

FACULTY OF SCIENCES

SYLLABUS

FOR

PG DIPLOMA IN

COSMETOLOGY & HEALTH CARE

(SEMESTER: I - II)

Examinations: 2019-20



GURU NANAK DEV UNIVERSITY

AMRITSAR

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PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER SYSTEM)

(Scheme of Examination)

Semester - I

		Hours	Marks	
Paper-I	Theory	2	50	100
Paper-I	Practical	3	50	
Paper-II	Theory	2	50	100
Paper-II	Practical	3	50	
Paper-III	Beauty Treatment & Make-up (Theory)	2	50	100
Paper-III	Practical	3	50	
			Total	300

Semester - II

		Hours	Marks	
Paper-I	Theory	2	50	100
Paper-I	Practical	3	50	
Paper-II	Theory	2	50	100
Paper-II	Practical	3	50	
Paper-III	Beauty Treatment & Make-up (Theory)	2	50	100
Paper-III	Practical	3	50	
			Total	300

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)

Paper-I (Theory)

Time: 2 Hours

Max. Marks: 50
4 periods/week

Instructions for the Paper Setters:

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES

To impart knowledge of Speaking Skills

To create awareness of Nutrition

SECTION-A

Personal Grooming:

Speaking and Conversational Charm:

Characteristics of charming conversationalist, topics of conversation, topics to avoid, manners of pleasant conversation, when to speak and when to listen, voice cultivation, enunciation and pronunciation.

SECTION-B

Visual Poise:

Basic stance, corrective stance, basic hand position, expressive and graceful hand free actions, walking correctly, walking pivot and correct different sitting positions, correct sleeping position, sitting on a low stool or bench, getting in and out of cars, meeting and greeting people party and table manners entering and leaving properly, handling coats, shawls and stoles, gloves and hand bags.

SECTION-C

Colour and Outfit Culture:

- i) Colours- Importance, effects and selection.
- ii) Planning of wardrobe and selection of clothes according to figure, physique, complexion, occupation and weather.
- iii) Selection of accessories according to attire and occasion.
- iv) Use of perfumes.

Note: Lessons to be arranged with the help of tape-recorder and Linguaphone.

SECTION-D

Nutrition and Dietetics:

- i) Definition of food and its function, food groups (Elementary knowledge only)
- ii) Classification of nutrients, their functions and effects of deficiencies and excess in brief. iii) Concepts of balanced diet.
- iv) Aerobics.

NB: Lectures for I to III should relate to elementary highlighting beauty based on health.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)

Paper-I (Practical)

Time: 3 Hours
4 periods/week

Max. Marks: 50

Instructions: Paper will be set on the spot.

- i) Dressing according to occasion, time, age, seasons.
- ii) Party attending and managing.
- iii) Preparation of Diet Chart for all age groups.
- iv) Aerobics.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)**Paper-II (Theory)****Time: 2 Hours**
4 periods/week**Max. Marks: 50****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES**Knowledge of Hair Care & Herbal Products****SECTION-A****Hair -Care:**

Histology of hair, scalp and hair problems, hair care, shampooing, rinsing and hair dressing styling.

SECTION-B**Removing Hair Techniques:**

unwanted hair, bleaching, waxing and threading, Henna and dying.

SECTION-C**Preparation of Herbal Products:**

Preparation of herbal products for hair-care, heena shampoo, Lemon shampoo and streaking.

SECTION-D**Physical Grooming:**

Types of Facials, Body Massage.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)

Paper-II (Practical)

Time: 3 Hours
4 periods/week

Max. Marks: 50

Instructions: Paper will be set on the spot.

