**4. HAIR CARE:-**

- (a) Hair spa.
- (b) Hair polishing.

**5. REBONDING**

**6. PERMING**

**7. ADVANCED HAIR CUTTS.**

**8. PLANNING OF A SALON ON A**

**PAPER.Books Recommended:**

- Basic Knowledge of Skin Care, Hare Care and personal grooming by Anita Thakur.
- Contemporary Nutrition by Wardlaw Insel Seyler
- Complete beauty book by Helen Foster
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Nutrition Secretes by Hanley and Belfus, Inc, Medical Publisher.