# M.Sc. IN COSMETOLOGY AND HEALTH CARE

## FIRST YEAR CURRICULUM

### SEMESTER - I

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Paper No.</th>
<th>Paper Name</th>
<th>Marks</th>
<th>Period Per Wk</th>
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<td>Anatomy and Physiology of Skin</td>
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<td>MSC02</td>
<td>The Holistic Way To Good Health &amp; Beauty</td>
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<td>3.</td>
<td>MSC03</td>
<td>Nutritional Biochemistry</td>
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<td>Beauty and Health through Yoga &amp; meditation</td>
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### SEMESTER - II

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<td>The Facials – Looking Good &amp; Feeling Younger</td>
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<td>Hair Styling &amp; Hair Cuts</td>
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<td>Acupressure – A Guide To Perfect Health</td>
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## SECOND YEAR

### SEMESTER – III

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<td>MSC16</td>
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Note:-

1. Pass Percentage: The minimum marks required to pass the examination at the end of the academic year shall be 49 percent in the aggregate of written paper, 40 percent in the aggregate of the practical papers, 40 percent in the Seminar and 50 percent in the overall aggregate.

2. As per the University directive, 20 percent of the maximum marks in each theory course and Practical exam. will be assigned for internal assessment.

3. The duration of practical examination for all courses shall be for 3 hours.

4. The duration of the course shall be two years (four semesters of six months each). During the fourth Semester there shall be two months for internship in an institution and one month for project work. No candidate who has passed the examination shall be awarded the Degree unless she has undergone the internship in an institution as aforesaid to the satisfaction of the Head of the Institutions where she has been studying.
INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and 
one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from 
each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To identify & describe the structure and functions of the skin
2. To explain how the skin is nourishing
3. To determine skin types
4. To enable students to recognized disorders of the skin to determine if the condition may be treated in the beauty saloon.

UNIT- I
Human Physiology
Anatomy, Physiology, Cells, Tissues and organs

UNIT- II
Physiology of Skin
History of Skin - Facts, Structure, glands, function, Layers, Types and pH factors, nerves of the skin, skin elasticity, skin color, skin care for different age groups, hormones and skin beauty

UNIT- III
Exercise Physiology

UNIT- IV
Skin Disorders and Diseases
Definitions pertaining to skin disorders, Definitions pertaining to primary lesions, Definitions pertaining to secondary lesions, Definitions pertaining to diseases, Disorders of the sebaceous (oil) glands, definitions pertaining to inflammations, definitions pertaining to pigmentation of the skin, definitions pertaining to hypertrophies of the skin, definitions pertaining to plastic surgery, acne, chloasma, dark under eye circle, blemishes, open pores, white and black heads,
wrinkles, Dermatitis, sun burns, aging skin, moles, scars, stretch marks and others.

**Practical**
Test of Skin Types, Techniques of Skin Disorder Treatment with various gadgets.

**BOOKS RECOMMENDED**
- Brady, Anatomy and Physiology the skin, 1976.
- Bukowsky, Leon F. (editor), Skin Anatomy and Physiology research development, hardbound ed., S: Nova Science Publication
- Pierra Francois Olive Rayer, Treatise on Deceases of the skin; founded on new research in Pathological anatomy and physiology, 1st ed., S: General Books 2010.
- James Nevina Hyde and Frank Hugh Montgomery, A Practical Treatise on Diseases of the skin, for the use of students and practitioners, Paperback, US: Nabu press, 2010
- S. Subramaniam ‘A Guide To Beauty And Skin Care’
- Dr. Renu Gupta ‘Skin Care’
- Dr.Graham Colver ‘Your Skin’
- Parvesh Handa ‘Skin Beauty: Hair & Make Up’
- Atwal & Kansal, Physical Education.

**Paper No. : MSC02: THE HOLISTIC WAY TO GOOD HEALTH & BEAUTY**

Maximum Marks : 150

Theory – 80

Internal Assessment – 20

Practical – 40

Internal Assessment – 10

**INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:**

(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.

(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.

(iii) All questions carry equal marks.
FUNDAMENTAL OBJECTIVES

1. To describe the important functions which various vitamins, foods, minerals and amino acids perform in the body and the serious consequences of their deficiencies.
2. To provide knowledge about valuable food sources, recommended intake and therapeutic uses of various nutrients.
3. To know about the adequate diets which contains liberal quantities of seeds, nuts and grains, vegetables and fruits.
4. To understand the importance of natural foods in the healing of specific diseases.
5. To impart practical knowledge for maintaining good health, ward off diseases and prolong life span.

