

**STATE COUNCIL OF TECHNICAL EDUCATION AND VOCATIONAL TRAINING, ODISHA  
TEACHING AND EVALUATION SCHEME FOR DIPLOMA IN ENGINEERING COURSES**

DISCIPLINE: BEAUTY CULTURE			SEMESTER: 1ST									
SL NO	SUBJECT CODE	SUBJECT	PERIODS			EVALUATION SCHEME						
			L	T	P	INTERNAL EXAM			END SEM EXAM	TERM WORK	PRACTICAL EXAM	TOTAL MARKS
						TA	CT	Total				
<b>THEORY</b>												
1.	BCT 101	ANATOMY AND PHYSIOLOGY	5	-	-	10	20	30	70			100
2.	BCT 102	YOGA AND BODY PERFECTION -1	5	-	-	10	20	30	70			100
3.	BCT 103	HAIR DRESSING-1	5	-	-	10	20	30	70			100
4.	BCT 104	BASIC AYURVEDA, NATUROPATHY, YOGA AND BEAUTY CULTURE	4	-	-	10	20	30	70			100
<b>PRACTICAL/TERM WORK</b>												
5.	BCP 101	YOGA AND BODY PERFECTION-1	-	-	8					100	50	150
6.	BCP 102	HAIR DRESSING-1	-	-	8					100	50	150
7.	BCP 103	TECHNICAL SEMINAR	-	-	4					25	25	50
<b>GRAND TOTAL</b>			<b>19</b>		<b>20</b>	<b>40</b>	<b>80</b>	<b>120</b>	<b>280</b>	<b>225</b>	<b>125</b>	<b>750</b>

Total Contact hours per week: 39

Abbreviations: L-Lecture, T-Tutorial, P-Practical, TA- Teacher's Assignment, CT- Class test

Minimum Pass Mark in each Theory Subject is 35% and in Practical subject is 50%

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TEACHING AND EVALUATION SCHEME FOR DIPLOMA IN ENGINEERING COURSES**

DISCIPLINE: BEAUTY CULTURE			SEMESTER: 2 <sup>ND</sup>									
SL NO	SUBJECT CODE	SUBJECT	PERIODS			EVALUATION SCHEME						
			L	T	P	SESSIONAL EXAM			END SEM EXAM	TERM WORK	PRACTICAL EXAM	TOTAL MARKS
						TA	CT	Total				
<b>THEORY</b>												
1.	BCT 201	PERSONALITY DEVELOPMENT	5	-	-	10	20	30	70			100
2.	BCT 202	BEAUTY CULTURE-1	5	-	-	10	20	30	70			100
3.	BCT 203	COMMUNICATION SKILL	5	-	-	10	20	30	70			100
<b>PRACTICAL/TERM WORK</b>												
5.	BCP 201	PERSONALITY DEVELOPMENT	-	-	8					100	50	150
6.	BCP 202	BEAUTY CULTURE -I	-	-	8					100	50	150
7.	BCP 203	COMMUNICATION SKILL	-	-	5					75	25	100
8.	BCP 204	TECHNICAL SEMINAR	-	-	3					25	25	50
<b>GRAND TOTAL</b>			<b>15</b>		<b>24</b>	<b>30</b>	<b>60</b>	<b>90</b>	<b>210</b>	<b>300</b>	<b>150</b>	<b>750</b>

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**STATE COUNCIL OF TECHNICAL EDUCATION AND VOCATIONAL TRAINING, ODISHA  
TEACHING AND EVALUATION SCHEME FOR DIPLOMA IN ENGINEERING COURSES**

<b>DISCIPLINE: BEAUTY CULTURE</b>			<b>SEMESTER: 3<sup>RD</sup></b>									
<b>SL NO</b>	<b>SUBJET CODE</b>	<b>SUBJECT</b>	<b>PERIODS</b>			<b>EVALUATION SCHEME</b>						
			<b>L</b>	<b>T</b>	<b>P</b>	<b>SESSIONAL EXAM</b>			<b>END SEM EXAM</b>	<b>TERM WORK</b>	<b>PRACTIC AL EXAM</b>	<b>TOTAL MARKS</b>
						<b>TA</b>	<b>CT</b>	<b>Total</b>				
<b>THEORY</b>												
1.	BCT 301	YOGA AND BODY PERFECTION-II	5	-	-	10	20	30	70			100
2.	BCT 302	DIETICS	5	-	-	10	20	30	70			100
3.	BCT 303	COSMETIC CHEMISTRY	5	-	-	10	20	30	70			100
4.	BCT 304	BASIC COMPUTER APPLICATION	4	-	-	05	10	15	35			50
5.	BCT 305	YOGA THERAPY	5	-	-	10	20	30	70			100
<b>PRACTICAL/TERM WORK</b>												
5.	BCP 301	YOGA AND BODY PERFECTION-II	-	-	8					100	50	150
6.	BCP 302	COSMETIC CHEMISTRY	-	-	4					75	25	100
7.	BCP 303	BASIC COMPUTER APPLICATION	-	-	3					25	25	50
<b>GRAND TOTAL</b>			<b>24</b>		<b>15</b>	<b>45</b>	<b>90</b>	<b>135</b>	<b>315</b>	<b>200</b>	<b>100</b>	<b>750</b>

Total Contact hours per week: 39

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Minimum Pass Mark in each Theory Subject is 35% and in Practical subject is 50%

**STATE COUNCIL OF TECHNICAL EDUCATION AND VOCATIONAL TRAINING, ODISHA  
TEACHING AND EVALUATION SCHEME FOR DIPLOMA IN ENGINEERING COURSES**

<b>DISCIPLINE: BEAUTY CULTURE</b>			<b>SEMESTER: 4<sup>TH</sup></b>									
<b>SL NO</b>	<b>SUBJET CODE</b>	<b>SUBJECT</b>	<b>PERIODS</b>			<b>EVALUATION SCHEME</b>						
			<b>L</b>	<b>T</b>	<b>P</b>	<b>INTERNAL EXAM</b>			<b>END SEM EXAM</b>	<b>TERM WORK</b>	<b>PRACTIC AL EXAM</b>	<b>TOTAL MARKS</b>
						<b>TA</b>	<b>CT</b>	<b>Total</b>				
<b>THEORY</b>												
1.	BCT 401	HAIR DRESSING-II	6	-	-	10	20	30	70			100
2.	BCT 402	BEAUTY CULTURE-II	6	-	-	10	20	30	70			100
<b>PRACTICAL/TERM WORK</b>												
3.	BCP 401	HAIR DRESSING-II	-	-	8					100	50	150
4.	BCP 402	BEAUTY CULTURE-II	-	-	8					100	50	150
5.	BCP 403	PROJECTS	-	-	7					150	50	200
6.	BCP 404	SALOON MANAGEMENT	-	-	4					50		50
<b>GRAND TOTAL</b>			<b>12</b>		<b>27</b>	<b>20</b>	<b>40</b>	<b>60</b>	<b>140</b>	<b>400</b>	<b>150</b>	<b>750</b>

Total Contact hours per week: 39

Abbreviations: L-Lecture, T-Tutorial, P-Practical, TA- Teacher's Assignment, CT- Class test

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# SYLLABUS

## OBJECTIVES

Based on the knowledge and skills required for performing different activities, detailed contents under each area of study together with the time required for teaching have been worked out. After completion of the course the students should be able to

1. Develop communication skill, positive thinking, inner strength.
2. Learn about different types of Yoga and Asana, use of different types of electrical machines and gadgets, preparation of models.
3. Learn to prepare different types of diet charts according to the age group in terms of calories.
4. Learn about structure and texture of hair, different hair cutting, styles and treatments, permanent hair waving, use of implements.
5. Learn about structure and types of skin, eyebrow shaping, pedicure, manicure, facial, make-up, removal of superfluous hair and different skin treatment.
6. Learn about different disorders and remedies of skin and hair.
7. Learn about composition, function and preparation of different cosmetics (Herbals & Chemicals)
8. Learn to manage a self-owned parlour or to assist the employer in managing the Parlour.
9. After learning can get exposition in corporate sector as Health Advisor, Beauty Advisor or a Dietician.
10. Become a Councilor for beauty, health care treatment
11. Become a part of stress management, cure various and disorders through Yoga, Naturopathy and Ayurveda.
12. Get a great exposure to electronic media as a make-up artist and hair stylist.
13. Have a wide exposure to Fashion World.
14. Moreover able to make the society to understand the actual beauty both in a whole.

