

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Master of Arts (Cosmetology)

Semester: (I to IV)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2024-2025



The Heritage Institution

KANYA MAHAVIDYALAYA JALANDHAR

(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME (Under Credit Based Continuous Evaluation Grading System)(CBCEGS) Master of Arts (Cosmetology) Session -2024-2025

Master of Arts (Cosmetology) Semester-I

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

C- Compulsory

IDE- Inter Disciplinary Elective optional Course

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

Master of Arts (Cosmetology) Semester-II

Master of Arts (Cosmetology) Semester-II										
	Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours
						Total	Ext.		CA	
							L	P		
	MCYM-2141	Trichology	C	4-0-2	6	100	40	40	20	3+3
	MCYM-2142	Playing with Hair Colors	C	4-0-2	6	100	40	40	20	3+3
	MCYM-2143	Reflexology	C	4-0-2	6	100	40	40	20	3+3
	MCYM-2144	Hair Grooming	C	4-0-2	6	100	40	40	20	3+3
		Total			24	400				

C- Compulsory

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME (Under Credit Based Continuous Evaluation Grading System)(CBCEGS)

Master of Arts (Cosmetology)

Session: 2024-25

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

C-Compulsory

IDE- Inter Disciplinary Elective Course

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

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

C- Compulsory

Master of Arts (Cosmetology)
Semester-I
Session 2024-2025
Anatomy and Physiology of Skin
COURSE CODE: MCYM-1141

Course Outcomes:

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

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

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

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

Master of Arts (Cosmetology) Semester-I

Session 2024-2025

Anatomy and Physiology of Skin

COURSE CODE: MCYM-1141

(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical: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
- How is skin nourished ,functions of skin, Glands of skin ,Types of skin, Skin facts, Skin elasticity, Skin Colour

UNIT-II

PROBLEMS OF SKIN

- Disorders of skin- acne, rosacea, psoriasis, pigmentation,seborrhoea, eczema, blemishes, bulla, sun tan.

COMMON SKIN PROBLEMS

- Wrinkles ,freckles comedons, darkcircles, albinism, dehydration, milia, asbestosis, stetoma, mole, allergy

UNIT-III

- Skin Analysis
- PH Scale
- Sterilization

UNIT-IV

HUMAN PHYSIOLOGY

- Cells, Tissue, Organs
- Skeleton system, Muscular system, Nervous system , Circulatory system, Digestive system

Books Recommended:

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe

Master of Arts (Cosmetology) semester-I
Session 2024-25
Anatomy and Physiology of Skin
Course Code : MCYM-1141
(PRACTICAL)

Time: 3 hrs.

Practical Marks: 40

Instructions for Practical Examiners:

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

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

Skin analysis

Facial Exercise

Pressure points for facial

HOME REMEDIES FOR :

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

File work

Viva

Presentation

Books Recommended:

- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
- Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe).

Master of Arts (Cosmetology) Semester-I
Session : 2024-2025
BEAUTY AND WELLNESS
Course Code: MCYM-1142
(THEORY)

Course Outcomes:

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

CO2: To impart knowledge of personal grooming and Hygiene.

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

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

Master of Arts (Cosmetology) Semester-I
Session: 2024-2025
BEAUTY AND WELLNESS
Course Code: MCYM-1142
(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical:40

CA: 20

Instructions for the Paper Setters:

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

UNIT-I

BEAUTY:

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

UNIT-II

PERSONAL GROOMING:

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

UNIT- III

YOGA:

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

UNIT-IV

MEDITATION:

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

Books Recommended:

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

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

BEAUTY AND WELLNES

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

Time: 3 hrs.