UNIT- I

Best of Vitamins & Food
Classification, Sources, Composition, Properties and Nutritional Significance

Vitamins for Healthy Living

UNIT- II

Minerals Your Body Needs
RDA’S, Functions, Deficiencies- Boron, Calcium, Chromium, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Silicon, Sodium, Sulphur, Vanadium, Zinc

UNIT- III

The Amazing Power of Amino Acids
Arginine, Histidine, Isoleusine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Triptophan, Valine,

UNIT- IV

Foods That Heal
Natural benefits and curative properties: -
Fruits, Vegetables, Cereal Grains, Pulse, Nuts and Seeds
More proactive Foods – Curd, Milk, Honey, Sugar Cane.
Food for diseases – Arthritis, Asthma, Excess Cholesterol, Diabetes, Acidity, High Blood Pressure.
Practical
Estimation of hemoglobin content, Detection of Blood Group, Measurement of Blood Pressure, To Find Out bleeding time and clotting time, detection of sugar and uric acid in urine.

RECOMMENDED BOOKS

- Cheryl Richardson, Broadway Books, 1999, Take time for Your Life: A Personal Coach’s Seven step Program for creating the life your want.
- CBHI, (Central Bureau of Health Intelligence) 1989, Health Information India, Directorate General of Health service, Ministry of Health and Family welfare (Govt. of India), New Delhi.
INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES

1. To augment the biochemistry knowledge acquired at the root level.
2. To understand the mechanism adopted by the human body for regulation of metabolic pathways.
3. To get an insight into interrelationships between various metabolic pathways.
4. To help a student to use the knowledge of biochemistry in nutritional management.

UNIT- I
Classification and physical properties of compounds
Chemical and general properties of Carbohydrates, Classification of lipids, Classification of amino acids and proteins, Structure and functioning of oxygen – carrier proteins (Hemoglobin and myoglobin)

UNIT- II
Overview of catabolism of glucose, fructose, galactose and regulation of glycolysis
Citric acid cycle and its regulation, Blood sugar regulation, Hexose monophosphate pathway, Lipids, Overview of β-oxidation, Denovo synthesis of fatty acids and their elongation, Ketosis, Fatty liver, Metabolism of lipoproteins, Metabolism of cholesterol. Proteins Transamination and deamination of amino acids, Urea Cycle

UNIT- III
Nucleic acids
Structure of nucleic acids, Genetic code, Genetic mutation, Protein biosynthesis

UNIT- IV
Minerals
Essential and trace elements in biological processes, Biological role of alkali and alkaline earth metal ions with special reference to calcium ion, Sodium – Potassium Pump
Practical
To detect the presence of Carbohydrates, fats and proteins in the following foodstuffs: Grapes, Potatoes, Rice, Bread, Butter, Biscuits, Milk, Ground Nuts and Boiled eggs
Determination of the acid value of fat, Estimation of blood cholesterol, Isolation of Casein from Milk, determination of pH of various food stuff using indicators, Effect of temperature on the activity of salivary amylase.

RECOMMENDED READINGS

- David T Plummer, An introduction to practical Biochemistry, Tata McGraw Hill.

Paper No. : MSC04-BEAUTY AND HEALTH THROUGH YOGA & MEDITATION

Maximum Marks : 150
Theory – 80
Internal Assessment – 20
Practical – 40
Internal Assessment – 10

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
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(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. This paper is designed for the students who practice yoga to live healthy, happy and holy life fully in this materialistic world.
2. It has been designed to give students the strength and power to open their mind & heart to remove tension, depression, anger, phobia, fear from their minds and channalize their energy in positive way to get a new perspective of life.

3. It has been designed to give the students more powerful tools to meet the challenges in their life and consciously, courageously, conquer & change their life to live bountiful, blissful and beautiful.

UNIT-I

Roots of Yoga
The myths of yoga, How it works.
Starting at ground zero: Preparing yourself, focusing, using props.

Basics of Yoga
Warming up to Yoga : Before beginning, Tune in, Series to Energize, Spinal Warm-Ups, Everyday Yoga Poses.

UNIT-II

Yoga Kriyas
Self-adjustment of the spine, Kriyas for Disease Resistance, To master your Domain, The essence of self, Movement relaxation, Wahe Guru: Subtle Body Kriya, Becoming like angles, Kriya for Pelvic Balance, Nabhi Kriya for the Naval Centre, To balance the Head and Heart, For Physical and Mental Vitality, Strengthening the Aura, For a Healthy Mental Balance, To relieve inner anger, Kriya for a new energy balance.

UNIT-III

The Art of deep relaxation
Relaxation in your Yoga Practice, How to practice deep relaxation, Mental relaxation, The ancient gong

UNIT-IV

Meditation
Understanding mediation, Elements of Meditation, Specific Meditations, Beginner’s Meditation, Seven wave Sat Nam Meditation, Ten Steps to peace, Meditation to break addiction, Meditation for unwanted thoughts, Healing Meditation, One Minute Breath Meditation, Meditation to make the impossible Possible, Rhythmic Breath Meditation, Meditation for trust, For Focus and Sweetness, The Morning Call, Singing from the heart, Visualization on the Heart Lotus.

