

**SYLLABUS FOR
SIX MONTHS - FULL TIME
CERTIFICATE COURSE IN BEAUTICIAN AND
HEALTH CARE**

Effective From :-



UNDER DEVELOPMENT

Prepared by:

**Curriculum development cell
Institute of Research Development & Training,
Kanpur**

MAIN FEATURES OF THE CURRICULUM

Title of the course: Certificate Course in '**BEAUTICIAN AND HEALTH CARE**'

Duration: SIX MONTHS

Pattern of the course: Modular System

Intake:

Type of course: Full Time

Entry qualification: Minimum 8th Standard & 14 years of age

Mode of admission:

Study and Evaluation Scheme for

**SIX-MONTHS
CERTIFICATE COURSE IN
BEAUTICIAN AND HEALTH CARE
(To be Effective from.....)**

Curriculum					Courses/ Subject	Theory Marks	Practical Marks
Periods per week							
Lecture		Lab.		Total			
3		15		18	1. BEAUTY AND HAIR CARE.	10	35
3		15		18	2. BODY PERFECTION AND YOGA.	10	35
					3. FIELD EXPOSER		10
					TOTAL	20	80
					GRAND TOTAL	(20+80)	100

NOTE:

1. Each period will be of 50 minutes duration.
2. Each session will be of 24 weeks
3. Effective teaching will be at least 20 weeks.
4. Remaining periods will be utilized for revision etc.
5. Sessional marks of Field Exposure shall be awarded on the basis of the report, submitted by Student on his return from any renowned beauty parlour for one week.

BEAUTY & HAIR CARE:

THEORY :

1. Introduction to work simplification related to the trade, job study and job analysis. Estimation of time and material for job handling.
2. Safety precautions in the trade, General idea of the tools and equipments used in the trade.
3. Method of eyebrow plucking and precautions, Procedure of manicure, pedicure and massage.
4. Familiarisation with the types of skin, Cleaning of face. Meaning of facial, Preparation of packs, Types of packs.
5. Preparation and use of wax and its advantages. Preparation and use of bleach, individual need, frequency of it and its advantages. Precautions for bleaching, waxing and hygiene.
6. What is eyeliner, eye shadow, its use. Lipstick and its types, Different types of cosmetics.
7. Massage and hair massage. General precautions taken for massage of hair and scalp. Selection of right types of brushes and combs.
8. Types of shampoo and its use. Advantages and disadvantages of various types of shampoo. Precautions of dye. Blow dry, perming, Straightening.
9. Precautions in switch wash and setting, Roller making.
10. Precautions in hair cutting and matching of hairstyle with the face

PRACTICALS :

1. Eye brow plucking, Nail filing , Application of nail polish, Manicure, Pedicure.
2. Cleaning of face, Procedure for face massage, Complete plain facial.
3. Preparation of wax and its practical application. Preparation of bleach and its practical application. Procedure of waxing.
4. Procedure of make-up such as foundation, compact, powder, eye – shadow, eye-liner, mascara, kajal, eye-brow pencil, blusher, lipstick and few other cosmetics.
5. Procedure of hair massaging, Hair rinsing, brushing out, combing out and back combing.
6. Shampooing and its different methods, plain shampooing, hot oil shampooing. Forward and back shampooing with emphasis on the comfort of the client.
7. Blow-dry, hair setting, use of different setting lotion. Procedure of hair dye, henna, perming and straightening.
8. Washing of switches, setting of switches. Procedure of making rolls and setting of rollers.
9. Making different types of hairstyle. Matching of hair style with face cut.
10. All forms of ladies hair cutting including children. Different techniques of hair cutting, thinning of hair. Round type, U-cut, Boy- cut.
11. Revision and giving stress on importance of quality and finishing jobs at all stages.

BASIC TRAINING (ONE WEEK):

1. Familiarisation with the trade. Use and maintenance of different equipment used in Beauty Parlour. Safety to be observed while using all these equipment.

BODY PERFECTION-YOGA & DIETETICS

THEORY & P R A C T I C A L S:-

BODY PERFECTION :

- i) The study of different models and understanding their defects.
- ii) Explaining with the help of models the demonstration of the functions of the human body.
- iii) Study of different postures and postural faults. How to sit, stand and walk gracefully learning and
- iv. Showing different models: explaining their defects.
- vi. Dividing them in different age groups, different treatments for different models.
- vii. Study in detail the models psychological and nautical history explaining them the evaluation method for precaution to be taken.
- viii Measuring different models to make a graph of it.
- ix Framing of different diets for different age groups.
- x. Measuring different models checking age etc.
- xi. Practically learning and performing different exercises.
- xii. The treatment given through electrical and other instruments for achieving the desired results.

YOGA :

1. Different points are pointed out while performing yoga.
2. Learning and practicing different exercises.
3. Framing different yogic diets chart for different age groups.
4. Learning and performing different asanas: Padmasana, Sarpasana, Shalabhasana, Dhanurasana, Sarvangasana, Gomukhasana, Vajrasana, Kurmasana, Khagasana, Sukhasana, Halasana, Mekrasana, Tarasana, Shavasana, Yogasana, Sidhasana.
5. Yogic shlvayayam, its benefit, its different exercises.
6. Yogic Asnas benefits of methods; yogasana, sidhasana, padmasana, Headstand.
7. Ardh-mastsyendra and Purna-mastsyendra asana, Paschimottana asana, Matsay asana, supta vajrasana, Virasana, Lion's pose, realisation posture, Bhadrasana, Vrikshasana (tree pose)
8. Bhava sudhi or pure thoughts meditation.
9. All exercises of surya Namaskar or Sun Greetings.
10. Nabhichakra or testing the navel. Self treatment of the navel, diagnosis and correction of the displaced navel. Its

- asana, advantages.
11. Making of different charts of practicing concentration.
 12. Learning and practicing different exercises.
 13. Learning and practicing different exercises–The treatment given through these exercises for achieving the desired results.
 14. Learning & practicing of controlling thoughts.
 15. Learn to keep mind free from thoughts worries etc.
 16. Concentration and meditation in different asnas.
 17. Learning and practicing different exercises of sun greetings.
 18. Practices of different aerobic exercises.
 19. **AEROBICS & GYM:**
Introduction to aerobics, Importance, Diet, exercises & dress codes, Gym– Free Exercises and Machine Exercises and Different Bath.
 20. Knowledge and demonstration of these equipment already mentioned in theory
3. DIETETICS :
- i) Beauty and slimming diet planning
 - ii) Making different diet charts in terms of calories.
 - iii) Exercise on number of calories to be calculated for different age groups keeping in view the economic factors of the client.
 - iv) Preparation of seasonable diet chart
 - v) Calculating food items in terms of cost.

Kindly mail your suggestions/feedback for improvement/development of the syllabus to:-

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(Please note that all information in this survey is confidential for the use of curriculum design only)