Practical Marks: 40

Instructions for Practical Examiners:

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

- Aerobics
- 20 yoga asans:
- Dhanur asana , halasana , Shav asana, Pachimottan asana , Vajar asana,Tar asan, Chakarasan, Bhujangasan, pranayam,sarvang asana , trikonasan , gowmukhasan, chaki asana , konasana, garudhasan , virabhadrasana, utkatasana, vrkasana, sukhhasana , suptarvajar asana
- Meditation techniques and positions
- Viva
- File work
- Presentation

Books Recommended:

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

Master of Arts (Cosmetology) Semester-I

Session 2024-2025

MASSAGE

Course Code : MCYM-1143

(THEORY)

Course Outcomes:

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

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

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

CO4: Students will learn and techniques of homemade spa and how to concern a client.

Master of Arts (Cosmetology) Semester-I

Session 2024-2025

MASSAGE

Course Code : MCYM-1143

(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical:40

C.A:20

Instructions for the Paper Setters:

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

UNIT-I

MASSAGE

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

UNIT -II

- Anatomy of bones

UNIT- III

- Introduction to facial
- Facial manipulation
- Basic knowledge for facial nerves
- Basic knowledge for facial muscles
- Basic knowledge for facial bones
- Treatments for different skin types

UNIT- IV

Body spa and massage

- Massage steps
- Homemade SPA
- Client consultation

Books Recommended:

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

Master of Arts (Cosmetology) Semester-I
Session 2024-2025
MASSAGE
Course Code: MCYM-1143
(PRACTICAL)

Time: 3 hrs.

Practical Marks: 40

Instructions for Practical Examiners:

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

Basic Facial

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

Books Recommended:

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

Master of Arts (Cosmetology) Semester-I
Session 2024-2025
SKIN CARE
Course Code: MCYM-1144
(THEORY)

Course Outcomes:

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

Master of Arts (Cosmetology) Semester-I

Session 2024-2025

SKIN CARE

Course Code: MCYM-1144

(THEORY)

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

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

Time: 3 hrs

Practical Marks: 40

Instructions for Practical Examiners:

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

- Chemical Peels
- Hydra Facial
- Galvanic Treatment
- High frequency
- Making creams, pack, scrub with natural ingredients
- Treating problematic skin with natural ingredients
- File work
- Viva
- Presentation

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II

Session: 2024-2025

Trichology

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

Course Outcomes:

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

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

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

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

Master of Arts (Cosmetology) Semester-II

Session: 2024-2025

Trichology

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

Time: 3 hrs.

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

Instructions for the Paper Setters:

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

ANATOMY OF HAIR

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

UNIT-I

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

UNIT-II

DISORDERS OF HAIR

- Non-infectious
- Infectious

UNIT-III

CHEMICAL STRUCTURE OF HAIR

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

UNIT-IV

Books Recommended:

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

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

Time: 3 hrs

Practical Marks : 40

Instructions for Practical Examiners:

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

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

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Course Outcomes:

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

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

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

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Playing with Hair Colors
Course Code: MCYM - 2142
(Theory)

Time: 3 hrs.

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

- Why people color their hair
- Color theory

UNIT-I

HAIR COLOURING

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

UNIT-II

CLIENT CONSULTATION

- Client Consultation
- Hair Analysis

UNIT-III

FASHION COLORS

- Highlights
- Global Coloring
- Fashion Shades
- Change of Color
- Frosting
- Color Melting
- Tipping, HEENA Application

UNIT –IV

Books Recommended:

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

Master of Arts (Cosmetology)

Semester-II

Session: 2024-2025

Playing with Hair Colors

Course Code: MCYM - 2142

(Practical)

Time: 3 hrs

Practical Marks : 40

Instructions for Practical Examiners:

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

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

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Reflexology
Course Code: MCYM - 2143
(Theory)

Course Outcomes:-

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

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

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

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Reflexology
Course Code: MCYM - 2143
(Theory)

Time: 3 hrs.