**(1<sup>ST</sup> SEMESTER)**

**BCT-101**

**THEORY :ONE – ANATOMY AND PHYSIOLOGY**

Total period : 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Th. 70+IA -30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Introduction to Anatomy & Physiology	15	10
2.	Various systems of the Body	20	30
3.	Anatomy of different parts of the body	20	25
4.	Structure of skin & appendages	20	35

**CONTENTS**

**1. Introduction to Anatomy and Physiology**

Define and get knowledge about basic cell, elementary tissues, General formation of the body skeleton.

**1. Elementary knowledge of various system of the body**

**Explain elaborately the following systems of the body**

- 1.1 Circulatory
- 1.2 Respiratory
- 1.3 Nervous
- 1.4 Excretory
- 1.5 Reproductive (Female)
- 1.6 Endocrine
- 1.7 Skeletal
- 1.8 Muscular
- 1.9 Digestive

**2. Define and explain Anatomy of different parts of the body**

- 2.1 Anatomy and physiology of hands and feet
- 2.2 Abnormalities of hand and feet
- 2.3 The formation of muscles of face and neck
- 2.4 Anatomy of facial and neck muscles
- 2.5 Characteristics of muscles of body, their lever action, mobility of the body and its physiology, joints of the bones and their actions.

**3. State and explain the Structure of skin and appendages**

- 3.1 Microscopic appearance and functions, distribution, growth, life texture and graying of hair.
- 3.2 Structure of nails and their forms
- 3.3 Microscopic appearance of skin.
- 3.4 Elementary canal and digestion of food.
- 3.5 Absorption of food and meatball of balance diet.

**BOOKS RECOMMENDED**

- 1. Essentials of community health nursing – J.E. Park and K. Park
- 2. Anatomy and Physiology of nurses – Evelyn and Pearce
- 3. Anatomy and Physiology – Ross and Wilson

(1<sup>ST</sup> SEMESTER)

BCT-102

YOGA AND BODY PERFECTION-1

THEORY: TWO

Total period : 75  
(05 periods / Wk)

Examination – 3 hours  
Marks : Th.70+IA-30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Yoga	50	75
2.	Body Perfection	25	25

## CONTENTS

### 1. YOGA

#### 1.1 Concept of Yoga

1.1.1 Meaning, definition of Yoga

1.1.2 Importance and aim of Yoga for modern living

#### 1.2 Definition of Yogasana

1.2.1 Different points to remember while doing Yoga (Place, time, age, diet, dress)

1.2.2 Dos and Don'ts of Yoga

#### 1.3 Yogic diet of mitahar

1.3.1 Importance of Diets in Yoga Practice

1.3.2 Different types of Diets according to Yogashastra and its importance for human body and mind.

#### 1.4 Introduction to Astanga Yoga

#### 1.5 Importance of Yoga and Personality Development

1.5.1 Meaning and Definition of Personality

1.5.2 Dimension of Personality

#### 1.6 State and explain different asanas such as

##### 1.6.1 Standing Posture

1.6.1.1 Tadasana, tiryak tadasana, katichakrasana, ardhachakrasana, ekapada prenanssana, natarajasana

##### 1.6.2 Sitting posture

1.6.2.1 Padmasana, sukhasana, sasankasana, ardhmatsyandrasana, ustrasna, pschimottanasana.

##### 1.6.3 Prone Lying Posture

1.6.3.1 Salabhasana, bhujanagasana, dhanurasana

##### 1.6.4 Supine Posture

1.6.4.1 Uttanapadasna

- 1.6.4.2 Naukasana, halasana, sarvanagasana, matsyasana
- 1.6.5 Relaxation Posture
  - 1.6.5.1 Savasana, makarasana, advasana
- 1.7 Learning about Pranayama
  - 1.7.1 Preliminary practice (Abdominal, thoracic, clavicular and full yogic breathing).
  - 1.7.2 Learning about nadisodhan.

## **2. BODY PERFECTION**

- 2.1 Introduction to Human Body
  - 2.1.1 Natural construction and function of Human body
- 2.2 Definition of Posture
  - 2.2.1 Define good posture, poor posture
  - 2.2.2 Methods for correction of poor posture.
  - 2.2.3 Explaining the posture while standing, sitting and walking
- 2.3 Describe the importance and uses of different electrical and non-electrical equipments/gadgets for good physique.

## **BOOKS RECOMMENDED**

- 1.Asana Pranyam Mudra Bandha : Sm.Satyanada
- 2.Astanga Yoga : Sm Satyanada
- 3.Health Chart & Tables For You : M.K.Gupta
- 4.STRETCHING for Fitness,Health& Performance.: Dr.Christopher A.  
Oswald & Dr.Stanely

## BCP-101

### YOGA AND BODY PERFECTION – I (PRACTICAL)

Total period : 120  
(08 periods /Wk)

Examination – 3 hours  
Full marks : Pr.50+Sess-100=150

#### **YOGA**

- 1.1 Preliminary Practice
  - 1.1.1 Pabanmuktasana Part – I
  - 1.1.2 Pabanmuktasana Part – II
  - 1.1.3 Pabanmuktasana Part – III
- 1.2 Standing Posture
  - 1.2.1 Tadasana, tiryak tadasana, katichakrasana, ardchakrasana, ckapada pranamasana, natarajasana
- 1.3 Sitting Posture
  - 1.3.1 Padmasana, sukhasana, sasankasana, ardhmatsyendrasana, ustrasna, paschimottanasana.
- 1.4 Prone Lying Posture
  - 1.4.1 Salabhasana, bhujanagasana, dhanurasana
- 1.5 Supine posture
  - 1.5.1 Uttanapadasna
  - 1.5.2 Nauksana, halasana, sarvanagasana, matsyasana
- 1.6 Relaxation Posture
  - 1.6.1 Savasana, makarasana, advasana
- 1.7 Framing different Yogic diet chart for different age groups
- 1.8 Learning and performing different asanas, their physiological effect on human body.
- 2. BODY PERFECTION**
  - 2.1 Showing different models and explaining their defects.
  - 2.2 Explaining with the help of models the construction and functions of Human body.
  - 2.3 Showing different models with defective posture and demonstrating how to sit, stand and walk gracefully.
  - 2.4 Learning and performing different exercises by using electric and non-electric equipments / gadgets.

## BCT-103

### THEORY: THREE – HAIR DRESSING

Total period: 75  
(05 periods /Wk)

Examination – 3 hours  
Full marks : Th.70+IA-30=100

<u>Sl.No.</u>	<u>Chapter Name</u>	<u>Periods</u>	<u>Marks</u>
1.	Hair dressing in India and Europe	03	05
2.	Shampoos	10	15
3.	Scalp massage	10	15
4.	Hair cutting	25	25
5.	Hair setting	10	15
6.	Hair styling	10	15
7.	Artificial	07	10

### CONTENTS

#### 1. The History of Hair Dressing in India and Europe

#### 1. Shampoos

- 1.1 Define and explain the importance of shampooing, its purpose and functions
- 1.2 State the various types of shampoos available, their uses and effects on normal, dry and oily scalp and hair
- 1.3 Define different types of rinses used, their purpose and effects
  - 1.3.1 Vinegar or lemon rinse
  - 1.3.2 Cream rinse
  - 1.3.3 Colour rinse
- 1.4 Safety precautions observed in shampooing and rinsing

#### 2. Scalp massage

- 2.1 State and explain the benefits and methods of massage
  - 2.1.1 Petrissage
  - 2.1.2 Effleurage
  - 2.1.3 Tapotment
  - 2.1.4 Friction
  - 2.1.5 Vibration
- 2.2 Materials required and procedure

#### 3. Hair cutting

- 3.1 Define and explain the study of profile, different types of cutting to suit the texture, fine hair, curly hair, straight hair, wavy hair, coarse hair.
- 3.2 Show the different types of cuts
  - 3.2.1 Trimming
  - 3.2.2 Layer Cutting
  - 3.2.3 Blunt cut
  - 3.2.4 Tapering cut
- 3.3 Know the use of hair shaping and cutting implements
- 3.4 Perform different types of sectioning and pattern making.

