

# **FACULTY OF VOCATIONAL STUDIES**

## **SYLLABUS**

of

**MA Cosmetology (Semester: I -II)**

**(Under Continuous Evaluation System)**

**Session: 2018-19**



**The Heritage Institution**

**KANYA MAHA VIDYALAYA  
JALANDHAR**

**(Autonomous)**

## Scheme of Studies and Examination

(Session 2018-19)

**M.A. (Cosmetology)**

<b>Semester I</b>							
<b>Course Code</b>	<b>Course Name</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
MCYM-1141	Anatomy and physiology of skin (T+P)	C	100	40	40	20	3+3
MCYM-1142	Beauty and wellness(T+P)	C	100	40	40	20	3+3
MCYM-1143	Massage (T+P)	C	100	40	40	20	3+3
MCYM-1144	Skin Care (T+P)	C	100	40	40	20	3+3
<b>Total</b>			<b>400</b>				
<b>Semester II</b>							
<b>Course Code</b>	<b>Course Name</b>	<b>Course Type</b>	<b>Marks</b>				<b>Examination time (in Hours)</b>
			<b>Total</b>	<b>Ext.</b>		<b>CA</b>	
				<b>L</b>	<b>P</b>		
MCYM-2141	Trichology (T+P)	C	100	40	40	20	3+3
MCYM-2142	Playing with Hair colours (T+P)	C	100	40	40	20	3+3
MCYM- 2143	Reflexology (T+P)	C	100	40	40	20	3+3
MCYM-2144	Hair grooming (T+P)	C	100	40	40	20	3+3
<b>Total</b>			<b>400</b>				

**M.A IN COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**ANATOMY AND PHYSIOLOGY OF SKIN**  
**Course Code: MCYM-1141**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA: 20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**ANATOMY OF SKIN:**

- Why study anatomy?
- Structure of skin
- Histology of skin
- how is skin nourished ,functions of skin, Glands of skin ,Types of skin, Skin facts, Skin elasticity, Skin colour

**UNIT-II**

**PROBLEMS OF SKIN**

- Disorders of skin- acne, rosacea, psoriasis, pigmentation, seborrhoea, eczema, blemishes, bulla, sun tan.

**COMMON SKIN PROBLEMS**

- Wrinkles ,freckles comedons, dark circles, albinism, dehydration, milia, asbestosis, stoma, mole, allergy

**UNIT-III**

- Skin Analysis
- PH Scale
- Sterilization

**UNIT-IV**

**HUMAN PHYSIOLOGY**

- Cells, Tissue, Organs
- Skeleton system, Muscular system, Nervous system , Circulatory system, Digestive system

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
- Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe).

**M.A COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**ANATOMY AND PHYSIOLOGY OF SKIN**  
**Course Code : MCYM-1141**  
**(Practical)**

**Time: 3 hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

**Project file will be evaluated by External Examiner which carries — 10 marks.**

- Skin analysis
- Exercise of physiology
- Treatments of disorder
- File work
- Viva
- Presentation

**Books Recommended:**

- Complete beauty book by Helen Foster.
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis.
- The Ultimate Guide (to Beauty) by Anjana Gosai.
- Away with wrinkles (A talk dermatologist's secrets for a younger face by Dr. Nick Lowe).

**M.A COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**BEAUTY AND WELLNESS**  
**Course Code: MCYM - 1142**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA: 20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**BEAUTY:**

- What is beauty and its importance
- Colour and outfit culture

**UNIT-II**

**PERSONAL GROOMING:**

Personal grooming: visual poise, basic stance and corrective stance, correct sleeping position basic hand position, meeting and greeting people, speaking and charming conversation

**UNIT- III**

**YOGA:**

- What is yoga? Aim, importance and benefits, Stages of yoga
- Guidelines for yoga practice, Breathing system in yoga
- Aerobics

**UNIT-IV**

**MEDITATION:**

- Benefits of meditation,
- gaining the meditative state,
- How to use meditation,
- Simple meditation techniques,
- Personal development,
- Enjoyment and achievement

**Books Recommended:**

- Structural Yoga Therapy by Mukunda Stiles
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Meditation for Beginners by Jack Kornfield

**M.A COSMETOLOGY ( SEMESTER-I)**  
**(Session 2018-19)**  
**BEAUTY AND WELLNESS**  
**Course Code: MCYM-1142**  
**(Practical )**

**Time: 3 hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

- Aerobics
- 20 yoga asans:
- Dhanur asana , halasana , Shav asana, Pachimottan asana , Vajar asana, Tar asan, Chakarasan, Bhujangasan, pranayam,sarvang asana , trikonasan , gowmukhasan, chaki asana , konasana, garudhasan , virabhadrasana, utkatasana, vrkasana, sukhasana , suptarvajar asana
- Meditation techniques and positions
- Viva
- File work
- Presentation