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

Instructions for the Paper Setters:

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

UNIT – I

- How Reflexology Work
- Benefits of Reflexology
- Giving Reflexology

UNIT – II

- Basic Techniques
- Foot Massage
- Reflexology Routine

UNIT-III

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

UNIT – IV

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

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Reflexology
Course Code: MCYM - 2143
(Practical)

Time: 3 hrs

Practical Marks : 40

Instructions for Practical Examiners:

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

TREATMENTS FOR :

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

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II
Session: 2024-2025
Hair Grooming
Course Code: MCYM - 2144
(Theory)

Course Outcomes:

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

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

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

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

Master of Arts (Cosmetology)

Semester-II

Session: 2024-2025

Hair Grooming

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

Time: 3 hrs.

Max. Marks: 100

Theory Marks: 40

Practical Marks: 40

CA:20

Instructions for the Paper Setters:

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

UNIT-I

PLAY WITH CHEMICALS

- Rebonding and Smoothening
- Perming
- Hair Spa

UNIT-II

SCIZZORING

- Introduction of hair cutting
- Implements of hair cutting
- Sectioning of hair cutting
- Hair thinning

UNIT – III

VARIOUS TOOLS

- Degree system
- Hair cutting tools
- Holding your tools
- Client consultation

UNIT-IV

HAIR STYLING HAIR STYLING HAIR STYLING

- Wet hair styling
- Thermal styling- Straightening , Curling, Crimping, Waving, Roller setting
- Hair extensions- wigs, extensions

Books Recommended:

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

Master of Arts (Cosmetology) Semester-II

Session: 2024-2025

Hair Grooming

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

Practical Marks : 40

Time: 3 hrs

Instructions for Practical Examiners:

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

- Hair cutting at least 15
- Rebonding
- Keratin
- Hair Spa treatments
- Thermal Styling
- Permanent Hair Extension
- 20 hair buns
- Blow dryer setting
- 10 braiding styles
- Presentation
- Viva

Books Recommended:

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

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

COURSE OUTCOMES:

CO1: To learn the principles of management.

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

CO3: To analyze the financial performance of an organization.

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

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

Time: 3 hrs

MaxMarks:100
Theory Marks: 80
CA: 20

Instructions for the Paper Setters:

Eight questions of Equal marks (16 each) are to be set, two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-1

PRACTICES IN COSMETOLOGY AND HEALTH CARE

- Introduction of Management
- Principles of Management

UNIT-II

SPACE AND EQUIPMENT

- Layout planning: Preliminary preparation –Information gathering, Prospectus, Determining basic units and equipment.
- Determining equipment needs :Types of equipments, Features of equipments ,Factors affecting selection of equipments, Equipment needs for different situations
- Feasibility assessment in terms of layout design and costs.

UNIT-III

FINANCIAL MANAGEMENT

- The use of financial Management in a Health and beauty based enterprise
- Budget , Budgeting and Budgetary Control
- Basic concepts in Financial Accounting : Cash memo, Cash Receipt, Pay-in-slip Cheques , Vouchers

UNIT-IV

RESOURCE MANAGEMENT

- Human Resource Management
- Entrepreneurship Development
- Business Communication Skills
- Business Environment
- Service Management
- Retail Management
- Computer Application in cosmetology & Health care Management
- Fitness Management.

BOOKS RECOMMENDED

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

Master of Arts (Cosmetology) Semester-III
Session 2024-2025
Advance Therapies of Skin and Health
Course Code: MCYM-3142
(THEORY)

Course Outcomes:

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

Master of Arts (Cosmetology) Semester-III
Session 2024-2025

Advance Therapies of Skin and Health
Course Code: MCYM-3142
(THEORY)

Time: 3 hrs

Max.Marks100
Theory Marks: 40
Practical Marks: 40
CA: 20

Instructions for the Paper Setters:

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

UNIT-I

MAGNET THERAPY AND REFLEX THERAPY-

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

UNIT-II

HYDRO THERAPY & SEA WEED THERAPY

- Its Meaning
- Its Purpose and benefits
- Techniques
- Contraindications

UNIT-III

ELECTRO THERAPY & ELECTROLYSIS THERAPY

- Definition
- Terms and types
- Techniques and its purpose
- Contraindications

UNIT –IV

AYURVEDIC SPA THERAPY

- Introduction to Ayurveda
- Panchkarma
- Kerala Massage Therapy
- Uses and benefits
- Contraindication