#### **4. Hair setting**

- 4.1 State and explain the roller setting – roller bases, off base rollers, half base rollers, on-base rollers, spiral rollers, directional rollers, ringlet rollers.
- 4.2 Study of hair and its length for using different sizes of roller, setting of rollers in different styles to suit shape of the face and figure.
- 4.3 Know the use of equipments implements and cosmetics required in hair setting.
- 4.4 Know the use of different method of hair drying – hand hair drier and hood hair drier.

#### **5. Hair styling**

- 5.1 Describe the Comb-cut Technique: Backcombing, lacing, smoothing, back brushing, and wave stretching procedures.
  - 5.1.1 State implements uses, selection of cosmetics.
- 5.2 State and explain different types of hair styles to suit stature age, occasion facials shapes, features, shape of the head, hair texture, density, length and condition of the hair.
- 5.3 Equipments implements and cosmetics used in hair styling.

#### **6. Artificial aids**

- 6.1 Know the history of wigs, switches and hair pieces, its material (human hair, synthetic hair and animal hair)
- 6.2 State about types of hair pieces
  - 6.2.1 Wiglets
  - 6.2.2 Cascades
  - 6.2.3 Falls
  - 6.2.4 Demi wigs
  - 6.2.5 Switches
- 6.3 Describe the selection of hair pieces, equipment, tools and materials used.
- 6.4 Describe the procedure of cleansing and drying of hair pieces

6.5 Describe the procedure of styling of different types of hair pieces.

### **BOOKS RECOMMENDED**

1. Text book of cosmetology – Mary Healy  
The Science of Hair Care – Charles Zviak
3. Start Hair Dressing – Martin Green
4. Hair – Benzyl Franklin

**BCP-102**  
**HAIR DRESSING (PRACTICAL)**

Total period: 120  
(08 periods /Wk)

Examination – 3 hours  
Full marks: Pr.50+Sessional -100=150

1. Scalp massage, basic massage, manipulation and practice
2. **Giving a shampoo:** preparing the client, draping procedure, material used, setting of trolley, application of shampoo, rinsing, correct way of towed drying.
3. **Hair cutting:** Correct way of holding the implements, preparing the client for the hair cutting, sectioning the hair with scissors or razors, Handling of clippers giving a medium length and long length hair cut.
4. **Hair setting :** Handling of implements used Combs, brush, rollers and putting them, setting rollers on long and short hair.
5. **Practice in finger weaving :** Practice in standard pincurls, sculpture curls or “C” based curls, falls in curls.  
  
Handling of the different driers, drying of hair, comb our practice in back combing, smoothing, back brushing, wave stretching and lacing.
5. **Hair Styling:** Study of face and other features, making of the styles, plain funs, Rolls, Interlocks, See through, Shells, Ringlets, Plaits, Kiss curls  
  
Making of styles in fashion at the time.
6. **Artificial aids**
  - 6.1 Selection of hair pieces, shampooing, conditioning of various types of hair pieces.
  - 6.2 Fixing of switches
  - 6.3 Setting of the basic styles, combination of the styles to create for present fashion.

## BCT-104

### THEORY: FOUR – BASIC AYURVEDA, YOGA, NATUROPATHY & BEAUTY CULTURE

Total period: 60  
(04 periods /Wk)

Examination – 3 hours  
Full marks: Th.70+IA-30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Principles of Ayurveda	25	35
2.	Beauty & Naturopathy	20	35
3.	Yoga Sutra	15	30

### CONTENTS

1. **Principles of Ayurveda**
  - 1.1 Basic knowledge about Ayurveda
  - 1.2 Principle of Ayurveda
  - 1.3 Panchakarma
  - 1.4 Beauty treatment in Ayurveda
  - 1.5 Massage therapy, Acupressure and Physiotherapy
2. **Beauty and Naturopathy**
  - 2.1 Basic knowledge about Naturopathy
  - 2.2 Various treatment with nature cure such as:
    - i) Earth (Mud therapy)
    - ii) Air therapy
    - iii) Space therapy (Fasting)
    - iv) Water therapy (Steaming etc.)
    - v) Fire therapy
3. **Yog Sutra**
  - 3.1 Description of important Yoga Sutra from Samadhi Pada & Kaivalyapada
  - 3.2 Description of important Yog Sutra from “Sadhana Pada & Bibhuti pada
  - 1.3 Uses of Yoga for professionals and in corporate sectors.

### BOOKS RECOMMENDED

1. Ayurveda and Panchakarma : Sunil. V. Joshi ,M.D(Ayu)
2. Natural Health & Yoga : Dr.Brij Bhusan Goel.

Patanjali Yogasutra : Sm. Satyanada

## BCP103

### TECHNICAL SEMINAR

Total period: 60  
(04 periods /Wk)

Examination – 3 hours  
Full marks: Pr.25+Sess25=50

	<u>Marks</u>
1. Presentation of the topic related to Beauty Culture	15
2. Submission of write-up of the topic delivered in the Seminar	15
3. Report of visit to different parlours and health clubs	10
4. Newspaper clipping and magazine cuttings	10

Each student should prepare on a particular topic related to Beauty Culture with active support and guidance from a teacher guide. The student should collect relevant material from different magazine and journals. Each student should be usually asked to present her paper on the topic of the seminar within 15 minutes after which the question answer session may follow for 5 minutes. Then the student should submit the write-up of the seminar topic delivered.

The students should visit at least two beauty parlours and health clubs and submit a brief report on their study visit.

The students should be encouraged to collect the newspaper clipping and magazine cuttings on Beauty culture and to be submitted on the date of the seminar.

**(SECOND SEMESTER)**

**BCT-201**

**THEORY:ONE – PERSONALITY DEVELOPMENT**

Total period: 75  
(05 periods /Wk)

Examination – 3 hours  
Full marks: Th.70+IA-30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Self Evaluation	12	15
2.	Care of skin	13	20
3.	Technique of make-up	13	20
4.	Wardrobe planning	08	10
5.	Charm in voice & Conversation	08	10
6.	Art of graciousness	08	10
7.	Positive thinking	08	10
8.	Deportment	05	05

**CONTENTS**

- 1. The students should be able to evaluate one self**
  - 1.1 Every women's assets
  - 1.2 Analysis of ones assets and liabilities with reference to personality
  - 1.3 Elimination of the negative
  - 1.4 Accentuating of the positive
- 2. Care of skin**
  - 2.1 State types of skin
  - 2.2 Know skin type
  - 2.3 Define and explain cleansing, nourishing, vaporizing and toning technique
- 3. Technique of make-up**
  - 3.1 State the cosmetics
  - 3.2 Explain the steps of make-up
  - 3.3 Explain the special make-up technique
- 4. Wardrobe planning – State and Explain**
  - 4.1 How to select and wear clothe that bring out the best in you.
  - 4.2 Colour and pattern
  - 4.3 Development in good taste in clothes to surroundings
  - 4.4 Dressing for your personality
  - 4.5 Psychology of colour
- 5. Achieving charm in voice and conversation**

- 5.1 Improving voice and speech
- 5.2 Importance of good grammar in conversation
- 5.3 What should be talked about on different occasions.
- 5.4 How to get conversation off to a good start.

