

*Placed at the meeting of
Academic Council
held on 30.03.2021*

APPENDIX – E
MADURAI KAMARAJ UNIVERSITY
(University with Potential for Excellence)

Syllabus for
One Year Diploma in Beautician
(Under Non-Semester Pattern)
With effect from the academic year 2021-2022
Regulations, Scheme of Examination and Syllabus

COURSE OBJECTIVES : The focus of course is to develop the students as professionals in the beauty industry by providing extensive theoretical knowledge, introducing modern techniques and expertise them in the practical skills. After the completion of this course, the students become a capable & skillful workforce as required by the prevailing market demand. Also, this unique practical training model would act as a refresher course for the professionals already practicing as beauticians in our society.

CONTENTS : The course work covers various beauty care treatments as Facial, Threading, Tweezing, Eyelash/ Eyebrow Tinting, Waxing, Massage, Hydrotherapy, Micro pigmentation, Manicure, Pedicure and Body treatments (like Body Exfoliation & Body Wraps) which transform the students into the vital skillful workforce to the beauty industry. It provides not only the theoretical lessons and practical knowledge of beauty cosmetics, but also use of cosmetic products, their effects, and remedies for the adverse impacts on the various types of skins. A special care is given on food diet to emphasis the consumption of healthy food recipes as a remedy to attain and maintain healthy skin. Apart from the uniquely designed hands-on training on all aspects of beautician programme, the professional attitude is also covered.

ELIGIBILITY : Candidates seeking admission to Diploma in Beautician Course should have to be passed the Higher Secondary Course (HSC) Examination of Government of Tamil Nadu (or) any other examination accepted as equivalent by the Madurai Kamaraj University.

DURATION: One Academic Year (Non –Semester Pattern)

GENERAL FRAMEWORK

1. Medium of instruction is English.
2. Course of study consists 40 Hours of practical training.

COURSE STRUCTURE

THEORY PAPERS

1. BASIC BEAUTY CARE
2. SKIN CARE AND FACE MAKE UP
3. SPA THERAPY AND MASSAGE
4. HAIR CARE

PRACTICAL PAPERS

1. BEAUTY DESIGNING – I (LAB)
2. BEAUTY DESIGNING – II (LAB)

BREAK -UP OF THE COURSE DURATION

For each Paper, the Theory Classes and Practical Training shall be conducted as follows:

Theory	30 hour
Practical Training	40 hour

SCHEME OF EXAMINATION

This Diploma course shall consist of 4 Theory and 2 Practical papers. Examination will be conducted at the end of the Academic Year. The duration of the examination is 3 hours for both theory and practical and carries 100 marks each.

Out of 100 marks, the candidate must score a minimum of 50 marks in each theory and practical paper to declare pass in the University Examinations. Internal and External marks may be 40:60 for the practical and 25:75 for the theory paper.

S. No	Title of the paper	Exam Duration (h)	Internal Marks	External Marks	Total Marks
1	BASIC BEAUTY CARE	3	25	75	100
2	SKIN CARE AND FACE MAKE UP	3	25	75	100
3	SPA THERAPY AND MASSAGE	3	25	75	100
4	HAIR CARE	3	25	75	100
5	BEAUTY DESIGNING (LAB-I)	3	40	60	100
6	BEAUTY DESIGNING (LAB-II)	3	40	60	100

Duration: 3 hours THEORY PAPERS

Question Paper Pattern	Division of Question Paper	Maximum marks :100
Objective Type	Section A	20x1=20 marks
Short Answer type	Section B	5x6=30 marks
Essay type / with internal Choice	Section C	5x10=50marks

CLASSIFICATION OF SUCCESSFUL CANDIDATES

All theory and practical papers will be considered for classification. Total number of theory and practical papers is 6 (4 theory papers + 2 Practical). The total maximum mark for all the papers is 600 (6x100).

Grades of the candidates will be classified in to three categories as First class, second class and third class based on the percentage of marks scored by the candidates in all subjects.

Out of 600 marks, those who have secured **60% and above** may be declared to have passed in **First class**.

Out of 600 marks, those who have **50% and above but below 60%** may be declared to have passed in **Second class**.