BOOKS RECOMMENDED:

- Gill Farrer-Halls, The Aroma Therapy Bible :The Definitive Guide to usingessential oils
- Patricia Davis, Aroma Therapy: An A-Z: the most comprehensive Guide.
- Ron Lawrence ,M.D, PHD and Paul Rosch , M.D. F.A.C.P. Magnetic therapy
- Diane Buchman, Blanche Fried ,The Complete Book on Water Therapy

Master of Arts (Cosmetology) Semester-III

Session-2024-25

**Advance Therapies of Skin and Health
Course Code: MCYM-3142
(PRACTICAL)**

Time: 3 hrs.

Practical Marks: 40

Instructions for Practical Examiners:

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

THERAPIES:-

- Magnet therapy
- Reflex therapy
- Sea weed Therapy
- Electro Therapy
- Ayurvedic Spa Therapies
- Kerala massage therapy
- Shirodhara massage techniques
- Viva
- File Work

BOOKS RECOMMENDED:

- Gill Farrer-Halls, The Aroma Therapy Bible :The Definitive Guide to usingessential oils
- Patricia Davis, Aroma Therapy: An A-Z: the most comprehensive Guide.
- Ron Lawrence ,M.D, PHD and Paul Rosch , M.D. F.A.C.P. Magnetic therapy
- Diane Buchman, Blanche Fried ,The Complete Book on Water Therapy
- Ruth Sova, The Water way to Mobility and Painfree .
- Kathi Keville,IDG ,1999,Aromatherapy for Dummies.

Master of Arts (Cosmetology) Semester-III
Session 2024-2025
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

COURSE OUTCOMES:

CO1: To discuss the purpose and origin of massage.

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

CO3: Identify the movement types of the massage.

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

Master of Arts (Cosmetology) Semester-III
Session 2024-2025
The Magic of Massage
Course Code: MCYM-3143
(THEORY)

Time: 3 hrs

Max. Mark100
Theory Marks: 40
Practical Marks: 40
CA: 20

Instructions for the Paper Setters:

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

INTRODUCTION OF MASSAGE:

UNIT-I

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

UNIT- II

WESTERN MESSAGE :

- Deep Tissue Massage
- Swedish massage
- Lomi-Lomi
- Aroma massage

UNIT-III

Oriental Massage:

- Japanese massage –Shiatsu
- Chinese massage
- Tibetan massage
- Thai massage
- Thai Yoga massage

UNIT-IV

HEALING WITH MESSAGE:

- Self Massage:
Revitalizing Arm and Neck Massage ,Leg Massage , Back massage
- Basic oils and their uses:
Sweet Almond, Castor Oil, Coconut oil, Olive Oil

BOOKS RECOMMENDED

- Tanushree Podder,2002 ,The Magic of Massage ,Pustak Mahal , Delhi
- Tappan, Frances M- Healing Massage Techniques : A Study of Eastern and Western Methods
- Lidell, Lucinda – The Book of Massage : The Complete step by step guide to Eastern and Western Techniques ,New York ,1st ed. Simon & Schuster 1st ed. 2001.
- Sharma ,Rajiv ,2006 Massage for Good Health ,Diamond Pocket Books (P) Ltd.
- D. Milli Austin, Healing Bath: Using Essential Oil Therapy to Balance Body Energy ,Inner Tradition ,Vermont

Master of Arts (Cosmetology) Semester-III

Session 2024-2025

The Magic of Massage

Course Code: MCYM-3143

(PRACTICAL)

Time: 3 hrs

Practical Marks: 40

Instructions for Practical Examiners:

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

MASSAGES:-

- Self Massage
- Swedish massage
- Deep Tissue massage
- Aroma massage Therapy and Thai yoga
- Thai massage
- Japanese massage
- Chinese massage
- Potli Massage
- Uses of Aromatic oils (carrier oils, essential oil)
- Viva
- File Work

BOOKS RECOMMENDED

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

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

COURSE OUTCOMES:

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

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

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

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

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

Time: 3 hrs.

