

DEPARTMENT : COSMETOLOGY & BEAUTY CARE

CLASS : CERTIFICATE COURSE      NAME OF THE TEACHER : SARVJIT KAUR

PAPER : B

S.N O	DATES (MONTHLY)		TOPICS TO BE COVERED
	FROM	TO	
	13 <sup>th</sup> September	07 <sup>th</sup> November	<p>1. HAIR TRICHOLOGY: Structure of Hair, Stages of Hair growth, factors affecting hair growth, density of hair ,types of texture in hair.</p> <p>2. PROBLEMS OF HAIR; dandruff, falling hair ,split ends premature greying of hair etc. and the types of treatments for various hair problems and the procedure followed. Preparation of organic products for treatments of hair.(b)Diseases of Scalp: psoriasis, eczema etc. and their treatments .preparation of organic products to cure these diseases.</p>
	8 <sup>th</sup> November	16 <sup>th</sup> December	<p>UNIT -II</p> <p>3. SHAMPOOS:Types of , composition of shampoos, effect of shampoos on hair and scalp, process of shampooing and rinsing and d shampoos raping of the client. pH factor of shampoos</p> <p>4. HAIR CONDITIONERS: Function of conditioners, its uses, types of conditioners, difference between mask and conditioner., their compositions pH factor of conditioner.</p>
	2 <sup>nd</sup> February	30 <sup>th</sup> march (December exams)	<p>UNIT-III</p> <p>5. FOOD AND UNIT NUTRITION; Definition of food, its functions, elementary knowledge of different food groups and</p>

			<p>their functions, concept of balanced diet, role of nutrition in beauty care.</p> <p>6. OBESITY AND MALNUTRITION: Definitions of obesity and malnutrition, their types, their causes, the remedial diet plans in case of obesity and malnutrition.</p>
	1 <sup>st</sup> April	Till end of session	<p>UNIT-IV</p> <p>7. MAKE UP:THEORY of makeup, tools used in makeup and their care, base application, eye makeup. application, and application of lipstick.</p>
			<p>8. SUPERFLOUS HAIR: Meaning, Its Types, Methods of removal of superfluous hair.</p>
			<p>PRACTICAL</p> <ol style="list-style-type: none"> <li>1. FACIALS; cleansing facial, gold facial, vegetable peel facial.</li> <li>2. Basic manicure</li> <li>3. Basic pedicure</li> <li>4. Waxing and threading</li> <li>5. Henna application on hands and hair</li> <li>6. Basic hair styles</li> <li>7. Basic hair cuts; single layering</li> <li>8. Makeup; day make up(office),day makeup</li> </ol>

CLASS – CERTIFICATE COURSE PAPER –A

NAME OF THE TEACHER – PRIYANKA SHARMA

S.NO	DATES (MONTHLY)	TOPICS TO BE COVERED	
	FROM	TO	
	13 <sup>th</sup> September	07 <sup>th</sup> November	UNIT-I  1. Cosmetology: Definition of cosmetology, cosmetologist, types in cosmetology, scope in cosmetology in India and Abroad.  2. Professional Ethics : At reception of salon, with employees, with fellow co-workers, with employers.
	8 <sup>th</sup> November	16 <sup>th</sup> December	UNIT-II  3. The Skin Structure: Study of the anatomy of skin, functions of skin, types of skin and its care, pH factor of skin.  4. Facials: The importance of facials, types of facial according to skin types and its benefits.
	2 <sup>nd</sup> February	30 <sup>th</sup> march (December exams)	UNIT-III  5. DAILY SKIN CARE REGIME: Need for cleansing, toning, moisturising, role of cleansing, toning and moisturising , preparation of organic cleansers, toners and moisturising.  6. EMOLLIENTS AND SCRUBS: The purpose of emollients and scrubs, difference between emollients and creams. Types of emollients, scrubs and creams.
	1 <sup>st</sup> April	Till end of session	UNIT-IV

			7. NAIL CARE : Its structure, care of nail, shapes of the nail.
			8. MANICURE AND PEDICURE: Meaning of manicure and pedicure, types in manicure and pedicure, procedure followed in manicure, procedure followed in pedicure, Contraindication and precautions taken while doing manicure and pedicure.
			PRACTICAL 1. FACIALS; cleansing facial, gold facial, vegetable peel facial. 2. Basic manicure 3. Basic pedicure 4. Waxing and threading 5. Henna application on hands and hair 6. Basic hair styles

CLASS – DIPLOMA COURSE

NAME OF THE TEACHER – SARVJIT KAUR

PAPER – B

S.N O	DATES (MONTHLY)	TOPICS TO BE COVERED	
	FROM	TO	
	23 <sup>rd</sup> August	7 <sup>th</sup> November	UNIT-I 1. PROFESSIONAL IMAGE:definition of personality,qualities of effectivephysicalpresentation,qua lities of communication.