Out of 600 marks, those who have secured **35% and above but below 50%** may be declared to have passed in **Third class**.

SYLLABUS: Theory Papers

BASIC BEAUTY CARE

Unit-I : Introduction and importance of Beauty care - **Threading:** Types, Materials required, Methods, Articles and Package. Side effects and remedial measures - **Bleach:** Types, Materials required, Methods, Articles and Package. Side effects and remedial measures - **Facial:** Types, Materials required, Method, Articles and Package. Types of Skin, phases of massages, Side effects and remedial measures.

Unit-II : Manicure and Pedicure: Definition, purpose, Introduction, tools and equipments, application of creams and lotion, methods/types of pedicure and manicure. Hand and leg massages step by step procedure - **Nail Art:** Factors affecting nail growth. Introduction-equipments and tools, types of nail polish, application and their methods. Different methods of nail art - **Mehandi:** Introduction, preparation of Mehendi paste, Mehendi cone preparation and application on hands and legs.

Unit-III : Waxing: Introduction- preparation of wax and its testing and precautions, types of wax, sterilization of tools, methods of applying wax, removing of superfluous hair from the face and body, purpose, Methods of Epilation and Depilation.

Unit-IV : Saree draping: Introduction, tools and equipments, ironing methods, popular styles: Elegant style, Indian Party style, Bengali style, Gujarati style, Punjabi style dupatta, Saree style dupatta.

Unit-V : Cosmetic creams: Introduction, Knowledge of Herbal Medicinal Products , Knowledge and study of herbal medicinal plants and their uses in different cosmetic products - Aloe, Neem, Tulsi, Turmeric, Cucumber, Lemon, Orange, Multani Mitti, Sandal,

Text Book:

1. Complete Beautician course - Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd, New Delhi.

References:

1. Hair, Skin and Beauty Care 9 The complete body Book-Blossom Kochar (2000) VBSPD/VBS Publishers Distributors Ltd., New Delhi.
2. Practical Guide to Beautician Training- Madhumita Paudwal (2002) Asian Publishers, New Delhi.
3. Classic makeup and beauty book Maureen Barry more Dave king (1996).
4. Dorling Kindersley, London.3.388 Great Hair style Margit Rudiger and Renate Von Samson (2002) Stearling Publishing Co., Inc, New York.

SKIN CARE AND FACE MAKE-UP

Unit-I : Skin Care - Introduction and importance of skin care, Types of skin, factors affecting skin condition, skin analysis, skin care for different seasons. Different types of skin care treatments, Basic skin care methods Natural and artificial. Skin type and treatment- oily, dry, normal combination and sensitive.

Unit-II : Skin Problems - Classification and identification of common skin problems – Acne, Blackheads, Whiteheads, Disorders of sweat glands and oil glands, Dryness, Dullness. Skin treatment-Pimple, under eye Dark circles, Pigmentation, Mature skin, sun tan, open pores, preparation and importance of each treatment.

Unit-III : Cleansing - Types, Techniques, Selection of Cleanser, Treating different skin types with cleansing, importance and types of Natural cleanser. Exfoliating. Facial – based on skin types, Removal of black and white head, Techniques of Facial, Types of facials importance and Benefits of pack and mask, types of pack. Knowledge of machines for facial. Toners- introduction, importance and selection.

Unit-IV : Art of make-up - importance of makeup, Tools used, Cosmetics used in face make-up. Types-Foundation Gel, Moisturizer, Face powder, Face compact, Concealer, Blusher, Eye shadow and lipstick-Selection

Unit-V : Make-up application (CTM) - Application of make-up and different methods used - party make-up, daily make-up, oily make up, bridal make-up, corrective make –up.

Text Book:

1. Blossom Kochar, Hair, Skin and Beauty care, The complete Body Book, VBS Publisher New Delhi, 2002.

References:

1. Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001.
2. Madhumita Pauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi, 2002

SPA THERAPY AND MASSAGE

Unit-I : History and introduction to SPA, Types, Introduction to complementary SPA therapies – Acupressure, Acupuncture, Colon therapy, Chinese medicine, Ear Candling,

Unit-II : SPA products and knowledge –Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies of Herbs, Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Facial Products, Preservatives, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, Pre Blended creams, Soaps, Shampoos, lotions.