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

Instructions for the Paper Setters:

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

UNIT-I

MAQUILLAGE PRINCIPLE:-

- Preparation for makeup Application-Equipment, tools, terms.
- Material Required for Maquillage.
- Procedures for applying professional make up.

UNIT-II

AROUND THE CLOCK MAKE UP

- Day, Night, and Evening Make Up,
- Signature Makeup
- Beauty Care Prior to Wedding- Bridal Make Up

UNIT-III

FACE SHAPES & TOUCH UP TRICKS-

- The basic face shapes
- Make Up Touch Up Tricks
- Lunch Time Touch Up
- Night Time Face Touch up
- The cocktail eye

UNIT-IV

FALSE EYELASHES

- Applying strip eyelashes. material and implements used
- Removal of strip false eyelashes
- Applying semi permanent individual eyelashes and material & implements used
- Removing false individual eyelashes
- Allergy test
- Procedure for upper and lower lashes

BOOKS RECOMMENDED:

- Kevyn Aucoin ,Harper Collins ,1995,The Art of Make Up
- Mary Quant, DK Publishing,1996, Classic Make Up and Beauty
- Kevyn Aucoin, Little Brown and Company,2000, Face Forward
- Arlene Mathew ,The Complete Beauty Book,2004, Varun Publication, Bangalore
- Milady's ,Text Book of cosmetology ,2000, Milady Publication ,America
- Handa Parvesh, Complete Book on Beauty Body Make Up,2006 Goodwill Publications ,New Delhi.

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

Time: 3 hrs

Practical Marks: 40

Instructions for Practical Examiners:

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

MAQUILLAGE:-

- Corrective Make up
- Bridal Make up
- Reception Make up
- Glossy Makeup.
- HD makeup
- No makeup look
- VIVA
- File Work

BOOKS RECOMMENDED:

- Kevyn Aucoin ,Harper Collins ,1995,The Art of Make Up
- Mary Quant, DK Publishing,1996, Classic Make Up and Beauty
- Kevyn Aucoin, Little Brown and Company,2000, Face Forward
- Arlene Mathew ,The Complete Beauty Book,2004, Varun Publication, 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-IV

Session: 2024-2025

Hand and Feet Care

Course Code: MCYM - 4141

(Theory)

COURSE OUTCOMES:

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

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

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

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

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

Time: 3 hrs

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

Instructions for the Paper Setters:

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

UNIT-I

NAILS

- Nail Structure
- Diseases and Disorders of Nails
- Nail Growth and Nail Shapes

UNIT-II

HAND CARE

- Manicure Preparation
- Manicure- Types, preparation, procedures, equipment, precautions ,Cleanup and Sanitation.

UNIT-III

FEET CARE

- Pedicure Preparation
- Pedicure Type, preparation, procedures, equipment, precautions ,Cleanup and Sanitation

UNIT-IV

Nail

- Nail Extension- equipment, chemical precaution & procedure
- Nail protection equipment & measure for nail technician
- Nail treatments feasible in a Salon
- Diet for healthy nails

BOOKS RECOMMENDED:

- Complete beauty book by Helen Foster
- Standard Text Book Of Cosmetology by Milady.
- Beauty Basics by Lorraine Nordmann Level-I
- Milady's, Text Book of Cosmetology, 2000, Milady Publication, America.
- Clean :A History of Personal Hygiene and Purity By Virginia Smith(Author)

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

Time: 3 hrs

Practical Marks : 40

Instructions for Practical Examiners:

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

- Basic Manicure
- Oil Manicure
- Parrafin wax manicure
- Pedicure
- Acrylic Nail
- Permanent Nail extension
- Nail art
- Gel nail art
- Press on
- Viva
- File work