**6. Explain art of graciousness**

- 6.1 Taking and giving complements
- 6.2 Introducing techniques
- 6.3 The graciousness and manner

**7. Explain Positive thinking**

- 7.1 How to recognize the inner strength
- 7.2 How to be confident self assured and have a positive approach to a problem.
- 7.3 How to win confidence to others.

**8. Deportment**

State and explain the bending of colour of clothes, Make-up and hair to improve personality

**BOOKS RECOMMENDED**

1. Practical Wage to a powerful personality – George Weinberge
2. How to succeed in interviews – Judy Skeats
3. Text book of Cosmetology-Mary Healy

**(BCP-201)**  
**PERSONALITY DEVELOPMENT (PRACTICAL)**

**Total period: 120**  
**(08 periods /Wk)**

**Examination – 3 hours**  
**Full marks : Pr.50+Sess-100=150**

1. Self evaluation
2. Care of skin
3. Make-up technique
4. Choice of costumes
5. Improving voice and speech

**BCT-202**  
**THEORY :TWO – BEAUTY CULTURE- I**

**Total period: 75**  
**(05 periods /Wk)**

**Examination – 3 hours**  
**Full marks: Th.70+IA-30=100**

<b><u>Sl.No.</u></b>	<b><u>Chapter Name</u></b>	<b><u>Periods</u></b>	<b><u>Marks</u></b>
1.	Manicure and pedicure	15	20
2.	Body massage	15	20
3.	Removal of unwanted hair	15	20
4.	Eyebrow shaping	15	20
5.	Spa in Beauty culture	15	20

**CONTENTS**

**1. Manicure and pedicure**

- 1.1 State the structure and study of nails
- 1.2 State different types of nails – Nail disorders and nail diseases
- 1.3 Describe the procedure for manicure and pedicure, massage manipulation
- 1.4 Know the use of artificial aids used.
- 1.5 State the types of cosmetics used, different equipment used, different types of manicure and pedicure.
- 1.6 Know the precautions to be taken to prevent allergies and infection.
- 1.7 Description about reflexology in manicure and pedicure

**2. Body Massage**

- 2.1 Definition of massage
- 2.2 State and explain the different types of massage, different techniques used for massage.
- 2.3 Cosmetic knowledge

2.4 State the explain the benefits of massage, cautions and reminders.

### **3. Removal of Unwanted Hair**

3.1 Waxing

3.1.1 Study of hair (structure, texture, etc.)

3.1.2 Removing of superfluous hair from the face and body

3.1.3 Preparation of wax, its testing and precautions

3.1.4 Types of wax

3.1.5 Sterilization of tools

3.2 Bleaching

3.2.1 Know about hair, its growth and allergies

3.2.2 Study about cosmetic used for bleaching

3.2.3 Describe application of bleaching and its procedure, precautions, its advantage and disadvantages

### **4. Eyebrow Shaping**

4.1 Define tweezing

4.2 Define threading

4.3 Knowledge of cosmetics used

4.4 State and explain the types of threading procedure and precautions to be taken.

4.5 Describe the procedure for giving an eye brow arch, Correct placing and shaping of the eye brows.

4.6 Describe the use of eye brow pencil

4.7 Explain the Fashion effects in eye and brows make-up.

### **5. Spa in Beauty Culture**

5.1 Description Spa in manicure

5.2 Description of Pedi spa

5.3 Description of spa in body massage

## **BOOK RECOMMENDED**

2. Text book of cosmetology – Marry Healy
3. Herbal Receipes for beauty care – Parvesh Honda
4. Beauty and skin care – Indu Puri
4. Shahnaz Hussain Beauty book – Shanaz Hussain
5. Massage & Aromatherapy
6. The make-up Book-Salley Norten

**BCP-202**  
**BEAUTY CULTURE-I (PRACTICAL)**

Total periods: 120  
(08 periods / Wk)

Examination – 3 hours  
Full marks : Pr.50+Sess-100=150

**1. Manicure:**

- 1.1 Practice of filing
- 1.2 Cleaning, pushing and cutting the cuticles
- 1.3 Practice in massaging and painting of the nails, practice in hand and arm massage.
- 1.4 Fixing of nails and removing of artificial nails, practice in nail mending.
- 1.5 Plain manicure and electric manicure
- 1.6 Practice in sterilizing the implements.
- 1.7 Use and fixing of decals

**2. Pedicure**

- 2.1 Practice in filing, cleansing pushing and cutting the cuticles.
- 2.2 Practice in massaging and painting of the toe nails, practice in legs and feet massage.
- 2.3 Removing of corns and call.
- 2.4 Plain pedicure and electric pedicure
- 2.5 Practice in sterilizing the implements.

**3. Waxing**

- 3.1 Practice in removing the unwanted hair by using cold and hot wax from the face and the body.
- 3.2 Preparation of wax and testing it.

**4. Bleaching**

- 4.1 Practice in using the bleaching method to make hair look light (on the face and body)
- 4.2 Preparation of bleach with different ingredient.

**5. Eye Brow Shaping**

- 5.1 Tweezing and threading
- 5.2 Practice in using different types of cosmetics
- 5.3 Practice in different types of threading, practice in giving a proper eye brow shaping.
- 5.4 Different types of eye brow keeping face structure in mind.

## **6. Body Massages**

6.1 Practice in giving a plain body massage with oil or with powder.

6.2 Practice in different movements used for body massage.

## **7. Spa Beauty Treatment**

7.1 Practice of Mani spa

7.2 Practice in Padi spa

7.3 Practice of spa in various other beauty treatment and body massage.

**(SECOND SEMESTER)**

**BCT-203**

**THEORY :THREE – COMMUNICATION SKILL**

Total period: 75  
(05 periods /Wk)

Examination – 3 hours  
Full marks: Th.70+IA 30= 100

<b><u>Sl.No.</u></b>	<b><u>Chapter Name</u></b>	<b><u>Periods</u></b>	<b><u>Marks</u></b>
1.	Basic knowledge of English language		
	a) Grammar	20	25
	b) Essay writing	10	15
	c) Précis writing	10	15
	d) Letter writing	10	15
2.	Communication	25	30

**CONTENTS**

**1. Basic knowledge of English Language**

**The student should able to identify and correct errors / transform sentences related to:**

**1.1 Grammar:**

- a. Structure of a sentence
- b. Agreement of the verb with the subject in person and number
- c. Tenses of the verb
- d. Use of model words  
(Can could, may, might, shall, should, will, would, date, need)
- e. Vocabulary
  - i) Differentiating similar words
  - ii) Different meanings of the same word
- f. Use of Active and passive voice
- g. Direct and indirect narration
- h. Punctuation

**1.2 To write essays**

**1.3 To write simple essay on subjects**

- a) Concerning everyday life
- b) Imaginative

1.4 Précis writing  
To write précis of passages on Beauty culture

- 1.5 Letter writing
- a) To write letter of everyday life
  - b) To write simple formal letters
  - c) To write Business letters

Essentials of a good business letter, letter of enquiry, quotation, order reminder, follow-up letter, letter of introduction and authority, letter of appointment and circular letters.  
Demi-official letters.

