

**TEACHING PLAN****COSMETOLOGY****2025-26****CLASS – DIPLOMA COURSE****NAME OF THE TEACHER – SARVJIT KAUR****PAPER – B**

| S.N<br>O | DATES (MONTHLY)         | TOPICS TO BE COVERED      |                                                                                                                                                                                                                                                                                                                                                       |
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|          | FROM                    | TO                        |                                                                                                                                                                                                                                                                                                                                                       |
|          | 24th july               | 30th September            | UNIT-I<br><br>1. PROFESSIONAL IMAGE:definition of personality,qualities of effectivephysicalpresentation,qua lities of communication.<br><br>2. Decontamination and infection control:importance of decontamination,difference between sanitation,disinfectionand sterilisation. safedisinfection of products, disinfectants and equipment of salons. |
|          | 1 <sup>st</sup> October | November                  | UNIT-II<br><br>3. DRAPING Services: for wet hair,for chemical services,for dry hair services.<br><br>4. Basics of hair cutting. Terms related to hair cutting, tools for hair cutting, geometry in hair cutting, sectioning.                                                                                                                          |
|          | January                 | 28 <sup>th</sup> February | UNIT-III<br><br>5. Perming:the method used,contraindications and precautions to be                                                                                                                                                                                                                                                                    |

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|  |                       |                        | <p>taken. Disadvantages of perming. common terms used in perming; spiral wrapping, croquignole wrapping, cold wave, partial perm, over processing etc.</p> <p>6. Hair straightening: the method used, contraindications, precautions to be taken, common terms used in straightening.</p>                                                                                    |
|  | 1 <sup>st</sup> march | 30 <sup>th</sup> April | <p>UNIT-IV</p> <p>7. Yoga and Meditation: meaning of yoga and meditation, its importance and benefits.</p>                                                                                                                                                                                                                                                                   |
|  |                       |                        | <p>8. Theory of Advance Makeup: engagement makeup, bridal makeup (day), bridal make up (evening), reception make up, groom makeup.</p>                                                                                                                                                                                                                                       |
|  |                       |                        | <p>PRACTICAL:</p> <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> <p>5. Roller settings.</p> |

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|  |  |  | 6. Art of switch making.<br>7. Hair perming techniques.<br>8. Straightening.<br>9. Simple yoga techniques. |
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CLASS – DIPLOMA CLASS

NAME OF THE TEACHER- SARVJIT KAUR

PAPER – A

| S.NO | DATES (MONTHLY)         |                | TOPICS TO BE COVERED                                                                                                                                                                                                                                                                                                                                 |
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|      | FROM                    | TO             |                                                                                                                                                                                                                                                                                                                                                      |
|      | 24th July               | 30th September | UNIT-I<br><br>1. Problems of skin from the view point of a cosmetologist in brief:<br><br>Sun burn,black heads,white heads,<br>acne,chloasma,lentigo,vitilgo,dark under eyecircles,moles and warts,herpes,premature wrinkles,<br><br>Their causes and their remedies.<br><br>2. Diseases of Nail; a brief description from cosmetologist 'view point |
|      | 1 <sup>st</sup> October | November       | UNIT-II                                                                                                                                                                                                                                                                                                                                              |

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|  |                       |                           | <p>3. Electrology:</p> <p>Purpose of electrology.</p> <p>Different appliances used in cosmetology; vibrators, high frequency, galvanic, etc.</p> <p>Their functions.</p> <p>4. Therapies in field of beautician:</p> <p>Silicon therapy, fibrant, chemical peeling, heparin therapy, magnet therapy, color therapy, aroma therapy.</p>                                                 |
|  | January               | 28 <sup>th</sup> February | <p>UNIT-III</p> <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> March | 30 <sup>th</sup> April    | <p>UNIT-IV</p> <p>7. Ageing Process.</p> <p>UNIT-IV</p>                                                                                                                                                                                                                                                                                                                                |

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|  |  |            | 7. Ageing Process.                                                                                                                                                                                                                                                                                                           |
|  |  |            | 8. Cosmetic Chemistry;nail polish,nail polish remover,astringent,toner,talcum powder,ointment.                                                                                                                                                                                                                               |
|  |  | 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> |