Practical
Aerobics, various Yoga Kiyas and Pranayams, Meditation Techniques
BOOKS RECOMMENDED

- Swami Ramdev ‘Yog Its Philosophy & Practice’ 2006, SS Printed Faridabad
- Krishan Kumar ‘Yoga For Health & Relaxation’ 2006, Lotus Press, Delhi
- The Mind its Projections and Multiple Facets by Yogi Bhajan, Ph.D.with Gurcharan Singh Khalsa, Ph.D.KRI, 1998
- The Master’s Touch by Yogi Bhajan, Ph.D.KRI, 1997
- The Teachings of Yogi Bhajan, Arcline, 1977
- How to Know God by Swami Prabhavananda & Christopher Isherwood, Vedanta Press, 1981
- Breathwalk by Yogi Bhajan, Ph.D.and Gurcharan Singh Khalsa, Ph.D.Broadway Books, 2000
- Meditation for Absolutely Everyone by Subagh Singh Khalsa, Chas, Tuttle Co., 1994
- Your Life is in Your Chakras by Gururattan Kaur Khalsa, Ph.D.Yoga Technology Press, 1994
- Swami Krishnanada, Asana Pranayana Mudra Bandha
- Meditation for Absolutely Everyone by Subagh Singh Khalsa, Chas, Tuttle Co., 1994
- Your Life is in Your Chakras by Gururattan Kaur Khalsa, Ph.D.Yoga Technology Press, 1994
- Akara Numerology by Nam Hari K Khalsa, NHK Productions, 1998
- Numerology As Taught By Yogi Bhajan, by Gurchander Singh Khalsa, Radiant Light Press, 1993
- The Anatomy of Healing By Subagh Singh Khalsa, Chas, Tuttle Co.1999
- The Miracle of Healing Hands by Waheguru Singh Khalsa, DC Rishi Knot Pub, 1997
- Brain Longevity by Dhrama Singh Khalsa MD Warner Books, 1999
- Meditation as Medicine by Dharma Singh Khalsa MD Simon & Schuster
- The Pain Cure by Dharma Singh Khalsa, MD Warner Books, 2000
- The Ancient Art of Self-Healing by Siri Amri Singh Khalsa, DC Silverstreak Press, 1982
- A Call to Women: The Healthy Breast Program and Workbook by Sat Dharam Kaur, N.D. Quarry Press, 1999
INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:

(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.

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(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES

1. To provide the students of Cosmetology the necessary information and expertise to analyze the client’s hair texture and reason of hair loss and its treatment.
2. It also provide the students the reason for good hygienic care of hair and scalp.
3. To know about all the new products and classification of hair color
4. To learn about the techniques for working with unpigmented hair
5. To impart the practical knowledge about various applications of color.
6. To make the students aware of the advanced nail techniques, manicure, pedicure as a number of well-groomed women and men regularly use the services of a professional manicurist or nail technician.
7. The paper also gives knowledge of the composition of the cosmetics used in the manicuring and Pedicuring and nail techniques.

UNIT- I

Introduction
Hair distribution, Composition, Division, Color & Natural replacement of hair.
Hair Growth : Normal hair cycle, Directions of hair growth, Hair shapes, Hair growth myths, Hair Analysis : Condition & qualities of hair.
Nature’s Color, Selecting the appropriate application technique.

UNIT- II

Hair Color Theory & lightening
Types of Hair Color, Non-oxidative permanent hair color, oxidative hair color, Hydrogen peroxide developers, Color Application Techniques
Types and action of lighteners, lighteners retouch, safety precautions, Spot lightening, Special Effects Highlighting – Methods, Toning and Highlighting shampoos

Properties of Hair and Scalp Treatments
Purpose and definition of hairs, Hair growths, Hair analysis, Hair loss, Disorders of hair and disorders of scalp. Scalp care, General hair and scalp treatment, Normal hair & scalp
treatments, Dry hair and scalp treatments, Oily hair and scalp treatments, Scalp manipulations and Collective hair treatments.

UNIT- III

Basic Nail Care
Nail Structure, Surrounding the Nails, Nail Growth, Nail Malformation, Nails Irregularities, Nail Fungus, Nail Disorders, Diseases & their Treatments

Manicure & Pedicure

UNIT- IV

Mehandi and Tattoos
Method for applying Mehandi, Methods for making mehandi cones, Tips for applying mehandi, Types of Mehandi- Traditional Mehandi, Instant Mehandi, Colourful Mehandi, Arabic Mehandi, Shaded Mehandi.

Practical
HAIR COLORING - Basic and Fashion Shades, Hair Disorder Treatments, Technique of Manicure and Pedicure, Art of Mehandi Application.