## **2. Communication**

- 2.1 To state Meaning
- 2.2 To explain importance of communication
- 2.3 To explain methods of communication
  - 2.3.1 Essential for successful communication
    - 2.3.1.1 Telephone etiquettes
    - 2.3.1.2 Ability to express
    - 2.3.1.3 Ability to rationalize
    - 2.3.1.4 Ability to understand emotional state of receiver
  - 2.3.2 Written communication
  - 2.3.3 Visual communication

## **BOOKS RECOMMENDED**

- 1. Developing communication skills – K. Mohan and Meera Banerjee
- 2. Fundamentals of English Grammar – Betty Schram
- 3. Success with grammar and composition – K.R. Narayan and Swamy

**BCP-203**  
**COMMUNICATION SKILL (PRACTICAL)**

Total period: 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Pr.25 +Sess-75= 100

Contents

**1. Verbal Communication**

- 1.1 Speaking on telephone
- 1.2 Conversing and listening
- 1.3 Interviewing
- 1.4 Leading group discussion and conferences

**2. Visual Communication**

- 2.1 Pictures
- 2.2 Graphic presentation
- 2.3 Slides

## BCP-204

### TECHNICAL SEMINAR

Total periods: 45

Total marks: Pr.-25 + Sess-25=50

(03 period / Wk)

	<u>Marks</u>
1. Presentation of the topic related to Beauty Culture	15
2. Submission of write-up of the topic delivered in the Seminar	15
3. Report of visit to different parlors and health clubs	10
4. Newspaper clipping and magazine cuttings	10

Each student should prepare on a particular topic related to Beauty Culture with active support and guidance from a teacher guide. The student should collect relevant material from different magazine and journals. Each student should be usually asked to present her paper on the topic of the seminar within 15 minutes after which the question answer session may follow for 5 minutes. Then the student should submit the write-up of the seminar topic delivered.

The students should visit at least two beauty parlours and health clubs and submit a brief report on their study visit.

The students should be encouraged to collect the newspaper clipping and magazine cuttings on Culture and to be submitted on the date of

**(THIRD SEMESTER)**  
**BCT-301**  
**(3rd SEMESTER)**  
**THEORY ONE – YOGA & BODY PERFECTION-II**  
**(THEORY – I)**

Total period: 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Th. 70+IA 30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Yoga	50	75
2.	Body Perfection	25	25

**CONTENTS**

**1. YOGA**

- 1.1 Concept of Astangyoga
  - 1.1.1 Yama, niyama, asana, pranayama, pratyahara, dharana, dihyana and Samadhi.
- 1.2 State and explain different yogic assanas (bending methods forward and backyard bending)
- 1.3 Learning about bajrasana scies group asanas.
- 1.4 State and explain surynamaskar.
- 1.5 Explain bhabasuddhi and meditation
- 1.6 State and explain trataka and nctikriya.
- 1.7 Learning yoganidra.
- 1.8 Learning about bhramari, sitali, sitakari, ujjai
- 1.9 Learning about kapalbhati.
- 1.10 Learning about other pranayama

**2. BODY PERFECTION**

- 2.1 Evaluate body defects.
- 2.2 Planning client treatment
- 2.3 Medical history of the client.
- 2.4 Prepare chart of height, weight and measurement.

- 2.5 Types of diets and exercise suggested in relation to age, climate condition and body requirement.
- 2.6 Prepare proportion of the body
- 2.7 Science of isometric, corrective exercises of muscle sag, tightening of sagged abdominal and bust muscles.
- 2.8 Electrical equipments and gadgets for figure correction, name of the equipment / gadget, working principles and benefits.
- 2.9 Causes of obesity and its remedy by using electric and non-electric equipments.

**Books recommended.**

1. Asana Pranayama Mudrabandha- Sm. Satyananda.
2. Astanga Yoga- Sm. Satyananda.

**BCP-301**  
**YOGA AND BODY PERFECTION-II (PRACTICAL)**

Total period: 120  
(08 periods / Wk)

Examination – 3 hours  
Full marks: Pr.50+Sess 100=150

**1. YOGA**

- 1.1 Learning and Practice of tratak.
- 1.2 Making different charts of concentration practice.
- 1.3 Learning and practice of different yogasanas for treatment of different common diseases.
- 1.4 Learning and practice of controlling thoughts (antaramouna)
- 1.5 Learn to keep the mind free from thoughts and worries by various yoga practices.
- 1.6 Learning and practice of meditation in different asanas.
- 1.7 Learning and practice of suryanamaskar and its impact on human body.
- 1.8 Learning practice different stages of different pranayama.

**2. BODY PERFECTION**

- 2.1 Showing different models and explaining their defects.
- 2.2 Explaining different age group of models and their treatment.
- 2.3 Study in details the model, physiological and medical history explained, precautions to be taken.
- 2.4 Measuring different models to make a graph of it.
- 2.5 Framing different diets for different age groups.
- 2.6 Practically learning and performing different exercises for obesity.
- 2.7 The treatment given by different electrical and other instruction for achieving good physique.

## BCT-302

### DIETICS

#### THEORY – II

Total period : 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Th. 70+IA 30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Knowledge about dietics	25	35
2.	Calorie & its value in diet	20	25
3.	Diet planning	20	25
4.	Diet & its effects on human body	10	15

#### CONTENTS

##### CHAPTER – 1: KNOWLEDGE ABOUT DIETICS

- 1.1 Define dietics
- 1.2 Know the basic ingredients of normal diet
- 1.3 Study about protein, carbohydrates, fats, minerals, salt, vitamins and water.
- 1.4 Define and explain about beauty diet, food containing vitamins and its method of preparation to prevent its destruction
- 1.5 Explain the diet to maintain normal health and weight.

##### CHAPTER – 2: CALORIES AND ITS VALUE IN DIET

- 2.1 State and explain calorie
- 2.2 Calculate diet in terms of calories
- 2.3 Prepare balance diet for vegetarians, non-vegetarians, invalid and growing grils
- 2.4 Prepare diet for reducing or putting on weight
- 2.5 Beauty and slimming diet planning
- 2.6 Calculate calorie need for different age groups
- 2.7 Make different diet chart in terms of calorie
- 2.8 Exercise on number of calories to be calculated for different age group in view of economic factors of the client.

##### CHAPTER – 3: DIET PLANNING

- 3.1 Plan a diet to be taken during summer, winter and rainy season
- 3.2 Plan cheaper balance diet that contain protein, minerals and vitamins.
- 3.3 Prepare seasonal diet chart
- 3.4 Prepare balance diet for client in terms of cost
- 3.5 Calculate food items in terms of costs.

### 3.6 Effect of cost in diet

## **CHAPTER – 4: DIET AND ITS EFFECT ON HUMAN BODY**

- 4.1 Know about effects of food on various system of human body.
- 4.2 State and explain types of food having good effect on the important organs of the body.
- 4.3 Know about food that has more food value and cost less
- 4.4 Plan a diet chart that has more food value and cost less
- 4.5 Know about effects of ill balance diet on health.

### Books Recommended.

1. Food & Nutrition for community- By B.V.Ramashastry.
2. Food & Nutrition(Fact & Figure)- By L.C.Gupta & Kusum Gupta.

**BCT-303**  
**COSMETIC CHEMISTRY**  
**THEORY - III**

Total period : 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Th.70 + IA 30 = 100

Sl.No.	Chapter Name	Periods	Marks
1.	Water	05	10
2.	Gas preparation	07	10
3.	Creams	15	15
4.	Hand & feet cosmetics	12	10
5.	Facial masks	07	07
6.	Cosmetics for make-up	13	25
7.	Cosmetics used for hair and scale	05	10
8.	Hygiene preparation	08	08
9.	Depilatories and Bath preparation	03	05

**CONTENTS**

**CHAPTER – I: WATER**

- 1.1 State different sources of water
- 1.2 State different types of water
- 1.3 Define hardness of water and type of hardness
- 1.4 Explain causes of hardness
- 1.5 Explain the method for removal of hardness of water

**CHAPTER – II: GAS PREPRATION**

- 2.1 State the source of  $\text{NH}_3$  gas
- 2.2 State general methods of preparation of  $\text{NH}_3$  gas
- 2.3 Describe laboratory method of preparation of ammonia ( $\text{NH}_3$ ) gas
- 2.4 State different physical and chemical properties of  $\text{NH}_3$  gas
- 2.5 State uses of  $\text{NH}_3$  gas
- 2.6 State the sources of  $\text{H}_2\text{O}_2$  gas
- 2.7 State General methods of preparation of  $\text{H}_2\text{O}_2$  gas
- 2.8 Describe laboratory method of preparation of  $\text{H}_2\text{O}_2$  gas