Different Techniques of Setting the Hair:

- i) Shampooing, rinsing, blow-dry, styling, straightening, split and cutting, trimming, threading, bleaching, waxing, heena & half drying.
- ii) Preparation of herbal products for hair-care, heena shampoo, Lemon shampoo and streaking.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)

**Paper-III (Theory)
Beauty Treatment & Make-up**

Time: 2 Hours
2 periods/week

Max. Marks: 50

Instructions for the Paper Setters:

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES

Knowledge of the Skin & Make-up

SECTION-A

Skin Anatomy:

Skin care, anatomy of skin

SECTION-B

Skin Problems:

Skin problems, creams and cosmetics

SECTION-C

Massage:

Facials, manicure and pedicure

SECTION-D

Make-up:

Make up casual and formal, day and night make up, bridal make up.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-I)**Paper-III (Practical)****Time: 3 Hours****Max. Marks: 50****2 periods/week****Instructions: Paper will be set on the spot.**

- i) Procedural details regarding skin using dermatological view point, Manicure, pedicure, facial, body massage.
- ii) Corrective make up techniques, casual and formal make up day and night make up, bridal make up.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)**Paper-I (Theory)**

Time: 2 Hours
4 periods/week

Max. Marks: 50

Instructions for the Paper Setters:

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES

Awareness of Nutrition and Dietetics & Personal Hygiene and Yoga

SECTION-A**Nutrition and Dietetics:**

- Diet for good health and beautiful complexion.
- Meal Planning.
- Health counseling.

SECTION-B

- Over weight and under weight- cause and dietary management.

NB: Lectures for I to VII should relate to elementary highlighting beauty based on health.

SECTION-C**Yoga and Figure Maintenance:****Personal Hygiene:**

- Developing healthy habits, sleeping, eating, exercise, cleanliness, pleasant, recreation and relaxation.

SECTION-D**Exercise and Yoga:**

- What is Yoga? Its aims and Importance.
- Difference between exercise and yoga.
- Assens- servang, padam, hala, supt, vajar, tar, bhaujang, dhanur, chakar, gowmukh, their techniques, importance and effects on body.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)**Paper-I (Practical)****Time: 3 Hours****Max. Marks: 50****4 periods/week****Instructions: Paper will be set on the spot.**

- i) Yoga asanas- vana, padma, halasana, vajrasana, bhujangasana, dhanurasana, chakrasana, gomukhasana.
- ii) Physical Fitness- Obesity: Reasons & Remedies.
- iii) Shaping of the Body- Body Composition Analysis (BCA).
- iv) Water Retention: Problems and Remedies, Calorie Management Techniques.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)**Paper-II (Theory)**

Time: 2 Hours
4 periods/week

Max. Marks: 50

Instructions for the Paper Setters:

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES**Knowledge of good Instruction & Saloon Planning****SECTION-A****Qualities of Instruction**

- Qualities and duties of a saloon/gym manager, operator, dispensary clerk.

SECTION-B**Saloon Planning**

- Planning and layout of saloon.

SECTION-C**Knowledge of Equipments**

- Common equipment required for saloon operation.

SECTION-D**Budget of Saloon**

- Inventory control operational budget of a saloon.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)

Paper-II (Practical)

Time: 3 Hours

Max. Marks: 50

2periods/week

Instructions: Paper will be set on the spot.

- i) Management of accounts for opening of a gym/cosmetic/saloon.
- ii) Visits to beauty saloons of repute.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)**Paper-III (Theory)
Beauty Treatment & Make-up****Time: 2 Hours
2 periods/week****Max. Marks: 50****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). 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.

OBJECTIVES**Knowledge of Therapies & Massage****SECTION-A****Therapy**

- Definition of a therapy

SECTION-B**Types**

- Types of therapies

SECTION-C**Treatments**

- Spa treatment for different problems.

SECTION-D**Herbal Cosmetics**

- Use of herbal cosmetics and creams.

PG DIPLOMA IN COSMETOLOGY & HEALTH CARE (SEMESTER-II)**Paper-III (Practical)**

Time: 3 Hours
2 periods/week

Max. Marks: 50

Instructions: Paper will be set on the spot.

- i) Dealing with various types of skin creams, astringents, tines, massage, creams, cleansing with moisturizers, hand and body pack, under eye cream, night cream and peel off masks.