BOOKS RECOMMENDED:

- Complete beauty book by Helen Foster
- Standard Text Book Of Cosmetology by Milady.
- Beauty Basics by Lorraine Nordmann Level-I
- Milady's, Text Book of Cosmetology, 2000, Milady Publication, America.
- Clean : A History of Personal Hygiene and Pu

Master of Arts (Cosmetology) Semester-IV
Session: 2024-2025
Therapeutic Nutrition
Course Code: MCYM - 4142
(Theory)

Course Outcomes:

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

CO2: Implement different strategic methods for assessing nutritional status.

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

CO4: Understand the nutritional requirements and develop recipes for infants , school children, pregnant and lactating mothers

Master of Arts (Cosmetology) Semester-IV

Session : 2024-2025

Therapeutic Nutrition

Course Code: MCYM - 4142

(Theory)

Time: 3 hrs

Max.Marks:100

Theory Marks: 40

Practical Marks: 40

CA: 20

Instructions for the Paper Setters:

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

UNIT-I

HEALTH NUTRITION:

- Aim and scope of Nutrition
- Nutrition-Definition
- Role of Nutrition ,Role of Nutritionist in National development
- Dimension and indicators

UNIT-II

NUTRITIONAL STATUS:

- Direct methods – anthropometry, biochemical, biophysical and chemical methods, indirect methods
- Dietary intake and ecological variables including socio-cultural, biologic, environment and economic Errors in methods of assessing nutritional status.

UNIT-III

EFFECTS OF MALNUTRITION AND PREVENTIVE STRATEGIES:

- Protein Energy Malnutrition
- Vitamin A deficiency
- Nutritional Anemia
- Iodine deficiency Disorders
- Vitamin D deficiency
- Osteoporosis
- Zinc deficiency

UNIT-IV

DEVELOPMENT RECIPES:

- Infants
- Elementary School Children
- Adolescents
- Pregnant and lactating Mothers

BOOKS RECOMMENDED

- Achaya, K.T.(ed) (1984) interface between Agriculture , Nutrition and Food Science, The United National University.
- Beaton, G.H and Bengoa, J.M (eds) (1976) Nutrition in preventive Medicine , WHO.
- Berg, A.(1973)The Nutrition factor, The Brookings Institution, Washington.
- Gibney M.J, Margetts, B.M, Kearney, J.M Arab, I. eds (2004) Public Health Nutrition, NS Blackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford University Press.
- Owen ,A.Y and Frankle, R.T.(1986)Nutrition in the Community . The Art of Delivering services, 2nd ed. Times Mirror/Mosby.

Master of Arts (Cosmetology) Semester-IV
Session: 2024-2025
Therapeutic Nutrition
Course Code: MCYM - 4142
(Practical)

Time: 3 hrs

Practical Marks : 40

Instructions for Practical Examiners:

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

DIET CHART & RECIPES FOR:

- Pregnant and lactating mothers
- Infants and school children's
- Adolescents
- Diabetic patient
- Obesity patient
- Weight Loss
- Viva
- File work

BOOKS RECOMMENDED

- Achaya, K.T.(ed) (1984) interface between Agriculture , Nutrition and Food Science, The United National University.
- Beaton, G.H and Bengoa, J.M (eds) (1976) Nutrition in preventive Medicine , WHO.
- Berg, A.(1973)The Nutrition factor, The Brookings Institution, Washington.
- Gibney M.J, Margetts, B.M, Kearney, J.M Arab, I. eds (2004) Public Health Nutrition, NS Blackwell Publishing.
- Gopalan, C. and Kaur, S (Eds) (1993) Towards Better Nutritional Assessment, Oxford University Press.
- Owen ,A.Y and Frankle, R.T.(1986)Nutrition in the Community . The Art of Delivering services, 2nd ed. Times Mirror/Mosby.