BOOKS RECOMMENDED
- Gupta, Renu, ‘Hair Care’ 2001 Diamond Publication, New Delhi
- Jawed Habib ‘Hair Care For All Season’ 2005, Chabra Publication, New Delhi
- Mahindru Suman ‘Herbal Beauty & Hair Care’ 2004, Manoj Publication, New Delhi
- Arya Monika ‘Herbal Beauty and Hair Care Guide’
- Sharma Rajeev ‘Skin & Hair Care’ 2006, Adarh Publications, New Delhi
- Lorraine Massey, Workman Publishing, 2000, Curly Gurl,
- Maggie Jones and Marilyn Sherlock, Collins & Brown, 2000, Hair Secrets.
- Cotter, Louise, Hair Coloring Techniques. 1-56253-116-6
- Rangi, Deb.Milady’s Standard Hair Coloring Manual and Activities Book 1-56253-356-8
- Sollock, Tom. Corrective Hair Coloring: A Hands on Approach 1-56253-83-6
- Spencer, Patricia. Hair Coloring: A Hands on Approach 0-87350-393-7
- Warren, Roxy. Haircoloring in Plain English 1-56253-357-6
FUNDAMENTAL OBJECTIVES

1. To explain the purpose of a facial.
2. To follow proper safety and sanitation procedures.
3. To develop skills in the manipulation of equipment and materials necessary for facial.
4. To demonstrate the use of equipment, implements, cosmetic and material when giving a facial.

UNIT- I

Introduction
Facial’s Massage– Preparation, Equipments, Implements, Material and Procedure used in facial.

UNIT- II

Facials Manipulation
Chin, Mouth, Nose, Cheek, Linear Movement over forehead, Crisscross, Stroking, Brow and eye, Nose and upper Cheek, Rotary, movement, Light Tapping, Chest, Back and Neck manipulation (optional)

UNIT- III

Facials and Treatments
Herbal, Gold Metallic, Silver, Oxygen, Alpha Hydroxy, Thermo herb, Lemon, Pearl, Fruit, Hot Oil Mask, classical, express, Anti ageing, Fresh Fruits, Vegetables and nuts facials for Dry, Oily, Normal, Combination, Acne, Wrinkle, Blemishes, Pigmentation, Sensitive, Dehydrated, Patchy, Dull and Damage Skin

UNIT- IV

Six Week Rejuvenating Plan
Making the plan work, Natural Detox, Week one-improving your diet, Week Two-Your Hair Skin and Nail, Week Three-Your Heart, Brain and Eyes, Week Four-Your Muscles, Bones and Joints, Week-Five Sexual Vitality, Week-Six Stress, Sleep and your Environment.
Practical
Facials – Gold, Silver, Pearl, Vitamin A facial, Peel-off, Skin Tightening (Thermo herb), Aroma Facial with Shiatsu.

BOOKS RECOMMENDED

- Kathlyn Quatrochi, Interweave Press, 1997, the Skin Care Book: Simple Herbal Recipes.
- David Leffell, Hyperion, 2000, Total Skin: The Definitive Guide to Whole Skin Care For Life.
- Dr. Renu Gupta, Skin Care
- Kim Johnson, Knopf, 1997, Women’s Face: Skin Care and Makeup
- Milady’s, Text Book of Cosmetology, 2000, Milady Publication, America

Paper No. : MSC07 - HAIR STYLING & HAIR CUTS

Maximum Marks : 150
Theory – 80
Internal Assessment – 20
Practical – 40
Internal Assessment – 10

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES

1. To understand the basic elements of hair cutting and hair design.
2. To understand that in selecting a suitable hairstyle, one should take in consideration the client’s head shape, facial contour, neckline, and hair texture.
3. To understand conducting a colour service in accordance with a client’s need or expectations.
UNIT- I

Basics of hair cutting
Terms, Rules, Tools, Geometry, Controlling the shears and comb, Sectioning, Elevations and thinning the hair, Safety in hair cutting

UNIT- II

Artistry in Hair Styling
Introduction, Elements of design, Principles of hair design, Creating harmony between Hair style and facial structure, Wet hair styling, Thermal hair styling, Blow dry styling, Air waving styling, Safety precautions used in hair styling.

UNIT- III

Permanent Waving
History of permanent waving, Modern perm chemistry, Hair structure and perming, Perming technique, Special perming technique and precautions.

UNIT- IV

The Artistry of Artificial Hair
Introduction, Types of wigs, Taking wig measurements, Ordering, Blocking & fitting of the wig, Cleaning, Shaping, Setting and styling of wigs, Putting on & taking off a wig, Wig coloring, Rinse of artificial hairs and safety measures.