			2. Decontamination and infection control:importance of decontamination,difference between sanitation,disinfectionand sterilisation. safedisinfection of products, disinfectants and equipment of salons.
	8 <sup>th</sup> November	16 <sup>th</sup> December	UNIT-II 3. DRAPING Services: for wet hair,for chemical services,for dry hair services. 4. Basics of hair cutting. Terms related to hair cutting, tools for hair cutting, geometry in hair cutting, sectioning.
	2 <sup>nd</sup> February	30 <sup>th</sup> march (exams in December)	UNIT-III 5. Perming:the method used,contraindications and precautions to be taken.Disadvantages of perming.common terms used in perming; spiral wrapping,croquignolewrapping, cold wave, partial perm, over processing etc. 6. Hair straightening:the method used, contrain dications, precautions to be taken, common terms used in straightening.
	1 <sup>st</sup> April	Till end of session	UNIT-IV 7. Yoga and Meditation:meaning of yoga and meditation,its importance and benefits.

			<p>8. Theory of Advance Makeup:engagement makeup,bridal makeup(day),bridal make up(evening),reception make up,groom makeup.</p>
			<p>PRACTICAL:</p> <ol style="list-style-type: none"> <li>1. FACIALS skin treatments: thermoherb, anti pigmentation, acnederm,anti wrinkle,skin tightening.</li> <li>2 .Hair cuts: different types of layering cuts,flicks etc.</li> <li>3. Makeup: engagement makeup, groom makeup, bridal makeup, reception makeup</li> <li>4. Herbal face packs and scrubs, hair oils, toners etc.</li> <li>5. Roller settings.</li> <li>6. Art of switch making.</li> <li>7. Hair perming techniques.</li> <li>8. Straightening.</li> <li>9. Simple yoga techniques.</li> </ol>

CLASS – DIPLOMA CLASS

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S.NO	DATES (MONTHLY)		TOPICS TO BE COVERED
	FROM	TO	
	23 <sup>rd</sup> August	7 <sup>th</sup> November	<p>UNIT-I</p> <p>1. Problems of skin from the view point of a cosmetologist in brief:</p> <p>Sun burn,black heads,white heads, acne,chloasma,lentigo,vitilgo, dark under eyecircles,moles and warts,herpes,premature wrinkles,</p> <p>Their causes and their remedies.</p> <p>2. Diseases of Nail; a brief description from cosmetologist 'view point</p>
	8 <sup>th</sup> November	16 <sup>th</sup> December	<p>UNIT-II</p> <p>3. Electrology:</p> <p>Purpose of electrology.</p> <p>Different appliances used in cosmetology;vibrators,hi frequency,galvanic,etc.</p> <p>Their functions.</p> <p>4. Therapies in field of beauticare:</p> <p>Silicon therapy,fibrant,chemical peeling ,heparin theory,magnet theory, color therapy,aroma therapy.</p>
	2 <sup>nd</sup> February	30 <sup>th</sup> march (exams in December)	UNIT-III

			<p>5. Theory of treatment facials,its procedure,its benefits</p> <p>5</p> <p>i. Anti pigmentation</p> <p>ii. Detan facial.</p> <p>iii. Herbal paraffin wax</p> <p>iv. Skin tightening</p> <p>v. Acne Derm Facial.</p> <p>6. Theory of Massage.</p> <p>Its purpose of massage, types of massage,manipulations used in massage, physiological effects of massage.</p>
	1 <sup>st</sup> April	Till end of session	<p>UNIT-IV</p> <p>7. Ageing Process.</p> <p>UNIT-IV</p> <p>7. Ageing Process.</p>
			<p>8. Cosmetic Chemistry;nail polish,nail polish remover,astringent,toner,talcum powder,ointment.</p>
		PRACTICALS	<p>1. FACIALS skin treatments: thermoherb, anti pigmentation, acnederm,anti wrinkle,skin tightening.</p> <p>2 .Hair cuts: different types of layering cuts,flicks etc.</p>