Master of Arts (Cosmetology) Semester-IV
Session: 2024-2025
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(Theory)

Course Outcomes:

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

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

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

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

Master of Arts (Cosmetology) Semester-IV
Session: 2024-2025
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(Theory)

Time: 3 hrs

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

Instructions for the Paper Setters:

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

UNIT-I

INTRODUCTION:

- Concept of Ayurveda
- Importance of Ayurveda
- Ayurvedic home products for healthy hair and skin

UNIT-II

AYURVEDIC PREPARATIONS FOR SKIN TREATMENT:

Ayurvedic Creams, Lotions, Mask, Packs & skin Tonics for Black and White Heads
Pigmentation
Hyper-sensitive Skin
Open pores
Muddy Skin
Prickly Heads
Boils and Pustules
Sun burn, Burns and Scalds
Birth Marks, Cold Sores
pimples and Acne
Moles
Warts, Genital Warts
Leucoderma: The Whitening of Skin, Dermatitis, skin allergies, Sunscreen lotion

UNIT-III

AYURVEDIC PRODUCTS FOR HAIR:

Ayurvedic Hair oils, Packs, Tonics, Shampoos and Conditioners for:
Dry Hair, Oily Hair , Dull Hair, Brittle Hair, Flakiness, Thin Hair, Split end Hair, Dandruff, Loss of Hair,
Chronic Hair Falling, Round Patches of Baldness, Diseased Hair
Herbal Recipes:
Traumatic Lesions of the hair, milk crust, Lice Infestation, Dandruff, Hair Loss, Hair Growth, Early Grey Hair.

UNIT-IV

PACKING PRODUCTS

Filling and packing of:
Creams, lotions
Oils
Packs, Masks Tonics
Shampoos & Conditioner

BOOKS RECOMMENDED

Rona Berg, Workman,2001, Beauty, The New Basics
Monisha Bharadwaj , Ulysses Press,2000, Beauty Secrets of India
Neal's yard Remedied, Aurum Press UK, 1997, Make your own cosmetics:Neal's yard Remedies.
Casey Keller, Lark Books, 2000, The Natural Beauty & Bath Book

Master of Arts (Cosmetology) Semester-IV
Session: 2024-2025
Ayurvedic Products for Skin and Hair
Course Code: MCYM - 4143
(Practical)

Time: 3 hrs

Practical :40

Instructions for Practical Examiners:

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

PREPARING AYURVEDIC PRODUCTS FOR PROBLEMATIC SKIN

- Creams
- Lotions
- Masks
- Packs

PREPARING AYURVEDIC PRODUCTS FOR HAIR PROBLEMS

- Tonics
- Oils
- Shampoos
- Conditioners

VIVA

FILE WORK

BOOKS RECOMMENDED

Rona Berg, Workman, 2001, Beauty, The New Basics

Monisha Bharadwaj , Ulysses Press, 2000, Beauty Secrets of India

Neal's yard Remedied, Aurum Press UK, 1997, Make your own cosmetics: Neal's yard Remedies.

Casey Keller, Lark Books, 2000, The Natural Beauty & Bath Book

Bhagwandash, Vaidya. Massage Therapy in Ayurveda (Concept publishing Company, New Delhi, 1935)

Master of Arts (Cosmetology) (Semester-IV)
Session: 2024-2025
Internship and Report
Course Code: MCYI- 4144

Time: 3 hrs

Total Marks:100

One month industrial training:

Students must undertake, Industrial training in the relevant Industry. A report, certificate of completion submitted to department is mandatory

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

Cosmetology

for

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

(Under Credit Based Continuous Evaluation Grading System)

Session: 2024-2025



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

Kanya Maha Vidyalaya , Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
(Under Credit Based Continuous Evaluation Grading System)(CBCEGS)

Bachelor of Arts Semester -I
Cosmetology (Vocational)
Session 2024-2025

Bachelor of Arts (Cosmetology) Semester-I									
Course Code	Course Titles	Cou rse Typ e	Credit L-T-P	Total Credit	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
BARM-1147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3
Total									