Practical
Advanced Hair Styles, Different Types of Hair Cuts, Rebonding and permining

BOOKS RECOMMENDED
- Aubrey Hampton, Natural Organic Hair & Skin Care including A-2 Guide to Natural and Synthetic Chemicals in Cosmetics,
- Dina Falconi, Alon Mcknight, David Goldbeck, Earthly Bodies & Heavenly hair: Natural and Healthy care for every body.
- Deb Rangl, Milady’s Standard hair Coloring Manual and Activities Book: A Level System Approach.
- Naline Visscher, how to cut hair at home. The beginner’s guide to getting the right cut without amateur mistakes.
- Bailey Diane Carol, and Elizabeth Anthony Natural Hair Care and Braiding. I-56253-316-9
- Cotter, Louise. Beautiful Black Styles.I-56253-222-7
- ___.Milady’s for Men Only: Styling and Techniques. I-56253-203-0
- ___, and Beverly Getschel. Salon Ovations’ Children’s Styles.
- Jones, Jamie Rines, Braids and Updos Made Easy.
- ___Long Hair System. 0-82738-730- Lela’s Braiding Gallery. I-56253-441-6
• The Multicultural Client: Cuts, Styles, and Chemical Services. I-56253-178-6
• _____, Milady’s 18 Men’s Styles. I-56253-177-8
• _____, Milady’s 28 Styles. I-56253-070-4
• _____, Milady’s Haircutting: Men’s Women’s and Children’s cuts. I-56253-103-4
• _____, Milady’s Razor Cutting. I-56253-180-8
• Ekstom, Candi, and Louise Cotter. Perm Waving Styles. I-56253-312-6
• Padgett, Mark E.A Contemporary Approach to Permanent Waiving. I-56253-101-8
• Zotos Creative Designers. Milady’s Perm Techniques. I-56253-172-7
• Habib Jawed, Professional Hair Styling, 2007, UBSPD, New Delhi

Paper No. : MSC08 -ACUPRESSURE – A GUIDE TO PERFECT HEALTH

Maximum Marks : 150

Theory – 80
Internal Assessment – 20

Practical – 40
Internal Assessment – 10

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To know about the concept of nature cure system based on scientific technique of Massage and pressure.
2. To gain knowledge about various pressure techniques for different ailments.
3. To provide practical knowledge about the gadgets used for pressure.

UNIT- I
Acupressure – its Origin, Concept and Technique
Indian Origin, Acupressure and Acupuncture, Division of the body into longitudinal zones, Division of Hands and feet into transverse zones, division of upper part of both hands and feet into transverse zone

UNIT- II
Miraculous Mirrors of the Body
UNIT- III

Disease Theory
How Acupressure Works, How to locate the correct reflex points, Do’s and Don’ts, Pressure Technique – Most Distinctive Feature, Number of sittings required for cure,

UNIT- IV

Usefulness of Gadgets for giving pressure

Practical
Relaxation and Treatment with various acupressure techniques

BOOKS RECOMMENDED

- Blate Micale, Acupressure Bhag:3, 1996, P. Jain Publication, New Delhi
- Sharma R.K., Acupressure Chliksa,2007, Manoj Pocket, New Delhi
- Michael Reed Gach, Acupressure Potent Points, 2000, P.Jain Publication, New Delhi
- Lona Tee Guarden & others, A Complete Guide to Acupressure.
- Peter Deadman & Other, A Manual of Acupressure
- Vohora Asha Rani, Ladies Health Guide, 2006 Pustak Mahal, Delhi
- Sharma, S.K., Self Treatment : Through Acupressure, 1st ed., New Delhi, New Bhartya Book Corporation
INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To understand the concept of Community Health Nutrition
2. To understand the National Health Care Delivery System
3. To understand the causes and consequences of nutritional problems in the community
4. To orient the students with the methodologies applied in nutritional assessment of individuals and communities.

UNIT I
Community Health Nutrition
Aim and scope of Community Health Nutrition, Role of Community Health Nutritionist in National development, Health – Definition, dimensions and indicators, National Health Care System

UNIT- II
Assessment of Nutritional Status of Individual and Community
Direct methods – anthropometry, biochemical, biophysical and clinical methods, Indirect methods – dietary intake and ecological variables including socio-cultural, biologic, environmental and economic, Errors in methods of assessing nutritional status.

UNIT- III
Aspects of Community Health Undernutrition Etiology, public health implications, preventive strategies for:
Protein Energy Malnutrition, Vitamin A deficiency, Nutritional Anemias, Iodine Deficiency Disorders, Vitamin D deficiency and Osteoporosis, Zinc deficiency

UNIT IV
Development of low cost recipes for infants, preschoolers, elementary school children, adolescents, pregnant and lactating mothers.
Practical work
Field Visit to Primary Health Centre – Focus Group Discussions, in-depth interviews, mapping to study health behavior, food habits and dietary patterns.

