FACULTY OF SCIENCE

SYLLABI

FOR

CERTIFICATE, ADVANCED CERTIFICATE & DIPLOMA COURSE

IN

BEAUTY AND WELLNESS

(under Community College Scheme)

SESSION 2014-2015

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CERTIFICATE, ADVANCED CERTIFICATE AND DIPLOMA COURSE IN BEAUTY AND WELLNESS

CHOICE BASED CREDIT SYSTEM

SYLLABUS FOR

1. CERTIFICATE COURSE IN BEAUTY AND WELLNESS
2. ADVANCED CERTIFICATE COURSE IN BEAUTY AND WELLNESS
3. DIPLOMA IN BEAUTY AND WELLNESS

FOR THE STUDENTS ADMITTED FROM THE ACADEMIC YEAR 2014 – 2015 ONWARDS

CERTIFICATE COURSE IN BEAUTY AND WELLNESS

Duration of the Program: THREE MONTHS

ELIGIBILITY:

Students who have completed 10+2 in any stream from any Board

PASSING MINIMUM:

A candidate shall be declared to have passed the examination if she obtains, not less than 40% of marks in each paper.

CLASSIFICATION OF SUCCESSFUL CANDIDATES:
1) A Candidate who obtains not less than 60% of marks and above of the total shall be declared to have passed the examination in **FIRST CLASS**.

2) A Candidate who obtains not less than 50% but below 60% of marks shall be declared to have passed the examination in **SECOND CLASS**.

3) All other successful candidate shall be declared to have passed the examination in **THIRD CLASS**

4) A candidate who obtains not less than 75% of the total marks in the first attempt shall be declared to have passed the examination with **DISTINCTION**.
## Certificate Course in Beauty, Health and Wellness

### Semester I

<table>
<thead>
<tr>
<th>Paper code</th>
<th>Subject</th>
<th>Duration</th>
<th>Marks</th>
<th>Internal Assessment</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1</td>
<td>Basic Beauty Culture (Theory)</td>
<td>3 hours</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>C2</td>
<td>Basic Beauty Culture (Practical)</td>
<td>3 hours</td>
<td>75</td>
<td>25</td>
<td>100</td>
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CERTIFICATE COURSE IN BEAUTY, HEALTH AND WELLNESS

PAPER C1

BASIC BEAUTY CULTURE

6 Periods per week

M.M : 100
Marks: 80
Int. Ass.:20

Instructions for the paper Setter:
The question paper will consist of five sections A, B, C, D & E. Sections A, B, C, D will have two questions from the respective section of the syllabus, and Section E will consist of short type / objective type questions covering the entire syllabus uniformly carrying one mark each.

Unit 1
1. Cosmetology: Definition of Cosmetology, Cosmetologist, types of Cosmetology, Scope of Cosmetology in India and Abroad.
2. Professional Ethics: At reception of salon with employees, with fellow co-workers, with employees.

Unit 2
4. Facials: The importance of facials according to skin types.
5. Daily Skin Care regime: Need for cleansing, toning, moisturizing and role of cleansing, toning and moisturizing.

Unit 3
6. Make up: Theory of make-up, tools used in make-up and their care, base application, eye make-up.
7. The Art of Hair styling: Important points considered in making a hair style, principles, balance between hair style and face structure.

Unit 4
9. **Elementary Nutrition**: Definition of food, elementary knowledge of different food groups and their functions, concept of balanced diet.

10. Role of nutrition in beauty care.

**Dietary guides** & their use.

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**PAPER C2**

**BASIC BEAUTY CULTURE PRACTICAL**

**9 Periods per week**

<table>
<thead>
<tr>
<th></th>
<th>M.M : 100</th>
<th>Paper: 75</th>
<th>Int. Ass.:25</th>
</tr>
</thead>
</table>

3 Months (Certificate Course)  

Practical

1. Client consultation skills
2. Cleansing, Basic Facial, Gold Facial, Silver Facial, Pearl Facial.
3. Basic Manicure and pedicure.
4. Waxing and Threading.
5. Henna application on hair.
6. Basic hair styles.
7. Make up: Day Make up, self make up.
8. Bleaches, leather bleach.
ADVANCED CERTIFICATE COURSE IN COURSE IN BEAUTY AND WELLNESS
Duration : 6 months

ELIGIBILITY:

**Advance Certificate course in Beauty and Wellness**

**Semester I**

<table>
<thead>
<tr>
<th>Paper code</th>
<th>Subject</th>
<th>Duration</th>
<th>Marks</th>
<th>Internal Assessment</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>C3</td>
<td>Advance Beauty Culture (Theory)</td>
<td>3 hours</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>C4</td>
<td>Health and Nutrition</td>
<td>3 hours</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>C5</td>
<td>Beauty, Health and nutrition (Practical)</td>
<td>3 hours</td>
<td>75</td>
<td>25</td>
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After completion of the Certificate Course in **Beauty and Wellness**, the same students will take up **Advance Certificate Course in Beauty and Wellness**, the following syllabus is prescribed for them:
Semester I

PAPER C3
ADVANCE BEAUTY CULTURE

6 Periods per week

M.M : 100
Paper 80
Int. Ass.:20

Instructions for the paper Setter:
The question paper will consist of five sections A, B, C, D & E. Sections A, B, C, D will have two questions from the respective section of the syllabus, and Section E will consist of short type / objective type questions covering the entire syllabus uniformly carrying one mark each.