Unit-III : SPA as a career – basic requirements, remuneration/earning, SPA career options, starting own SPA business, job opportunities in India and Abroad, roles and responsibilities of SPA therapist.

Unit-IV : Massage – Definition, Types of Techniques, step by step procedure, Cosmetic knowledge, benefits of massage and its precautions.

Unit-V : Definition of Yogasana, Importance and role in beauty care .Healthy food recipes to achieve healthy skin, Food for glowing skin, Prevention and Home remedies for age spots, various tips for beauty care of skin, face, body and hair. Beauty care during weather changes-winter, spring, summer, and autumn.

Text Books:

1. Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book:
2. The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority) Thomson learning, London.

References:

1. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishing.
2. Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry: Spa Management, Butterworth Heinemann Publishers, USA.
3. Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall, New Delhi.

HAIR CARE

Unit-I : Structure of Hair, Types of hair, Hair growth cycle, Importance of hair care, factors affecting hair growth. Scalp massage –benefits and methods, materials required and procedure. Shampooing and rinsing-its importance, purpose and function, types of shampoo – their uses and effects, precautions, types of rinses, benefits of rinsing and precautions.

Unit-II : Hair conditioning – Types of Hair conditioner – natural, chemical, Henna application. Hair problems and treatments –hair falling, split ends, graying, dandruff, dryness, damaged hair, Baldness, Hair spray – Types, Advantages and Disadvantages, outline of hair drier, hair ironing, straightening

Unit-III : Dye application -Hair colour – History of colouring, Basic law of colour, classification of hair colour, allergy test, precaution, special effects of coloring techniques – frosting, tipping, slicing, foil technique, comb technique, global coloring. Types and techniques of crimping

Unit-IV : Hair Cut - Knowledge of hair texture, selection of hair cut according to facial shape, occasion, age, profession, body structure and hair texture. Hair cutting techniques, tools and equipment in haircuts. Haircuts – types: basic haircuts- Trimming, straight cut, U cut, and V-cut. Advanced haircuts – layer cut, blunt cut, tapering, Graduation, bob etc. Use of Hair shaping and cutting implements. Sterilization and sanitation.

Unit-V : Hair styling – different hair styles as per hair texture, materials used for hair styling, techniques in styling – Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques, thermal hair styling- Hair dryer, Crimping rods , Straightening rods, Electric rollers Curling rods. . Hair styling-Basic hairstyle, Model, party styles and bridal styles.

Text Books:

1. Charles Zviak, (1986), The Science of Hair Care, Taylor & Francis.
2. Dale H. Johnson, (1997), Hair and Hair Care, Marcel Decker Inc., New York.

References:

1. Claude Bouillon and John Wilkinson, (2005), The Science of Hair Care, Taylor & Francis.

2. Audrey Davis Sivasothy, (2012), Hair Care Rehab, The ultimate hair repair and reconditioning manual, Saja Publishing Company, LLC.
3. Meenakshi Sinha, Reena Rajgopal, Suchismita Banerjee, (2000), All You Wanted To Know About Hair Care, Sterling Publishers Pvt. Ltd., New Delhi.

BEAUTY DESIGNING (LAB-I)

EXERCISES

1. Threading
2. Waxing
3. Bleach
4. Facial
5. makeup
6. Manicure
7. Pedicure

BEAUTY DESIGNING (LAB-II)

EXERCISES

1. Hair colour
2. Hair cut
3. Blow dry & setting
4. Hair style
5. Hair straightening
6. Hair dye
7. Nail art
8. Mehendi
9. Oil massage

Reference Books

1. Kevyn Aucoin (1999), Making Faces, Little, Brown & Company, USA.
2. Alice Hart Davis & Molly Hindhaugh (2009), Walker Books.
3. Jenny Strebe (2016), 5 Minute Hair: 50 super quick hairstyles to wear and go. Mitchell Beazley.
4. Mary Quant (2001), Classic make up and beauty. Dorling Kindersley
5. Leigh Toselli (2005), A complete guide to manicure & pedicure. New Holland.

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