BOOKS RECOMMENDED

Paper No. : MSC10- THE MAGIC OF MASSAGE

Maximum Marks : 150
Theory – 80
Internal Assessment – 20
Practical – 40
Internal Assessment – 10

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To discuss the purpose of massage
2. To demonstrate the manipulation in massage
3. To demonstrate appropriate safety and sanitation procedures

UNIT- I

Introduction
Origin of massage, The history of massage therapy, Types of massage, Physical and mental benefits of massage therapy, Massage and health benefits.
UNIT- II

Ayurvedic and Swedish Massage
Ayurveda and ayurvedic massage, Panchakarma, Kerala massage therapy, Abhyanga massage, Deep Tissue massage
Swedish massage – Basic Techniques, Trigger Point therapy and treatments

UNIT- III

Oriental Massage Techniques
Yin and Yang, Japanese massage – Shiatsu, Chinese massage, Mongolian massage, Tibetan massage, Traditional healing massage of Thailand, Thai massage, Thai Yoga massage.

Healing with Massage
Basic massage techniques,
Self massage – Hand massage, revitalizing Arm and Neck Massage, Leg massage, Back massage, Aliment and Remedies

UNIT- IV

Massage Oils
Massage Oils and their therapeutic qualities
Basic oils and their uses – Sweet Almond, Apricot Kernel Oil, Avocado, Borage Oil, Castor Oil, Coconut Oil, Grapeseed Oil, Jojoba Oil, Kukui Nut Oil, Olive Oil, Peanut Oil, Sesame Oil, Safflower Oil, Wheat Germ Oil.

Practical
Body Massage with various techniques

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.
- Johari Harish, Ayurvedic Massage, Healing Arts Press, Vermont.
- Frawley David, Ayurvedic Healing, Passage Press, Sandy Utah.
- Junenemann Monika and Tisserand Maggie, Magic of Power of Lavender, Lotus Light-Shangri-Ia, Twin Lakes, Wisconsin
INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To understand the pattern for applying make up techniques for all type of skin complexions.
2. To apply appropriate cosmetics to enhance a client’s appearance.
3. To understand that while applying make up, one must take into consideration the structure of client’s face, the colour of eye, skin and hair that how the client wants to look.

UNIT- I
The Principles of Make up-
Preparation For Makeup Application – Equipment, tools, terms and material required for foundation, Face Powder, Cheek & Lip Color, Eye makeup, Procedures for applying a professional Makeup

UNIT II
Around The Clock Make Up-
Day, Night & Evening Makeup, Makeup for Darkish Face, Beauty Care Prior To Wedding- Bridal Makeup & Art of Bindis

UNIT- III
Touch Up Tricks-
Make Up Touch Up tricks- Lunch Time Touch up, Night Time face touch up, the cocktail eye, the fresh night time face, skin shine- disappearing make up. Types of complexion and feature, Skin types and makeup, Skin tones and make up, Face shapes, eyes, eye brows, lips.

UNIT- IV
The occasional dealing with changes- Menstruation, Travel, Dieting, Cold Sores. The make up area in your home. The perfect make up bag.
Practical
Art of Makeup – Corrective Makeup, Bridle Makeup, Reception Makeup.

BOOKS RECOMMENDED
- Mary Quant, DK Publishing, 1996, Classic Makeup and Beauty
- Kevyn Aucoin, Little Brown and Company, 2000, Face Forward
- Milady’s, Text Book of Cosmetology, 2000, Milady Publication, America
- Colver Graham, Your Skin, 1990, Bromely Harap Publications
- Handa Parvesh, Complete Book on Beauty Body Makeup, 2006, Goodwill Publication, New Delhi
- Aucoin Kevyn, Making Faces, 1st ed. Hong Kong : Little, Brown and company, 1977
- Robert Jones, Looking Younger : Makeovers that make you look as young at you feel, 1st ed. Massachusetts, Fairwinds, 2008

Paper No. : MSC12-ADVANCE THERAPIES FOR SKIN & HEALTH

<table>
<thead>
<tr>
<th>Maximum Marks : 150</th>
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<tbody>
<tr>
<td>Theory – 80</td>
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<tr>
<td>Internal Assessment – 20</td>
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<tr>
<td>Practical – 40</td>
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<td>Internal Assessment – 10</td>
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INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES:
1. To provide knowledge and necessary information of the latest different therapies given for the overall improvement of health and beauty.
2. To make use of the therapies for releasing the stress, fatigue, tension, depression.
3. To practice appropriate safety and sanitation procedure.

UNIT- I
Magnet Therapy & Reflex Therapy
Introduction and its uses and instruments used.
UNIT - II

Hydro Therapy & Seaweed Therapy
Meaning, Purpose and its benefits.

UNIT - III

Electro Therapy & Electrolysis Therapy
Definition, Terms and types of Therapy and their purpose

UNIT - IV

Aroma Therapy & Spa therapy
Meaning, Oil used in Therapy and kinds of therapy

Practical
Therapy with different oils and gadgets.

