

**TEACHING
PLAN
COSMETOL
OGY 2024-25**

CLASS – DIPLOMA COURSE

NAME OF THE TEACHER –

SARVJIT KAUR PAPER – B

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

			<p>taken. Disadvantages of perming. common terms used in perming; spiral wrapping, croquignolewrapping, 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 st march	30 th 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 makeup (evening), reception makeup, 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>

			<ol style="list-style-type: none"> 6. Art of switch making. 7. Hair perming techniques. 8. Straightening. 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
	FROM	TO	
	24th July	30th September	<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, vitiligo, 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>
	1 st October	November	UNIT-II

			<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 beauticare:</p> <p>Silicon therapy, fibrant, chemical peeling, heparin theory, magnet theory, color therapy, aroma therapy.</p>
	January	28 th February	<p>UNIT-III</p> <p>5. Theory of treatment facials, its procedure, its benefits</p> <p>5</p> <ul style="list-style-type: none"> i. Anti pigmentation ii. Detan facial. iii. Herbal paraffin wax iv. Skin tightening v. Acne Derm Facial. <p>6. Theory of Massage.</p> <p>Its purpose of massage, types of massage, manipulations used in massage, physiological effects of massage.</p>
	1 st march	30th April	<p>UNIT-IV</p> <p>7. Ageing Process. UNIT-IV</p>

			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>

	1 st 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 th 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,stagemakeup,TV makeup,portfolio makeup.</p>
	1 st march	30th April	<p>UNIT-IV</p> <p>7. Nail Extension ; nail tips,nailwraps,acrylic nails,procedures of applying them,preservice and post service procedures.</p>
			<p>8. Cosmetic Chemistry:lipstick,lipgloss,eye shadow,mascara,powder,blusher.</p>

		PRACTICALS	<ol style="list-style-type: none"> 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.
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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	<p>UNIT-I</p> <p>1. Elementry know how of various SYSTEMS OF THE HUMAN BODY;nervous system,muscular system,circulatory system,exeretory system,respiratory system,digestive system,skeletal system,endocrine system</p> <p>2. Brief knowledge to Bacteriology;definition,types of bacteria,common bacterial infections, other infectious agents.</p>
			<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,ash a vgandha,aloe vera,amla, ritha nut,saunf,ajwain etc.</p>
	1 st October	November	

	January	28 th 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 st march	30 th April	<p>UNIT-IV</p> <p>7.</p> <p>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>
			<p>2. Advanced hair cuts.</p> <p>3. Advanced hair 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> <p>*****</p>