**Books Recommended:**

- Mind, Body , Spirit by Mark Evans
- Meditation for Beginners by Jack Kornfield
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown
- Structural Yoga Therapy by Mukunda Stiles



**M.A COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**MESSAGE**  
**Course Code : MCYM - 1143**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**MESSAGE**

- Introduction to massage
- Techniques and types of massage
- Steps of massage
- Benefits of massage
- Physiological effect of massage

**UNIT -II**

- Anatomy of bones

**UNIT- III**

- Introduction to facial
- Facial manipulation
- Basic knowledge for facial nerves
- Basic knowledge for facial muscles
- Basic knowledge for facial bones
- Treatments for different skin types

**UNIT- IV**

**Body spa and massage**

- Massage steps
- Homemade SPA
- Client consultation

**Books Recommended:**

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- K.I.S.S (Keep it Simple Series) by Laura Bailey

**M.A COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**MASSAGE**  
**Course Code: MCYM – 1143**  
**(Practical)**

**Time: 3 hrs.**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

- Basic facial
- Deep Cleansing
- Uses Blackhead Extractor
- Types of bleaches
- Medicated Bleach
- Facial treatment
- Body Polishing and Massage
- Body Spa
- Viva
- File work
- Presentation

**Books Recommended:**

- Massage by Ken Eyeraman
- Mind, Body , Spirit by Mark Evans
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- K.I.S.S (Keep it Simple Series) by Laura Bailey

**M.A COSMETOLOGY (SEMESTER-I)**  
**(Session 2018-19)**  
**SKIN CARE**  
**Course Code: MCYM - 1144**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**Unit-I**

**NATURAL INGREDIENTS**

- Knowledge for natural ingredients
- A to Z INGREDIENTS
- BENEFITS
- Uses
- Skin treatments schedule

**Unit-II**

**EXFOLIATION OF SKIN**

- Exfoliation of oily skin
- Exfoliation of dry skin
- Exfoliation of sun damaged skin

**Unit-III**

- AHA and BHA
- pH sensitive AHA and BHA

**Unit- IV**

- Organic preparations

**Books Recommended:**

- Complete beauty book by Helen Foster
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- The Ultimate Guide to being naturally gorgeous by Sarah Stacey & Gosephine Fairley.
- K.I.S.S (Keep it Simple Series) by Laura Bailey

**M.A COSMETOLOGY (SEMESTER-I)**  
**Session 2018-19**  
**SKIN CARE**  
**Course Code: MCYM - 1144**  
**(Practical)**

**Time: 3 hrs**

**Practical Marks: 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar

- Making creams, pack, scrub with natural ingredients
- Treating of problematic skin with natural ingredients
- File work
- Viva
- Presentation

**Books Recommended:**

- Complete beauty book by Helen Foster
- K.I.S.S (Keep it Simple Series) by Laura Bailey
- The Big Beauty Book Glamour for the Fuller figure women by Ann Harper and Glenn Lewis
- The Ultimate Guide to being naturally gorgeous by Sarah Stacey & Gosephine Fairley.

**M.A COSMETOLOGY (SEMESTER-II)**  
**Session 2018-19**  
**TRICHOLOGY**  
**Course Code: MCYM - 2141**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**C.A:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**ANATOMY OF HAIR**

- Structure of hair
- Composition of hair
- Types of hair
- Hair Growth and Replacement

**UNIT-II**

- Hair shapes
- Hair distribution
- Hair Facts
- Hair Analysis

**UNIT-III**

**DISORDERS OF HAIR**

- Non-infectious
- Infectious

**UNIT-IV**

**CHEMICAL STRUCTURE OF HAIR**

- Knowledge of Hair Bond
- Hair Pigment
- Knowledge of Alkaline and Acid

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Bltl Edltions

**M.A COSMETOLOGY (SEMESTER-II)**  
**(Session 2018-19)**  
**TRICHOLOGY**  
**Course Code: MCYM - 2141**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks : 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar

- Shampooing and conditioning
- Hair removing methods
- File Work
- Viva
- Presentation

**Books Recommended:**

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Hair Flair by Bltl Edtions
- THE HAIR COLOR MIX BOOK: 120 Recipes for Salon Perfect Hair



**M.A COSMETOLOGY (SEMESTER-II)**  
**Session 2018-19**  
**PLAYING WITH HAIR COLORS**  
**Course Code: MCYM - 2142**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**COLOR THEORY**

- Why people color their hair
- Color theory

**UNIT-II**

**HAIR COLOURING**

- Choosing your Color
- Types of Color
- Application and Mixing techniques
- Identifying natural level and tone
- Color Depth Tone
- Corrective Color