BOOKS RECOMMENDED

- Patricia Davis, Aroma Therapy: An A-Z : the most Comprehensive Guide.
- George J. Washins and Ridhard Haricak, Discovery of Magnetic health book.
- Prof. Holger Hannemann. Magnetic Therapy: Balancing your energy flow for self healing
- Ron Lawrence, M.D, Phd and Paul Rosch, M.D. F.A.C.P. Magnetic therapy
- Andrew Salter, The Conditioned Reflex Therapy Classic Book on Assertiveness that began Behavior Therapy Published
- Diane Buchman, Blanche Fried, The Complete Book on Water Therapy
- Ruth Sova, The Water way to Mobility and Painfree.
- Kathi Keville, IDG Books, 1999, Aromatherapy for Dummies
- Null, Garry, Get Healthy Now, Kindle 2nd ed. Seven Stories Press, 1999, U.S.
- Ruth Adams, The complete home guide to all the vitamins, New York : Larchmont Boks, 1972,
SEMESTER-III

- Paper No. : MSC13-THERAPEUTIC NUTRITION

Maximum Marks : 150

| Theory – 80 | Internal Assessment – 20 |
| Practical – 40 | Internal Assessment – 10 |

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:

(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES

1. To understand the etiology, physiological and metabolic anomalies of acute and chronic disorders / diseases.
2. To understand the effect of various disorders / diseases on nutritional status, nutritional and dietary requirements.
3. To be able to recommend and provide appropriate nutrition care for prevention and treatment of various disorders / diseases.
4. To remain updated on recent advances in Medical Nutrition Therapy (MNT).
5. To understand the protective role of Antioxidants against various human diseases.

UNIT- I

Nutrition Care
Dietary Management, Nutritional assessment, Nutritional interpretation of routine medical check up, Nutrition care plan and implementation dietary modifications and progressive diets, Dietary counseling and preparation of counseling aids, Check up and follow up, Ethical issues.

UNIT- II

Weight Management, Metabolic Stress and Disorders

UNIT- III

Musculo-skeletal, Rheumatic, Allergic disorders and Cancer
a) Overview of principles of diet management in Muscular, skeletal and rheumatic disorders, Osteoporosis, Dementia, Parkinson’s disease
b) Food Allergy and Food Intolerance: Diagnosis, complications, treatment, prevention and dietary counseling, Cancers – general and specific.
UNIT- IV

Antioxidants and Human Health
Protective role of antioxidants against chronic diseases like diabetes, cancer, heart diseases, allergies, arthritis and cognition diseases.

Practical
Market Survey for special nutritional products to assess nutritional status for nutrition care.

BOOKS RECOMMENDED
• Balch, J. The super Antioxidants: Why they will change the face of health care in 21st century, M. Evans & Co., Inc/ New York
• Wexler, B., Antioxidants: Natural Defense Against oxidative stress, Woodland Publishing.
• Packer, L., and Colman, C. The Antioxidants Miracle : Your complete plan for total health and healing, John Wiley & Sons.
• Bourgeois, F.C. Antioxidants Vitamins and Health: Cardiovascular Disease, Cancer, Cataracts and Aging, HNB Publisher.

Journals
• American Journal of Clinical Nutrition
• European Journal of Clinical Nutrition
• Journal of the American Dietetic Association

Paper No. : MSC14- BEAUTY AND HEALTH BUSINESS MANAGEMENT

Maximum Marks : 100
Theory – 80
Internal Assessment – 20

INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:
(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.
(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.
(iii) All questions carry equal marks.

FUNDAMENTAL OBJECTIVES
1. To develop a knowledge base about the physical facilities needed for different types of food service units
2. To impart necessary expertise to manage the financial aspects in the units.
3. To learn the principles of personnel management

UNIT - I
PRACTICES IN COSMETOLOGY AND HEALTH CARE
Introduction, Principles of Management

UNIT- II
SPACE AND EQUIPMENT
a) Layout planning: Preliminary preparation-Information gathering, Prospectus, Determining basic units and equipment, Design development.- Types of working areas, Flow of work and work area relationship
b) Determining equipment needs: Types of Equipments, Features of equipments, Factors affecting selection of equipments, Equipment needs for different situations
c) Architectural considerations for a Health and Beauty Service Establishment
d) Feasibility assessment in terms of layout design and costs

UNIT- III
FINANCIAL MANAGEMENT
a) The use of Financial Management in a Health and beauty based enterprise
b) Cost, Costing and Cost Accounting: Ascertainment and Controlling of Cost, Preparation of Cost Sheet & Costing Records

c) Budget, Budgeting and Budgetary Control

d) The Concept of Break Even Point (B.E.P), Pricing and its methods.


UNIT- IV

Resource Management:

Problem Specific Research
How to set a Hypothesis, Study of Research Methods.

