

DRAFT SYLLABUS

FOR

BASIC COSMETOLOGY

Under

Craftsmen Training Scheme

GENERAL INFORMATION

1. Name of the Trade : **BASIC COSMETOLOGY**
2. NCO Code No. : 560
3. Duration : 1 Yr.(6 months of each Semester)
4. Power Norms : 6 kW
5. Space Norms : 70Sq.m.
6. Entry Qualification : Passed 10th Class Examination
7. Unit Size(No. of Student) : 20
8. Instructor's/Trainer's qualification: Graduate and CITS with the five years of experience in the field of Cosmetology or graduate and diploma in Cosmetology with three years experience.
9. Exit Level : Successful candidates would be able to work as Beautician, Hair dresser, Make-up Artist, Manicurist, Pedicurist, Hair Stylist, Slimming assistant, Hair colorist .

For Semester I

Week No.	Practical	Theory
1 Week	<ul style="list-style-type: none"> • Personal grooming • Telephone etiquettes • Working on improving poise 	<p><u>Personality Development</u></p> <ul style="list-style-type: none"> • Hygiene rules • Basic of good grooming • Posture • Wardrobe planning • Motivation • Beauty as a career <p><u>Communication Skills</u></p> <ul style="list-style-type: none"> • Professional ethics • Client consultation • Telephone etiquettes
1 Week	<ul style="list-style-type: none"> • Trolley setting • Use of different sterilizing gadgets • Practice in disinfection procedures 	<p><u>Sterilization and Sanitization</u></p> <ul style="list-style-type: none"> • Purpose • Definition • Methods • Procedure • Safety precautions
2 Weeks	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Allergy test procedure • Practice in waxing- hot , cold & warm wax • Practice by chemical depilation method 	<p><u>Temporary removal of Superfluous hair</u></p> <ul style="list-style-type: none"> • Hair growth cycle • Purpose of removing superfluous hair. • Definition and Methods of Epilation and Depilation • Product Knowledge • Allergy test • Client consultation • Procedure • Contra-actions • Contra-indications • Safety precautions
1 Week	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Practice of Waxing, Threading, depilation & Tweezing the eyebrows • Patch test procedure • Bleaching procedure 	<p><u>Threading, Tweezing and Bleaching</u></p> <ul style="list-style-type: none"> • Purpose • Definition • Types and methods • Client consultation • Product knowledge • Patch test • Procedure • Contra-actions • Contra-indications • Safety precautions • After care/Home care

3 Weeks	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Filling of record card • Use of tools & equipment • Practice of Massage :- <ul style="list-style-type: none"> • Hands • Arms • Legs • Practice in different types of basic nail shapes • Practice in different types of manicure & pedicure <p><u>Nail art</u></p> <ul style="list-style-type: none"> • Tools knowledge • Product knowledge • Basic nail art techniques:- <ul style="list-style-type: none"> • Free hand 	<p><u>Manicure and Pedicure</u></p> <ul style="list-style-type: none"> • Anatomy of Nail • Classification and identification of nail diseases and disorders • Purpose of manicure and pedicure • Definition and Types • Tools , equipments & product knowledge • Client consultation • Procedure • Contra-actions • Contra-indications • Safety precautions
3 Week	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Skin analysis:- <ul style="list-style-type: none"> • Naked eyes • Magnifying glass • Filling of record card • Cleaning procedure • Practice in facial with the help of different equipments:- <ul style="list-style-type: none"> • Vapozone • High Frequency • Brushing Unit • Galvanic • Ultrasonic • Vacuum & Spray • Faradic Current • Application of different types of packs & masks according to skin type 	<p><u>Facials</u></p> <ul style="list-style-type: none"> • Anatomy of Skin :- • Skin structure • Functions of skin • Types of skin • Classification & identification of common skin problems:- <ul style="list-style-type: none"> • Acne • Blackheads • Whiteheads • Disorders of sweat glands • Disorders of oil glands • Meaning of Massage • Types and benefits of massage • Client consultation • Skin analysis • Tools, equipments & product knowledge • Basic and deep cleansing • Procedure • Contra-actions • Contra-indications • Safety precautions

1 Week	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Scalp analysis • Practice in using gadgets:- <ul style="list-style-type: none"> • High frequency • Infra red lamp • Scalp steamer • Safety precautions /Do's & Dont's. • After care 	<p><u>Hair</u></p> <ul style="list-style-type: none"> • Science of Hair • Structure of hair root & hair shaft • Chemical composition • Hair growth cycle • Types of hair • Hair texture, density, elasticity & porosity. • Common hair problems <ul style="list-style-type: none"> ➤ Dandruff ➤ Hair falling ➤ Split ends ➤ Pediculosis
2 Weeks	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Scalp analysis • Procedure 	<p><u>Head Massage, Shampooing, Conditioning & Deep-conditioning</u></p> <ul style="list-style-type: none"> • Purpose • Product knowledge • Procedure • Benefits • Precautions
5 Weeks	<ul style="list-style-type: none"> • Trolley setting • Client consultation • Scalp analysis • Practice in different types of cuts:- <ul style="list-style-type: none"> • One-length cut • Diagonal cut • Graduated cut • Special cutting techniques as- <ul style="list-style-type: none"> a) Precision hair cutting b) Notching c) Slicing • Elevation • Practice of blow drying 	<p><u>Hair Cutting & Blowdry</u></p> <ul style="list-style-type: none"> • Facial shapes Knowledge • Sectioning • Elevation/Angles • Length & perimeter • Basics of Blow dry • Tools knowledge • Hair cutting techniques • Safety precautions
2 Week	<ul style="list-style-type: none"> • Stamina building exercises • Deep breathing exercises 	<p><u>Yoga and its Components</u></p> <ul style="list-style-type: none"> • Purpose • Definition • Benefits • Precautions <p><u>Yogic diet</u></p>
2 Week	<ul style="list-style-type: none"> • Practice in Suksham Vayayam 	<p><u>Yogic Suksham Vayayam</u></p> <ul style="list-style-type: none"> • Procedure

	<ul style="list-style-type: none"> • Practice in Surya Namaskar • Practice in all Sthool Vayayam 	<ul style="list-style-type: none"> • Benefits • Precautions <p><u>Surya Namaskar</u> <u>Yogic Sthool Vayayam</u></p> <ul style="list-style-type: none"> • Procedure • Benefits
1 Weeks	<ul style="list-style-type: none"> • Industrial visits • Market survey • Project work 	
1 Week	Admission	
1 Week	Examination	

Note :-

Sterilization of tools & hand sanitization should be practised in each practical.

Services of guest speakers (Yoga Instructor/Soft Skills Speaker will be taken for relevant subjects like Yoga & Communication Skills etc).