**UNIT-III**

**CLIENT CONSULTATION**

- Client Consultation
- Hair Analysis

**UNIT -IV**

**FASHION COLORS**

- Highlights
- Global Coloring
- Fashion Shades
- Change of Color
- Frosting
- Color Melting
- Tipping, HEENA Application

**Books Recommended:**

- Complete beauty book by Helen Foster
- Professional Hair Dressing by Martin Green Leo Palladino
- Haircoloring in plain English ISBN-10: 1562533576
- The Haircoloring Manual a practical guide to successful hair coloring by Martha Gfemandez

**M.A COSMETOLOGY (SEMESTER-II)**  
**Session 2018-19**  
**PLAYING WITH HAIR COLORS**  
**Course Code: MCYM - 2142**  
**(Practical)**

**Time: 3 hrs**

**Practical Marks : 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar.

- Highlights
- Global Coloring
- Fashion Shades
- Change of Color
- Frosting
- Tipping
- Heena Application
- Model of Color Wheel
- Presentation
- File Work
- Viva

**Books Recommended:**

- Hair Flair by Bltl Edltions
- Professional Hair Dressing by Martin Green Leo Palladino
- Haircoloring in plain English ISBN-10: 1562533576
- The Haircoloring Manual a practical guide to successful hair coloring by Martha Gfemandez

**M.A COSMETOLOGY (SEMESTER-II)**  
**(Session 2018-19)**  
**REFLEXOLOGY**  
**Course Code: MCYM - 2143**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT - I**

- How Reflexology Work
- Benefits of Reflexology
- Giving Reflexology

**UNIT - II**

- Basic Techniques
- Foot Massage
- Reflexology Routine

**UNIT-III**

- Tension Releasers
- Stress and Pain relievers
- Headaches, breathing and sleeping

**UNIT - IV**

- Reproductive Problems
- Colds, throats and sinuses
- Improving Digestion
- Hand and foot chart

**Books Recommended:**

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- A Beginners Guide to Aroma Therapy by Denise Whichello Brown

**M.A COSMETOLOGY (SEMESTER-II)**  
**Session 2018-19**  
**REFLEXOLOGY**  
**Course Code: MCYM-2143**  
**(Practical)**

**Time: 3 hrs**

**Practical Marks : 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar

- Problems- Headaches, Breathing, Reproduction, Sleeping, sinus, cold, throat, digestive, pain, stress and tension
- File work
- Presentation
- Model of Hand and Foot chart of Reflexology

**Books Recommended:**

- Massage by Ken Eyeraman
- The Complete Book of Massage by Mary Atkinson with Exme Floyd
- Mind, Body , Spirit by Mark Evans
- Beauty Basics by Lorraine Nordmann Level-I

**M.A COSMETOLOGY (SEMESTER-II)**  
**(Session 2018-19)**  
**HAIR GROOMING**  
**Course Code: MCYM - 2144**  
**(THEORY)**

**Time: 3 hrs.**

**Max. Marks: 100**  
**Theory Marks: 40**  
**Practical Marks: 40**  
**CA:20**

**Instructions for the Paper Setters:**

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

**UNIT-I**

**PLAY WITH CHEMICALS**

- Rebonding and Smoothing
- Perming
- Hair Spa

**UNIT-II**

**SCIZZORING**

- Introduction of hair cutting
- Implements of hair cutting
- Sectioning of hair cutting
- Hair thinning

**UNIT – III**

**VARIOUS TOOLS**

- Degree system
- Hair cutting tools
- Holding your tools
- Client consultation

**UNIT-IV**

**HAIR STYLING**

- Wet hair styling
- Thermal styling- straightening, curling, crimping, waving, roller setting
- Hair extensions- wigs, extensions

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book
- Hair Flair by Bltl Edtions

**M.A IN COSMETOLOGY (SEMESTER-II)**  
**Session 2018-19**  
**HAIR GROOMING**  
**Course code: MCYM-2144**  
**(PRACTICAL)**

**Time: 3 hrs**

**Practical Marks : 40**

**Instructions for Practical Examiners:**

Question paper is to be set on the spot jointly by the Internal and External Examiners. Two copies of the same should be submitted for the record to COE office , Kanya Maha Vidyalaya, Jalandhar

- Hair cutting at least 15
- Rebonding
- Perming
- Curling in different techniques
- 20 hair buns
- Blow dryer
- 10 braiding styles
- Presentation
- File work
- Viva

**Books Recommended:**

- Basic Knowledge of Skin Care, Hair Care and personal grooming by Anita Thakur.
- Professional Hair Dressing by Martin Green Leo Palladino
- Perth hair dressers Complete Book
- Hair Flair (Practical) by Blitl Edltions