

**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

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

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**

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

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 Adulthood

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

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

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.

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.

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

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**

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

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

**Advanced Certificate in Fashion Design and Clothing Construction Course
Semester – III**

PAPER CODE	SUBJECT	DURATION	MARKS	INT.ASS.	TOTAL MARKS
AD1	HISTORIC COSTUMES & TEXTILES (THEORY)	3 (Hours)	80	20	100
AD2	CAD IN TEXTILE AND FASHION (THEORY)	3 (Hours)	80	20	100
AD3	DESIGNING AND MANUFACTURING WOMEN'S APPAREL (PRACTICAL)	3 (Hours)	75	25	100
AD4	CAD IN TEXTILE AND FASHION (PRACTICAL)	3 (Hours)	75	25	100

ELIGIBILITY:

After completion of the Certificate Course in Fashion Design & Clothing Construction, same students will take up Advanced Course in Fashion Design & Clothing Construction, the following Syllabus are prescribed for them.

PAPER I
HISTORIC COSTUMES & TEXTILES

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. One question has to be attempted from each section and section E is compulsory.

UNIT-I

Costumes of India during the following periods

- a) Indus Valley civilization
- b) Gupta and Maurya Period
- c) Mughal Period
- d) British Period

UNIT-II

Costumes of

- a) Egypt
- b) Rome
- c) Greek

UNIT-III

Traditional Textiles of

- a) Jamdhani & Baluchari of Bengal
- b) Patola, Ikat & Pochampalli
- c) Bandhini of Rajasthan
- d) Kalamkari of Andhra Pradesh

UNIT-IV

Traditional Embroideries

- a) Phulkari
- b) Kantha
- c) Kasuti
- d) Chikankari
- e) Kutch Embroidery

PAPER II

CAD IN TEXTILE AND FASHION

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. One question has to be attempted from each section and section E is compulsory.

UNIT-I

Introduction to computers – organization of computers – input unit –output unit – central processing unit – memory device. Working principles of printer- scanner- digitizer – plotters.

UNIT-II

Computer applications in printing – colour reduction. Computer application in weaving – stripes – checks – spot designs – enlarged designs – dobby – jacquard.

UNIT-III

Computer application in fashion designing – design creation- theme rendering.

UNIT-IV

Computer application in pattern making– grading.

REFERENCES

- CAD/CAM computer aided design and manufacture, Groover MP and E.W.Zinimmers, prentic hall, India 1984.
- Computer aided design and manufacture, Bezant C.E, Ellis Horwood, England,1983.
- CAD in clothing and textiles, Winfred Aldrich, Blackwel science, 1994.
- Computers in fashion industry, Taylor P, Heinemann publications 1990.
- Automation in the textile industry from fibers to apparels, Buhanan and Graddy, The Textile Institute,UK 1995.
- Computer aided drafting and design –concept and application, Veinsinet DO, 1987.

Traditional Embroideries (Practical)

9 Periods per week

M.M. : 100

Paper : 75

Int.Ass. : 25

Instructions for paper setters:-

- I. Each practical Paper will be of 3 hours duration.
- II. The question Paper should cover the entire syllabus.
 1. Make Samples of the following Traditional Embroideries
 - a) Phulkari
 - b) Kantha
 - c) Chikankari
 - d) Kutch
 - e) Sindhi
 - f) Kasuti

CAD IN TEXTILE AND FASHION (PRACTICAL)

9 Periods per week

M.M : 100

Paper 75

Int. Ass.:25

Instructions for paper setters:-

- I Each practical Paper will be of 3 hours duration.
- II The question Paper should cover the entire syllabus.

Coral Draw or fashion Studio

1. Design a garment for children - any 3 designs
2. Design a garment for women - any 3 designs
3. Design a garment for men - any 3 designs

TUKA CAD

1. Create a pattern, grade and prepare a marker plan for children–Frock.
2. Create a pattern, grade and prepare a marker plan for women– Salvar kameez.
3. Create a pattern, grade and prepare a marker plan for men- Full sleeve shirt.

Adobe Photoshop

1. Converting black & white images into multi colour images
2. Create visiting card with Image mixing

Advanced Certificate Course in Fashion Design and Clothing Construction

Semester IV

PAPER CODE	SUBJECT	DURATION	MARKS	INT.ASS.	TOTAL MARKS
AD5	APPAREL QUALITY ASSURANCE (THEORY)	3(Hours)	80	20	100
AD6	FASHION MARKETING AND MERCHANDISING (THEORY)	3(Hours)	80	20	100
AD7	PORTFOLIO PRESENTATION PRACTICAL (PRACTICAL)	3(Hours)	75	25	100
AD8	PROJECT work		80	20	100

Semester IV

PAPER I

APPAREL QUALITY ASSURANCE

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. One question has to be attempted from each section and section E is compulsory.

UNIT-I

Define Quality, QC, QA. Importance of quality and quality control. Raw material inspection - fabric inspection - 4 point system - 10 point system - in process inspection - final inspection - no inspection- 100% inspection - statistical sampling- AQL standards, preparing specifications.

UNIT- II

Fabric defects - pre sewing defects - sewing defects - post sewing defects-causes & remedies. Minor and major defects.

UNIT-III

Accessories testing - sewing threads, button, elastics, lining, interlining, hook, laces, elastics, packing materials. Testing on dimensional stability - bow-skew ness-shrinkage.

UNIT-IV

Apparel Quality Assurance in Packing –importance –types. warehousing –scope & importance – shipping procedure.

REFERENCES

- Managing quality in the apparel industries - Pradip metha, Satish k. Bhardwaj, NIFT, New age international (p) ltdpublishers, ND.
- Technology of clothing manufacture, Harold Carr and Barbara Latham, Oxford publications, ITSA.
- Apparel manufacturing and sewing product analysis, Ruth EC.
- Introduction to quality control, Pradip V Metha,ASCQ quality press,newyork,1992.

- Total quality management -a practical approach, Wiley Eastern, New York 1990.

PAPER II

FASHION MARKETING AND MERCHANDISING

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. One question has to be attempted from each section and section E is compulsory.

UNIT I

Introduction to Merchandising, Fashion Marketing, Role of Merchandiser, types of merchandising, product development & product cycle.

UNIT II

Domestic & Export Market Environment, Fashion Market.

UNIT III

Fashion marketing Planning, User's buying behavior.

UNIT IV

Advertising- scope, importance, types, merits & demerits; sales promotion, personal selling. Retail management.

REFERENCES

- Fashion Marketing, Mike Easey 1995, Oxford University press to Wynford Drive, Don Mills, Ontario.
- Introduction to Fashion Design, Patrick John Ireland, 1992, B.T Batsford Ltd., 583, Fullham Road, London.
- Fashion Design & Product development, Haroldcars/ John Pomeroy, 1992, Black Well Science, Inc., 238, Main Street, Cambridge.

Apparel Construction (Practical)

9 Periods per week

M.M : 100

Paper 75

Int. Ass.:25

1. Drafting and Construction of the following garments:-
 - a) Skirt and top
 - b) Ladies suit
 - c) Nighty
 - d) Blouse

PROJECT WORK

9 Periods per week

M.M. :100

Paper : 80

Int.Ass. : 20

Note: There will be no examination

1. Survey on famous brands available in market for men, women and children.
2. Sourcing of fabrics, fasteners and trims.
3. Various display material and installations.
4. Layout design and illustration for different kinds of store display.
5. Thematic window display for a specific store or boutique.

Project:

Students will develop a project related to the above topics and present it.