Bachelor of Arts Cosmetology (Vocational) Semester II									
Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks			Examination time (in Hours)	
					Total	Ext.			CA
						L	P		
BARM-2147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3
Bachelor of Arts Cosmetology (Vocational) Semester III									
Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks			Examination time (in Hours)	
					Total	Ext.			CA
						L	P		
BARM-3147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3

Bachelor of Arts Cosmetology (Vocational) Semester IV

Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
BARM-4147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3

Bachelor of Arts Cosmetology (Vocational) Semester V

Course Code	Course Title	Course Type	Credit L-T-P	Total Credit	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
BARM-3147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3

Bachelor of Arts (Cosmetology) Semester-VI

Course Code	Course Titles	Course Type	Credit L-T-P	Total Credit	Marks				Examination Time Hours
					Total	Ext.		CA	
						L	P		
BARM-6147	Cosmetology (Vocational)	E	2-0-2	04	100	40	40	20	3+3
Total									

Bachelor of Arts (Semester-I)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(THEORY)

Course Outcomes:-

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

CO 2 : To learn structure and function of skin along with skin problems.

CO 3 : Students grab knowledge about person hygiene and learn healthy habits

CO 4 : To learn the theory and techniques of massage also the basic knowledge of facial muscles.

Bachelor of Arts (Semester-I)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course code: BARM-1147
(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

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)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-1147
(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 like packs, 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 – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

Course Outcomes:-

CO1 :To make students study about the deep layers of nail and different disorders of nail

CO2 : Students will learn about types and classification of colors

CO3: Students enhance the beauty and groom the talking, walking, standing ,sitting skills.

CO4: TO discuss the role of yoga for good health.

Bachelor of Arts (Semester – II)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course code: BARM-2147
(THEORY)

Time: 3 hrs.

Total 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

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 – 2024-2025
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.
- Foster Perth hair dressers complete Book

Bachelor of Arts (Semester-III)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(THEORY)

COURSE OUTCOME:

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

CO 2: This also teaches us the different disorders of hair and scalp both infectious and non-infectious.

CO 3: Students can learn the role of nutrients for a healthy life.

CO4: To impart the knowledge of overweight and underweight due to malnutrition.

Bachelor of Arts (Semester-III)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(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, NS 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-III)
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-3147
(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.

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 – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(THEORY)

COURSE OUTCOME:

CO 1: To impart the knowledge of Hair bonds and Chemical reaction .

CO 2: Understand the knowledge of acid and alkline in Chemical relaxers.

CO3: To understand the role of colour in relation to skin, eyes and hair.

CO4: Students can learn hair analysis and cosmetics use for hair colouring.

Bachelor of Arts (Semester – IV)
Session – 2024-2025
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
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-4147
(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
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-5147
(THEORY)

Course Outcomes:-

CO 1. Students able to determine the basic properties of Bacteria and study the impact of Bacteria on Skin.

. CO 2. To study the different types of sanitation and sterilization strategies.

CO3: Understand the knowledge of different chemical treatment.

CO 4. Identify and apply various make-up equipment and techniques used for professional application

Bachelor of Arts Semester –V
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-5147
(THEORY)

Time :3 hrs
100

Max Marks:

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) Smoothening
- 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, Hare 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
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM- 5147
(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
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-6147
(Theory)

Course Outcomes:

CO 1: To understand the Ownership of salon and its planning.

CO 2: Students will learn how to plan and locate a saloon and to keep its income and expenditure record.

CO3: To Learn the importance of first aid, Sterilize & Sanitize the Equipment and Surroundings along with safety measures.

CO4: To impart the knowledge of permanent waving and application of hair colouring

Bachelor of Arts Semester-VI
Session – 2024-2025
COSMETOLOGY (VOCATIONAL)
Course Code: BARM-6147
(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

Bachelor of Arts Semester-VI
Session – 2024-2025
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 Coloring

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

Books Recommended:

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