

Beauty & Wellness

**CERTIFICATE, ADVANCED CERTIFICATE, DIPLOMA AND  
ADVANCED 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**
- 4. ADVANCED DIPLOMA IN BEAUTY AND WELLNESS**

**FOR THE STUDENTS ADMITTED FROM THE  
ACADEMIC YEAR 2015-2016 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 declare to have passed the examination in **FIRST CLASS**.
- 2) A Candidate who obtains not less than 50% but below 60% of marks shall be declare 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

**CERTIFICATE COURSE IN BEAUTY AND WELLNESS**

**Certificate course in Beauty, Health and WELLNESS**

**Semester I**

<b>Paper code</b>	<b>Subject</b>	<b>Duration</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Total</b>
<b>C1</b>	<b>Basic Beauty Culture (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C2</b>	<b>Basic Beauty Culture (Practical)</b>	<b>3 hours</b>	<b>75</b>	<b>25</b>	<b>100</b>

# 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.

#### **Unit1**

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.

#### **Unit2**

3. **Skin Structure:** Study of the anatomy of skin, functions of skin, types of skin and its care, pH of skin.
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.
8. **Meaning of Manicure and Pedicure:** Basic manicure and pedicure, equipments required in manicure and pedicure, procedures followed in manicure and pedicure.  
Contraindication & precautions taken while doing manicure & pedicure.



#### **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.**

#### **PAPER C2**

#### **BASIC BEAUTY CULTURE PRACTICAL**

**9 Periods per week**

**M.M : 100**

**Paper: 75**

**Int. Ass.:25**

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.
9. Preparation of nutrient rich recipes.

**ADVANCED CERTIFICATE COURSE IN COURSE IN BEAUTY AND WELLNESS**

**Duration : 6 months**

**ELIGIBILITY:**

**Advance Certificate course in Beauty and Wellness  
Semester I**

<b>Paper code</b>	<b>Subject</b>	<b>Duration</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Total</b>
<b>C3</b>	<b>Advance Beauty Culture (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C4</b>	<b>Health and Nutrition</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C5</b>	<b>Beauty, Health and nutrition (Practical)</b>	<b>3 hours</b>	<b>75</b>	<b>25</b>	<b>100</b>

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:**

**Diploma course in Beauty and Wellness**  
**Semester II**

<b>Paper code</b>	<b>Subject</b>	<b>Duration</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Total</b>
<b>C6</b>	<b>Hair and Nail designing (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C7</b>	<b>Health and fitness education (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C8</b>	<b>Hair and nail (Practical)</b>	<b>3 hours</b>	<b>75</b>	<b>25</b>	<b>100</b>
<b>C9</b>	<b>Health and fitness (Practical)</b>	<b>3 Hours</b>	<b>75</b>	<b>25</b>	<b>100</b>

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.

**PAPER C7**  
**HEALTH AND FITNESS EDUCATION**

**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**

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, Perming and Deep conditioning
7. Nail Art
8. Draping for Wet hair, Chemical services, Dry hair services

PARER :C9  
NUTRITION AND AYURVEDA(PRACTICAL)

**9 Periods per week**

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

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.

**Semester III**

**PAPER C10**

**ADAVANCE BEAUTY THERAPIES**

**6 Periods per week**

**M.M : 100**

**Paper 80**

**Int. Ass.:20**

**UNIT:1**

Electrology: Purpose of electrology. Different appliances used in cosmetology: vibrators, hi-frequency, galvanic and their functions.

**UNIT:2**

THERAPIES IN THE FIELD OF BEAUTY CARE: silicone therapy, fibrant therapy, chemical peeling, heparin therapy, color therapy, aromatherapy

**UNIT:3**

THEORY OF MASSAGE: Its purpose, types of massages and manipulations used in massage, physiological effect of massage

**UNIT:4**

Spa: Meaning of spa, theory of various Western, Indian and Oriental spa treatments, spa decoration, set up, spa etiquettes, spa cuisine, body wraps, spa facial

**Advanced Diploma Course Sem III**  
**ADVANCED DIPLOMA COURSE IN BEAUTY, HEALTH AND WELLNESS**

**Duration : 2 YEAR**

Advance Diploma course in Beauty, Health and Wellness  
Semester III

Paper code	Subject	Duration	Marks	Internal Assessment	Total
C10	Advance Beauty Therapies (Theory)	3 hours	80	20	100
C11	Alternative Health Therapies (Theory)	3 hours	80	20	100
C12	Advance Beauty Therapies (Practical)	3 Hours	75	25	100
C13	Alternative Health Therapies (Practical)	3 Hours	75	25	100

**ELIGIBILITY:**

After completion of the Certificate Course in Fashion Designing. The same students will take up **Advanced Certificate Course in IN BEAUTY. HEALTH AND WELLNESS;** the following Syllabus is prescribed for them.