BOOKS RECOMMENDED
• Sethi Mohini (2005) Institution Food Management New Age International Publishers
• Terrell E M (1971) Professional Food Preparation, Wiley publishers (New York)
• Knight J B & Kotschevar LH (2000) Quantity Food Production Planning & Management 3rd edition John Wiley & Sons
• Philip E Thangam (2008) Modern Cookery for teaching and Trade Part I & II Orient Longman
• Tripathi P C (2000) Personnel management 15th ed Sultan Chand, New Delhi
• Swamy’s Handbook (2009) Swamy Publisher (P) Ltd
• Sethi Mohini (2005) Institution Food Management New Age International Publishers
• Dhaneja Nand & Sastri K S (1998) Finance & Accounting for Managerial Competitiveness
• Financial Management by I.M. Pandey
• Financial Management by Prasanna Chandra : Tata Mcgraw Hill.

**Paper No. : MSC 15- AYURVEDIC NATURAL PRODUCT LABORATORY FOR SKIN & HAIR**

**Maximum Marks : 150**

- **Theory – 80**
- **Internal Assessment – 20**

- **Practical – 40**
- **Internal Assessment – 10**

**INSTRUCTIONS FOR PAPER SETTERS AND CANDIDATES:**

(i) Examiner will set total of nine questions two questions from each unit and one compulsory question of short answer type covering whole syllabi.

(ii) The students are required to attempt five questions in all, one question from each unit and the compulsory question.

(iii) All questions carry equal marks.

**FUNDAMENTAL OBJECTIVES**

1. To learn about the importance of Ayurvedic home products
2. To prepare various Ayurvedic products for healthy hair and skin
3. To prepare healthy Oils, Tonics and Packs for various hair and skin problems.

**UNIT- I**

**Introduction**

Concept and Importance of Ayurvedic Home Products for Healthy Hair and Skin.

**UNIT –II**

**Ayurvedic Preparation for Skin Treatment**

Ayurvedic Creams, lotion, Masks and packs, Skin Tonics for - Black and White Heads, pigmentation, Hyper-sensitive Skin, Open Pores Muddy Skin Prickly Heat, Boils and Pustules Sunburn, Burns and Scalds, Birthmarks, Cold Sores, Discoloration of Skin Red
Nose, Skin Afflictions, Pimples and Acne, Moles, Warts, Genital Warts, Leucoderma: The Whitening of Skin, Rhinoplasty, Dermatitis, Scabies, Skin Allergies, Sunscreen lotion.

UNIT- III

**Ayurvedic products for Hair**
Ayurvedic Hair Oils, Packs, Tonics, Shampoos and Conditioners for – Dry Hair, Dull Hair, Oily Hair, Brittle Hair, Flakiness, Thin Hair, Split-End Hair, Dandruff, Loss of Hair, Chronic Hair Falling, Round Patches of Baldness, Diseased Hair, Herbal Recipes for Scalp Infection, Skin Infections, Traumaumatic Lesions of the Hair, Milk Crust, Trichotillomania, Pelade, Lice Infestation. Dandruff, Hair Loss, Hair Growth, Early Grey Hair.

UNIT- IV

**Packaging**
Filling and packing of creams, Oils, Packs, Tonics, Shampoos, Conditioner and lotions,

**Practical**
Preparation of Ayurvedic Products for Hair and Skin

**BOOKS RECOMMENDED**

- Monisha Bharadwaj, Ulysses Press, 2000, Beauty Secrets of India
- Bhagwandash, Vaidya. Massage Therapy in Ayurveda. (Concept Publishing Company, New Delhi, 1934)
- Frawley, Dr.David. Ayurvedic Healing, (Passage Press, Morson Publishing Salt Lake City, Utah, 1989)
- Lad, Dr.Vasant and Frawley, Dr.Davind. Yoga of Herbs. ,(Lotus Press, Twin Lakes, Wisconsin, 1986)
- Thakkur, Chandrashekhar G., Introduction to Ayurveda.(Times of India Press, Bombay, India, 1965)
- Sachs, Melanine, Ayurvedic Beauty Care: Ageless Techniques to invoke Natural Beauty, Twin Lakes, Wisconsin.
- Loughran Joni, Lifetime of Beauty: The Definitive all – Natural guide to Skin & Hair Care, Summer flight Publishing, Petaluma, California.

**Paper No. : MSC16- INTERNSHIP/PROJECT WORK**

**Maximum Marks : 200**
- Dissertation – 150
- Viva – 50

The Internship/Project work will be of three months duration. During the fourth Semester there shall be two months for internship in an institution and one month for project work. No candidate who has passed the examination shall be awarded the Degree unless she has undergone the internship in an institution as aforesaid to the satisfaction of the Head of the Institutions where she has been studying. Students are required to submit a dissertation/research work on any of the topics covered under syllabus as per the survey conducted under that specified field.

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