- 2.9 State different physical and chemical properties of H<sub>2</sub>O<sub>2</sub> gas
- 2.10 Take application of H<sub>2</sub>O<sub>2</sub> beauty treatment

### **CHAPTER – III : CREAMS**

- 3.1 Cleansing cream
- 3.2 Cold cream
- 3.3 Vanishing cream
- 3.4 Antibacterial cream
- 3.5 Bleaching cream
- 3.6 Sunscreen cream / lotion
- 3.7 Antiwrinkle cream
- 3.8 Nourishing cream

### **CHAPTER – IV : HAND AND FEET COSMETICS**

Explain the composition and function of the following cosmetics

- 4.1 Nail polish
- 4.2 Nail polish remover
- 4.3 Different types of home made packs for hand and feet

### **CHAPTER – V : FACIAL MASKS**

- 5.1 Know about different type of facial masks : Natural and chemicals
- 5.2 Composition and functions of different facial masks

### **CHAPTER – VI : FACE-MAKE UP**

Study and explain about the composition and function of following make ups

- 6.1 Power
  - a) Talcum Powder
  - b) Coloured face powder
  - c) Compact face powder
- 6.2 Rouge
- 6.3 Lipstics
- 6.4 Eye make ups
  - a) Eye shadow
  - b) Mascara
  - c) Eye liner and eyebrow pencil

## **CHAPTER – VII : COSMETICS USED FOR HAIR AND SCALP**

Study and explain the classification, composition and function of the following

- 7.1 Shampoo
- 7.2 Rinses
- 7.3 Bleaches
- 7.4 Setting lotions
- 7.5 Dyes

## **CHAPTER – VIII : HYGINEIC PREPARATION B**

Define and describe the composition and function of the following

- 8.1 Deodorants
- 8.2 Antiperspirants
- 8.3 Perfumes

## **CHAPTER – IX : BATH PREPARATION AND DEPILATORIES**

Define and describe the composition and function of the following :

- 9.1 Bouble bath
- 9.2 Body massage oil
- 9.3 Talcum powder
- 9.4 Bath salts
- 9.5 State different methods for removal unwanted hairs
- 9.6 Composition and function of
  - a) Depilatories
  - b) Creams
  - c) Hot wax and cold wax

# COSMETIC CHEMISTRY

BCP-302

## PRACTICAL - II

Total period : 60  
(04 periods / Wk)

Examination – 3 hours  
Full marks: Pr.25 + Sess 75 = 100

Along with the lab practical at the department the student should allow to go to various cosmetic industries during there cosmetic chemistry practical classes to get sound knowledge regarding the preparation and marketing of various cosmetic under the direct supervision of the MD of the cosmetic industry, HOD and the concerned teacher. Simultaneously the students have to deposit the practical records maintained at the institution lab and the practical knowledge they get at the cosmetic industry which would be duly signed by the HOD.

### EXPERIMENTS

- A. Preparation of creams
  - i) Cold cream
  - ii) Cleansing cream
  - iii) Cleansing lotion
  - iv) Vanishing cream
  
- B. Preparation of face powder
- C. Preparation of Antiseptic lotion and cream
- D. Preparation of lipstick
- E. Preparation of Kajal
- F. Preparation Hot wax and cold wax
- G. Preparation of face packs
- H. Preparation Scrubber
- I. Preparation of Shampoos, rinses
- J. Preparation of henna dye for colouring of hair

### BOOKS RECOMENDED

- 1.A hand book of cosmetic by :BM MITHAL & R.N SAHA
- 2.A conscise Book of cosmetics by K.Sapath

**BCT-304**  
**BASIC COMPUTER APPLICATION**  
**THEORY – IV**

Total period : 60  
(04 periods / Wk)

Examination – 2 hours  
Full marks: Th. 35+IA 15=50

Sl.No.	Chapter Name	Periods	Marks
1.	Computer Fundamental	25	15
2.	MS WORD, MS EXCEL, POWERPOINT	20	20
3.	Internet and its use	15	15

**UNIT – I : COMPUTER FUNDAMENTAL**

1. Von Neumann Architecture
2. Different types of Input and output device
3. Different types of Memory
  - (i) Primary Memory
  - (ii) Secondary Memory
    - Harddisk
    - CD
    - DVD
    - Pendrive
4. SOFTWARE
  - (i) System Software (Different types of operating, Translator
  - (ii) Application Software

**UNIT – II :**

- i) Ms- Windows
- ii) Ms – Word
- ii) Ms – Excel
- iv) Ms – Powerpoint

**UNIT – III : INTERNET AND ITS APPLICATION**

- i) Knowledge Internet
- ii) Browsing, surfing, chatting
- iii) E-mail

Book Recommended

- 1.Computer Fundamental:Pradip Ku. Shina & Priti Shina

**BCP-303**  
**BASIC COMPUTER APPLICATION**  
**PRACTICAL -III**

Total period : 45  
 (03 periods / Wk)

Examination – 3 hours  
 Full marks: Pr. 25+ Sess 25= 50

<b>Sl. No.</b>	<b>Topic</b>	<b>No. of periods</b>
1	<i>Basic Computer Operation</i>	20
2	<i>Word Processing</i>	15
6	<i>INTERNET</i>	10
	<b>TOTAL</b>	<b>45</b>

- 1. Basic Computer Operation 20 periods**
- 1.1 Do the connections of the system, switch on and understand the booting steps
  - 1.2 Understand the concept of file and directory, naming rules for files / directories, types of files
  - 1.3 Basic DOS commands - CLS,DIR, Date, Time, Version, MD,CD,RD,Del, Copy, Ren, Volume ; Use of wild characters, Format, Path, Type
  - 1.4 Getting started with
    - 1.4.1 Windows
    - 1.4.2 Desktop
    - 1.4.3 Icons
    - 1.4.4 Mouse operations - single click, double click, click & drag
    - 1.4.5 Shortcuts
    - 1.4.6 Popup Menus
    - 1.4.7 Start button
    - 1.4.8 Keyboard operations in window
    - 1.4.9 Task Bar
    - 1.4.10 Customizing the desktop
  - 1.5 Exposure to Windows Operating System
    - 1.5.1 Logging on to Windows
    - 1.5.2 Starting and closing a program
    - 1.5.3 Switching between programs,documents
    - 1.5.4 Re-sizing windows - Maximize, Minimize and restore
    - 1.5.5 Find - file, folders, etc.
    - 1.5.6 Run - starting a program using run command
    - 1.5.7 Shutdown - shutdown / restart computer
  - 1.6 Practice Windows Explorer - through My computer, Icon and shortcut entry
  - 1.7 Creating/opening a document
  - 1.8 Understand clipboard concept for copy,cut and paste
  - 1.9 Editing and saving the document in Floppy/ Hard disk
  - 1.10 Study and understand Windows utilities -notepad, wordpad, paint, calculator,etc
  - 1.11 Study and understand Windows system tools - scandisk,backup,system info, winzip, etc
- 2 Utilities 15 periods**
- 2.1 **WORD PROCESSING**

- 2.1.1 Invoking word application and understand the different parts - titlebar, Menubar, Toolbar, Scrollbar, Control button, etc
- 2.1.2 Create a new document - edit, save, close
- 2.1.3 Page setup (Layout)
- 2.1.4 Text formatting - Selection of Fonts, fontsize, alignments, line spacing, paragraph alignment, indents & tabs
- 2.1.5 Creating documents with Multiple columns
- 2.1.6 Inserting symbols, file, hyperlink, cliparts and pictures into the document
- 2.1.7 Page formatting - Inserting page numbers, date, time, fields, header and footer, footnote, comments, etc
- 2.1.8 Practicing the utilities like find, replace, goto, spell check, grammar check, thesaurus, wordcount, autotext and autocorrect
- 2.1.9 Creating drawings and charts using drawing toolbar
- 2.1.10 Creating tables and borders
- 2.1.11 Creating templates, envelopes & labels
- 2.1.12 Object Linking and Embedding (OLE)
- 2.1.13 Taking printout of the document
- 2.1.14 Mail-merging
- 2.1.15 Exiting Word