**PAPER C11  
ALTERNATIVE HEALTH THERAPIES**

**6 Periods per week**

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

**UNIT:1**

**Yoga and Meditation:** Meaning of Yoga and Meditation, Its importance and benefits Basic yoga asanas for good health and beauty

**UNIT:2**

**Aerobics:** Introduction, importance and basic techniques used for weight reduction and fitness.

**UNIT :3**

**Acupressure:** Meaning, its benefits, important acupressure points in hands and feet, various gadgets used in acupressure treatment, methods of giving acupressure treatment.

**UNIT:4**

**Magnetotherapy:** Meaning, its benefits, importance , health benefits of the therapy, method of maganetising water and its benefits, methods of using magnets and treating diseases

**PAPER C12**  
**ADVANCE BEAUTY THERAPIES (PRACTICAL)**  
**9 Periods per week**

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

1. Facials using various gadgets
2. Spa manicure and pedicure
3. Body Spa
4. Different Massages
5. Body Wraps
6. Spa Facials
7. Aromatherapy
8. Color therapy

**PAPER C13**  
**HEALTH THERAPIES (PRACTICAL)**  
**9 Periods per week**

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

- 1.Aerobics for weight reduction and fitness
- 2.Acupressure points
- 3.Various therapies of skin and hair
- 4.Pranayams
- 5.Basic Yoga asanas
- 6.Meditation techniques
7. Yogic kriyas
8. Magnetotherapy

**Advance Certificate course in Beauty, Health and Wellness  
Semester IV**

<b>Paper code</b>	<b>Subject</b>	<b>Duration</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Total</b>
<b>C14</b>	<b>Salon management and business ethics (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C15</b>	<b>Advance nutrition (Theory)</b>	<b>3 hours</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>C16</b>	<b>Media Makeup (Practical)</b>	<b>3 hours</b>	<b>75</b>	<b>25</b>	<b>100</b>
<b>C17</b>	<b>Computer Application (Practical)</b>	<b>3 Hours</b>	<b>75</b>	<b>25</b>	<b>100</b>



**PAPER C-14**  
**SALON MANAGEMENT AND BUSINESS ETHICS**

**6 Periods per week**

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

**UNIT-1**

Introduction, principles of management, types of working area, flow of work and work area relationship

**UNIT-2**

Equipment needs, types of equipment, features of equipment, factors affecting selection of equipment, equipment needs for different situations, architectural considerations for a health and beauty service establishment.

**UNIT-3**

Budget, budgeting and budgetary control, the concept of “ break even point”, pricing and its methods

**UNIT-4**

Human Resource Management, Entrepreneurship Development, Business Communication Skills, Business Environment, Service Management, Retail Management, Fitness Management

**PAPER C-15  
ADVANCE NUTRITION:**

**6 Periods per week**

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

**UNIT-1**

Diet for Healthy Body (Age Group) during infancy, childhood, adolescence, adulthood

**UNIT-2**

Diet during pregnancy, lactation

**UNIT-3**

Nutrition and Health Education

**UNIT-4**

Nutritive value of cereals, pulses, milk and milk products

**PAPER C-16**  
**MEDIA MAKE-UP PRACTICAL**  
**9 Periods per week**

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

1. Air brush body make up with silicone base
2. Indian bride in seven looks
3. Glamour make-up, page-3 make –up, high definition makeup
4. Different eye makeup
5. Ramp make up
6. Illusion makeup (old age look, cut and burn marks, beard look, accident mark, horror look)
7. Portfolio makeup
8. TV makeup

**PAPER C-17**  
**COMPUTER APPLICATION PRACTICAL**  
**9 Periods per week**

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

1. Introduction to computers
2. MS-Office
3. Internet browsing and E-mails
4. Software for hair coloring
5. Software for hair cutting
6. Software for virtual makeup