			<p>3. Makeup: engagement makeup, groom makeup, bridal makeup, reception makeup</p> <p>4. Herbal face packs and scrubs, hair oils, toners etc.</p>
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CLASS - ADVANCE DIPLOMA COURSE

PAPER - B

NAME OF THE TEACHER – SARVJIT KAUR

S.NO	DATES(MONTHLY)		TOPICS TO BE COVERED
	FROM	TO	
	23 <sup>rd</sup> August	7 <sup>th</sup> November	UNIT-I  1. Salon Management skills.  2. The Art of Hair Styling; important points considered in making a hair style,principles,balance between hair structure and face structure
	8 <sup>th</sup> November	16 <sup>th</sup> December	UNIT-II  3. Theory of Hair Color:reasons to color hair,factors influencing hair color,color wheel,types of hair color,technique of haor color application.  4. The art of hair lightening,types of lighteners,the decolorising process,lightening of virgin hair,retouching of colored hair.
	2 <sup>nd</sup> February	30 <sup>th</sup> march (exams in December)	UNIT-III

			<p>5. Hair Spas ;need for hair spa,types of hair spas,benefits of hair spa,various procedure followed in hair treatments,electrical gadgets usedin hair spa.</p> <p>6 Theory of Corrective Makeup,stagemakeup,TVmake up,portfolio makeup.</p>
	1 <sup>st</sup> April	Till end of session	<p>UNIT-IV</p> <p>7. Nail Extension ; nail tips,nailwraps,acrylic nails,procedures of applying them,preserviceand post service procedures.</p>
			<p>8. Cosmetic Chemistry:lipstick,lipgloss,eye shadow,mascara,powder,blusher.</p>
		PRACTICALS	<p>1. Facial; aroma facial, Thermoherb, chocolate facial, square wave treatment.</p> <p>2. Advanced hair cuts.</p> <p>3. Advancedhair switch</p> <p>4. Art of hair coloring</p> <p>5. Art of Hair Rebonding</p> <p>6. Hair spa</p> <p>7. Body spa</p> <p>8. Corrective makeup</p> <p>9. Saree and chuni styling</p> <p>10. Art of artificial nail extension.</p>

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S.NO	DATES(MONTHLY)		TOPICS TO BE COVERED
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	23 <sup>rd</sup> August	7 <sup>th</sup> November	UNIT-I  1. Elementry know how of various SYSTEMS OF THE HUMAN BODY;nervous system,muscular system,circulatory system,exeretary system,respiratory system,digestive system,skeletal system,endocrine system  2. Brief knowledge to Bacteriology;definition,types of bacteria,common bacterial infections, other infectious agents.
	8 <sup>th</sup> November	16 <sup>th</sup> December	UNIT-II  3. AROMA THERAPY;Meaning of aroma therapy,introduction to aroma oils,benefits and procedure of aroma therapy.  4. Brief introduction of Herbs and their remedial properties:tuisi,mint,neem,asha vgandha,aloe vera,amla, ritha nut,saunf,ajwain etc.
	2 <sup>nd</sup> February	30 <sup>th</sup> march (exams in December)	UNIT-III  5. SPA;History ,Meaning of spa,benefits of spa,types of spa and various methods of spa

			6. Brief introduction of Aerobics, its importance and some basic techniques used for weight reduction.
	1 <sup>st</sup> April	Till end of session	UNIT-IV 7. ACCUPRESSURE: Meaning, its benefits, important acupressure points, method of giving acupressure treatment.
			8. Panchkarma: meaning, importance and benefits, various methods employed in panchkarma.
		PRACTICALS	1. Facial; aroma facial, Thermoherb, chocolate facial, square wave treatment. 2. Advanced hair cuts. 3. Advanced hair switch 4. Art of hair coloring 5. Art of Hair Rebonding 6. Hair spa 7. Body spa 8. Corrective makeup 9. Saree and chuni styling 10. Art of artificial nail extension. *****