**3**

**INTERNET**

**10 periods**

- 3.1 Understand the meaning of :  
Network, Internet, intranet, internet server, internet browser, Webpage, Website, URL's, Search engines, http, www, and Outlook
- 3.2 Logging on to internet, browsing the net, using search engines, Downloading a file
- 3.3
- 3.4 Creating an E-Mail ID, Sending and Receiving E-Mails, Chatting

**BCT-305**  
**YOGA THERAPY**  
**THEORY - V**

Total period: 75  
(05 periods / Wk)

Examination – 3 hours  
Full marks: Th.70 + IA 30 = 100

Sl.No.	Chapter Name	Periods	Marks
1.	Headache & Thyroid disease	12	15
2.	Heart & circulatory diseases	12	15
3.	Gastrointestinal disorders and Backpain	15	20
4.	Female disorders	12	15
5.	Urinary and Kidney disorders	12	15
6.	Skin Diseases	12	20

**CONTENTS**

**CHAPTER – I : HEADACHE & THYROID DISEASE**

- 1.1 Study about the disorders
- 1.2 Study about the symptoms
- 1.3 Types of disorders
- 1.4 Causes behind the disorders
- 1.5 Modern medical treatment
- 1.6 Yogic approach / management for the disorder
- 1.7 Detail project report about the disorders

**CHAPTER – II : HEART AND CIRCULATORY DISORDERS**

- 2.1 Bronchitis, Eosiniphiles, Tonsilitis
- 2.2 Study about the disorders
- 2.3 Study about the symptoms
- 2.4 Types of disorders
- 2.5 Causes behind the disorders
- 2.6 Modern medical treatment
- 2.7 Yogic approach / management for the disorder
- 2.8 Detail project report about the disorders

**CHAPTER – III : GASTROINTESTINAL DISORDERS AND BACK PAIN**

- 3.1 Clotis, Acute gastroenteritis and Hepatis
- 3.2 Cermical spondylitis , Backpain
- 3.3 Slipped dice and saiatica

- 3.4 Study about the disorders
- 3.5 Study about the symptoms
- 3.6 Types of disorders
- 3.7 Causes behind the disorders
- 3.8 Modern medical treatment
- 3.9 Yogic approach / management for the disorder
- 3.10 Detail project report about the disorders

#### **CHAPTER – IV : FEMALE DISORDER**

- 4.1 Leucorrhoea and vaginal infection in female
- 4.2 Spermaatorrhoea and nocturalesmesis
- 4.3 Study about the disorders
- 4.4 Study about the symptoms
- 4.5 Types of disorders
- 4.6 Causes behind the disorders
- 4.7 Modern medical treatment
- 4.8 Yogic approach / management for the disorder
- 4.9 Detail project report about the disorders

#### **CHAPTER – V : URINARY AND KIDNEY DISORDER**

- 5.1 Urinary track infection and kidney stone
- 5.2 Skin diseases
- 5.3 Study about the disorders
- 5.4 Study about the symptoms
- 5.5 Types of disorders
- 5.6 Causes behind the disorders
- 5.7 Modern medical treatment
- 5.8 Yogic approach / management for the disorder
- 5.9 Detail project report about the disorders

#### **Books Recommended**

1. Yogic Management of common Diseases by: Dr Sami karmanana

**(4<sup>TH</sup> SEMESTER)**  
**BCT-401**  
**HAIR DRESSING - II**  
**THEORY - I**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Th.70 +IA - 30 = 100

Sl.No.	Chapter Name	Periods	Marks
1.	Thermal hair setting and styling	10	07
2.	Electrical massage	05	05
3.	Artificial aids	10	07
4.	Hair colouring and lining	10	10
5.	Bleaching of hair lightening	10	08
6.	Chemical or permanent waving and straightening	10	10
7.	Advanced hair cutting	15	15
8.	Correcting hair and scalp treatment	10	10
9.	Advance hair styling	10	08

**CONTENS**

**CHAPTER – I : THERMAL HAIR SETTING AND STYLING**

- 1.1 State different equipment for thermal setting and styling procedure
- 1.2 Precaution to be taken during thermal hair setting and styling procedure

**CHAPTER – II : ELECTRICAL MASSAGE**

- 2.1 State and explain electrical massage by high frequency, its procedure and safety precaution
- 2.2 Define light therapy

**CHAPTER – III : ARTIFICIAL AIDS**

- 3.1 State different types of hair used in their pieces
- 3.2 Study selection of pieces, cutting and their placement
- 3.3 Selection of hair pieces for bridal hair dressing

## **CHAPTER – IV : HAIR COLOURING AND TINGTING**

- 4.1 Study basic law of colour : Primary colour, secondary colour
- 4.2 Define depth of colour
- 4.3 Define neutralizing colour
- 4.4 State of classification of hair colours : Temporary colour, Semipermanent colour and permanent colour.
- 4.5 State and explain the material for hair colouring, its procedure
- 4.6 Precaution during hair colouring process

## **CHAPTER – V : BLEACHING OR HAIR LIGHTENING**

- 5.1 State different types hair lighteners
- 5.2 Density, porosity, texture hair
- 5.3 State and explain implement use and their procedure
- 5.4 Problems including hair bleaching and precaution to be taken

## **CHAPTER – VI : CHEMICAL OR PERMANENT WAVING AND STRAIGHTENING**

- 6.1 State the condition of scalp, texture of hair, porosity, elasticity of hair for perming.
- 6.2 State different types of waving and curling
- 6.3 State and explain the sectioning patterns, rowsection, bocking, wrapping
- 6.4 State and explain about chemical waving materials, procedure and precaution

## **CHAPTER – VII : ADVANCE HAIR CUTTING**

- 7.1 Describe different shapes of face and figure
- 7.2 State the importance of Texture of hair, elevation (low, high and medium), length and perimeter of hair in advance hair cutting
- 7.3 State of procedure and material used
- 7.4 Description of electrical clipers and its attachment.
- 7.5 Safety precaution to be taken during advance hair cutting

## **CHAPTER – VIII : CORRECTIVE HAIR AND SCLAP TREATMENT**

- 8.1 Treatment for oily hair, scalling hair, split-end, head lie, premature grey hair.
- 8.2 Corrective diet, material and procedure used for this treatment

## **CHAPTER – IX : ADVANCE HAIR STYLING**

- 9.1 Describe advance hair style in short hair
- 9.2 Describe advance hair style in medium hair
- 9.3 Describe advance hair style in long hair
- 9.4 Safety precaution to be taken during advance hair styling

### Book Recommended

1. Text Book of Cosmetology : Mary Healy
2. The Science of Hair Care : Charles Zviak
3. Hair : Benzyl Franklin
4. Skin & Hair Care : Neena Khana
5. Science & Practice of Cosmetology :

**BCP-401**  
**HAIR DRESSING - II**  
**PRACTICAL - I**

Total period : 120  
(08 periods / Wk)

Examination – 3 hours  
Full marks: Pr.50 +Sess 100 = 150

**CONTENTS**

<b>CHAPTER – I : THERMAL HAIR SETTING AND STYLING</b>	<b>15</b>
1.1 Practising in use of electric irons or rods, curling tongs, styling dryer, blow dryers and their attachment	
1.2 Practise of creating different styles out basic techniques	
<b>CHAPTER – II : ELECTRICAL MASSAGE</b>	<b>10</b>
2.1 Preparation of client, use and handling of high frequency apparatus	
2.2 Practice in use of different lamps	
<b>CHAPTER – III : ARTIFICIAL AIDS</b>	<b>15</b>
3.1 Selection of hair pieces, cleansing, shampooing and conditioning	
3.2 Cutting different styles	
3.3 Cutting different types of hair pieces practice in bridal dressing	
<b>CHAPTER – IV : HAIR COLOURING</b>	<b>15</b>
4.1 Examination of hair and scalp	
4.2 Practice of skin test or patch test	
4.3 Practice of selecting suitable colour dye	
4.4 Practice of client preparation, production and setting of roll	
4.5 Practice of sectioning hair, in application of hair colour or dye	
4.6 Practice and conditioning and setting up dye hair	
<b>CHAPTER – V : BLEACHING</b>	<b>10</b>
5.1 Examination of skin and skin test	
5.2 Practice of mixing of chemicals or solution	
5.3 Practice of different types of bleaching with caps and without caps	
<b>CHAPTER – VI : PERMANENT WAVING</b>	<b>20</b>
6.1 Examination of scalp and hair	
6.2 Selection curlers and lotion	