UNIT 1
1. Theory of treatment facials, its procedure and benefits: basics
   Anti pigmentation, De-tan facial, Skin tightening, Acne derma facial.

   Advance Manicure and Pedicure: Various kinds of manicure and pedicure
   Safety required in Manicure & Pedicure.

   UNIT 2
   Eye brow shaping: according to type of face.
   Make up: Basics Principles, preparation and procedures for applying professional make up.

UNIT 3
   Hair Trichology: Stages of hair growth, factors affecting hair growth, density of hair, types of texture in hair.
   Basics of hair cutting: Terms, tools, geometry, controlling the shears and combs, sectioning, elevation and thinning the hair, basic hair cuts

   Problems of hair: Dandruff, falling hair, split ends, premature graying of hair, types of treatments for various hair problems and the procedure followed.

UNIT 4
   Mehandi: Method of applying mehandi on hands, method of making mehandi cones.
PARER: C4
HEALTH AND NUTRITION:

6 Periods per week

M.M : 100
Paper 80
Int. Ass.:20

Instructions for the paper Setter:
The question paper will consist of five sections A, B, C, D & E. Sections A, B, C, D will have two questions from the respective section of the syllabus, and Section E will consist of short type / objective type questions covering the entire syllabus uniformly carrying one mark each.

UNIT: 1
Women health and Nutrition in adolescence, Pregnancy, Lactation, and Adult hood

UNIT: 2
Energy Balance: Overweight and Underweight, Predisposing factors and effect; and their dietary management.

UNIT: 3
The Concept of balanced diet, functions of food(Protective, regulatory, bodybuilding

UNIT: 4
Functional foods: antioxidants, prebiotic foods, Nutraceuticals etc.
PAPER C5
BEAUTY, HEALTH AND NUTRITION PRACTICAL:
9 Periods per week

M.M : 100
Paper 75
Int. Ass.:25

1. Facials: vitamin A facial, nut facial, fruit facial, chocolate facial and vegetable peel. lactobased peels
2. Eye brow shaping
3. Advance henna applications and henna tattoo making: Traditional Mehandi, Instant mehandi, Colourful mehandi, Arabic mehandi, Shaded mehandi
4. Roller setting, straightening.
5. Different kinds of layering, cuts and flicks.
6. Professional make-up techniques.
7. Diet for preschoolers, school going, adolescent, pregnant, lactating, old age, etc.
8. Low calorie recipes
Diploma Course Sem II
DIPLOMA COURSE IN BEAUTY AND Wellness.

Duration : 1 YEAR

ELIGIBILITY:

After completion of the Advanced Certificate Course in Beauty and Wellness. The same students will take up

Diploma Course in Beauty and Wellness, the following Syllabus are Prescribed for them.
Semester II

PAPER C6

HAIR AND NAIL DESIGNING

6 Periods per week

M.M : 100
Paper 75
Int. Ass.:25

Instructions for the paper Setter:
The question paper will consist of five sections A, B, C, D & E. Sections A, B, C, D will have two questions from the respective section of the syllabus, and Section E will consist of short type / objective type questions covering the entire syllabus uniformly carrying one mark each.

UNIT:1
NAIL CARE:
Nail Art, Nail Extensions:’ Acrylic nail, gel nail, silk wraps
Nail irregularities, nail disorders and their treatments

UNIT:2
HAIR COLOR:
Theory of hair color, reasons to color hair, factors influencing hair color, color wheel, types of hair color, techniques of hair color application

UNIT:3
HAIR TREATMENTS: Perming: the method used, contraindications and precautions to be taken, disadvantages of perming, spiral wrapping, croquignessingole wrapping, cold wave, partial perm, over processing, etc.
Hair straightening: the method used, contraindications, precautions to be taken, common terms used in straightening:

UNIT:4
Need for hair spa, types of hair spa, benefits of hair spa, various procedures followed in hair treatment, electrical gadgets used in hair spa.
Instructions for the paper Setter:
The question paper will consist of five sections A, B, C, D & E. Sections A, B, C, D will have two questions from the respective section of the syllabus, and Section E will consist of short type / objective type questions covering the entire syllabus uniformly carrying one mark each.

UNIT-1
Normal and therapeutic nutrition in different health conditions

UNIT-2
Nutrition and health education
Nutrition for fitness

UNIT-3
Acute illness, metabolism and nutrition
Diet related malnutrition

UNIT-4
Community nutrition and associated nutritional deficiencies and various govt intervention programs.
PAPER C8
HAIR AND NAIL DESIGNING PRACTICAL

9 Periods per week

M.M : 100
Paper 75
Int. Ass.:25

1. Manicure and pedicure: Hot oil, French, Aroma, paraffin wax, Spa manicure and pedicure,
2. Advance hair cuts
3. Advance Hair styles
4. Dupatta and Saree draping
5. Hair coloring techniques: Global and Fashion shades
6. Rebonding, Smoothening, Straightening, Permimg and Deep conditioning
7. Nail Art
8. Draping for Wet hair, Chemical services, Dry hair services
1. Development of low cost nutritious recipes

2. Market survey for special nutritional products to assess nutritional status for nutrition care

3. Home care recipes for Skin and Hair.

4. Herbal recipes for healthy skin and hair.

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