CLASS - ADVANCE DIPLOMA COURSE

PAPER - B

NAME OF THE TEACHER – SARVJIT KAUR

| S.NO | DATES(MONTHLY) |                | TOPICS TO BE COVERED                                                                                                                                                                                |
|------|----------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      | FROM           | TO             |                                                                                                                                                                                                     |
|      | 24th July      | 30th September | <p>UNIT-I</p> <p>1. Salon Management skills.</p> <p>2. The Art of Hair Styling; important points considered in making a hair style,principles,balance between hair structure and face structure</p> |

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|  | 1 <sup>st</sup> October | November                  | <p>UNIT-II</p> <p>3. Theory of Hair Color: reasons to color hair, factors influencing hair color, color wheel, types of hair color, technique of hair color application.</p> <p>4. The art of hair lightening, types of lighteners, the decolorising process, lightening of virgin hair, retouching of colored hair.</p> |
|  | January                 | 28 <sup>th</sup> February | <p>UNIT-III</p> <p>5. Hair Spas ; need for hair spa, types of hair spas, benefits of hair spa, various procedure followed in hair treatments, electrical gadgets used in hair spa.</p> <p>6 Theory of Corrective Makeup, stage makeup, TV make up, portfolio makeup.</p>                                                 |
|  | 1 <sup>st</sup> march   | 30 <sup>th</sup> April    | <p>UNIT-IV</p> <p>7. Nail Extension ; nail tips, nail wraps, acrylic nails, procedures of applying them, pre-service and post service procedures.</p>                                                                                                                                                                    |
|  |                         |                           | <p>8. Cosmetic Chemistry: lipstick, lip gloss, eye shadow, mascara, powder, blush.</p>                                                                                                                                                                                                                                   |

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|  |  | PRACTICALS | 1. Facial; aroma facial, Thermoherb, chocolate facial, square wave treatment.<br>2. Advanced hair cuts.<br>3. Advanced hair switch<br>4. Art of hair coloring<br>5. Art of Hair Rebonding<br>6. Hair spa<br>7. Body spa<br>8. Corrective makeup<br>9. Saree and chuni styling<br>10. Art of artificial nail extension. |
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CLASS – ADVANCE DIPLOMA COURSE

PAPER –A

NAME OF THE TEACHER – SARVJIT KAUR

| S.NO | DATES(MONTHLY) |                | TOPICS TO BE COVERED                                                                                                                                                                                                                                                                              |
|------|----------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      | FROM           | TO             |                                                                                                                                                                                                                                                                                                   |
|      | 24th July      | 30th September | UNIT-I<br>1. Elementary know how of various SYSTEMS OF THE HUMAN BODY;nervous system,muscular system,circulatory system,excretory system,respiratory system,digestive system,skeletal system,endocrine system<br>2. Brief knowledge to Bacteriology;definition,types of bacteria,common bacterial |

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|  |                         |                           | infections, other infectious agents.                                                                                                                                                                                                                                             |
|  | 1 <sup>st</sup> October | November                  | <p>UNIT-II</p> <p>3. AROMA THERAPY;Meaning of aroma therapy,introduction to aroma oils,benefits and procedure of aroma therapy.</p> <p>4. Brief introduction of Herbs and their remedial properties:tuisi,mint,neem,asha vgandha,aloe vera,amla, ritha nut,saunf,ajwain etc.</p> |
|  | January                 | 28 <sup>th</sup> February | <p>UNIT-III</p> <p>5. SPA;History ,Meaning of spa,benefits of spa,types of spa and various methods of spa</p> <p>6. Brief introduction of Aerobics,its importance and some basic techniques used for weight reduction.</p>                                                       |
|  | 1 <sup>st</sup> march   | 30 <sup>th</sup> April    | <p>UNIT-IV</p> <p>7. ACCUPRESSURE:Meaning,its benefits,important acupressure points,method of giving acupressure treatment.</p>                                                                                                                                                  |
|  |                         |                           | <p>8.</p> <p>Panchkarma:meaning,importance and benefits,various methods employed in panchkarma.</p>                                                                                                                                                                              |
|  |                         | PRACTICALS                | <p>1. Facial; aroma facial, Thermoherb, chocolate facial, square wave treatment.</p>                                                                                                                                                                                             |

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|  |  |  | <div>2. Advanced hair cuts.</div> <div>3. Advancedhair switch</div> <div>4. Art of hair coloring</div> <div>5. Art of Hair Rebonding</div> <div>6. Hair spa</div> <div>7. Body spa</div> <div>8. Corrective makeup</div> <div>9. Saree and chuni styling</div> <div>10. Art of artificial nail extension.</div> <div>*****</div> |
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