- 6.3 Practice of sectioning, blocking of hair
- 6.4 Practice of patch tests
- 6.5 Practice to give neutralizer for setting the hair

**CHAPTER – VII : ADVANCE HAIR CUTTING 30**

- 7.1 Define the shape of the face and figures
- 7.2 Testing the texture of hair
- 7.3 Handling of electrical clippers and various attachments
- 7.4 Section and patterns
- 7.5 Giving a medium length and long length hair cut
- 7.6 Practise of advance hair cutting : Knotching, Slithring, Slicing, Tapering, Thining, Razor cut, etc.

**CHAPTER – VIII 07**

Given hair treatment by various methods and equipments

**CHAPTER – IX 08**

Use of head steamer, various rays and radiant heat, infrared, ultra violet, high frequency, care and maintenance of the equipment and safety precaution.

**CHAPTER – X 10**

Practise of advance hair styles in short, medium and long length hair such as : Double pony bun, Butterfly bun, Matt bun, Funky bun, Moon bun, Basket bun, Double French with multi rolls, Different Bridal hair style etc.

**CHAPTER – XI 10**

Practise of different hair spa for falling hair, dandruff, etc.

**BCT-402**  
**BEAUTY CULTURE – II**  
**THEORY - II**

Total period : 90  
(06 periods / Wk)

Examination – 3 hours  
Full marks: Th. 70+IA -30=100

Sl.No.	Chapter Name	Periods	Marks
1.	Facial	20	20
2.	Make-up	20	20
3.	Body-massage	10	10
4.	Electricity & Light Therapy	20	12
5.	Advance Beauty Culture	20	18

**CONTENTS**

**CHAPTER – 1: FACIAL**

- 1.1 Define and study skin types.
- 1.2 Define and explain different classes of skin types
- 1.3 Study special treatment of different types of skin i.e. acne and open pores etc.
- 1.4 Define and describe different types facial : Cosmetics, implements, equipments needed for doing facial and their effects.
- 1.5 Effect of facial
- 1.6 Precaution to be taken during facial treatment and reminders.
- 1.7 Define home treatment for maintaining good skill
- 1.8 Sterlization of implements used in facial.
- 1.9 Define and explain different types of facial masks used.
- 1.10 Explain different manipulation and procedure used in facial treatment.

**CHAPTER – 2 : MAKE-UP**

- 2.1 Define different structure of face in terms of bone formation.
- 2.2 Write types skin for make-up and names of make-up
- 2.3 Define and explain corrective make-up
- 2.4 Steps of make-up procedure.
- 2.5 Define and explain different types of make-up : Stage make-up, Television, Open air, theatre and morning and evening make-up, model, photographic make-up and bridal make-up.
- 2.6 Know about precaution to be taken to prevent cosmetic allergies.

## **CHAPTER – 3 : BODY MASSAGE**

- 3.1 Define muscle
- 3.2 State and explain effects of each manipulation of the body massage technique
- 3.3 Frequency of body massage.
- 3.4 Treatment of light ailments by body massage
- 3.5 Use of Vibro massage
- 3.6 Advantages of body massage

## **CHAPTER – 4 : ELECTRIC AND LIGHT THERAPY**

- 4.1 Define high frequency current
- 4.2 Define the use of Vibro massage
- 4.3 Use of electrical oil heater, steamer or vaporizer
- 4.4 Use of epilation unit
- 4.5 Faradic current, Galvanic current, Black head removal machine
- 4.6 Use of Ozone and vapor
- 4.7 Light Therapy  
Production of light rays : Ultra violet rays, Infrared rays, visible light

## **CHAPTER – 5 : ADVANCE BEAUTY CULTURE**

- 5.1 Acne and deep scars
- 5.2 Seborrhea, open pores
- 5.3 Double chin
- 5.4 Treatment for blemishes and wrinkles
- 5.5 Treatment for puffy eyes, double chin
- 5.6 Complexion treatment
- 5.7 Facial with lymphatic drainage
- 5.8 Treatment with galvanic, ozone and ultrasonic
- 5.9 Clinical management through electrical treatments.

### **BOOKS RECOMMENDED.**

1. Cosmetology- By Mary Healy.
2. Herbal Beauty Care- By Rashmi Sharma
3. Skin & Hair Care- By Indu Puri.
4. Body Care- By Dr. Neena Khana.

**BCP-402**  
**BEAUTY CULTURE – II**  
**(PRACTICAL – II)**

Total period: 120  
(08 periods / Wk)

Examination – 3 hours  
Full marks: Pr. 50+Sess 100=150

**CONTENTS**

**CHAPTER-I : FACIAL**

- 1.1 Practise in giving a plain facial
- 1.2 Practise in giving facial according to the skin condition as dry, oily, combination a normal skin condition.
- 1.3 Practise in inusing and making of different types of face pack and mask.
- 1.4 Practise in giving hot oil facial and treatment for acned skin.
- 1.5 Practise in using different types of creams, oil and lotions according to the skin condition.

**CHAPTER – II : MAKE-UP**

- 2.1 Practise in basic sequence of maker
- 2.2 Practise in giving light touch of make-up for causal and morning and evening and party make-up.
- 2.3 Practise in special make-up stage, television, open air theatre, modeling and photographic make-up.
- 2.4 Practise in using different cosmetic for different types of skin.

**CHAPTER – III : BODY MASSAGE**

- 3.1 Practise in giving plain body massage
- 3.2 Practise in giving relief the different body ailments by massage manipulation.

**CHAPTER – IV : ELECTRICITY AND LIGHT THERAPY**

- 4.1 Practise in using steamer, vaporizer, galvanic current
- 4.2 Practise in using and removing blackhead by using blackhead remover machine.
- 4.3 Practise in giving treatment by ozone and vapourzone therapy
- 4.4 Care : Maintenance of equipments and safety precaution to be taken.

**CHAPTER – V : ADVANCE BEAUTY CULTURE**

- 5.1 Acne, deep scars, seborrhea, double chin and open pores treatment
- 5.2 Practise of treating blemishes, wrinkles, puffy eyes & practice of complexion treatment.
- 5.3 Practise of facial with lymphatic drainage.

**BCP-403**  
**PROJECT**  
**PRACTICAL-III**

Total period: 105  
(07 periods / Wk)

Examination – 4 hours  
Full marks: Sess: 150 + Viva 50= 200

For the final project the students should do the project work on different problems related to beauty culture under the direct guidance and supervision of concerned lecturer. Simultaneously they should visit atleast 2 to 3 beauty clinics and health clubs for proper analysis. Finally they should submit the project report which will be evaluated by the external examiner.

**BCP-404**  
**SALOON MANAGEMENT**  
**PRACTICAL-IV**

Total period: 60  
(04 periods / Wk)

Examination – 3 hours  
Full marks: Sess: 40+ Viva:10 = 50

The 4<sup>th</sup> semester students were instructed to do there internship under the guidance and supervision of HOD and the concerned teacher to work at the department lab throughout the semester to handle various problem related to skin and Hair, Health and Body perfection. They have to manage how to handle the client and the problem, Hygenie of the lab, house-keeping , simultaneously each student should create Rs 2,000/- as IRG which should be deposited at the institution.

On the basis of their service at the department lab and IRG finally the students are evaluated by the HOD.