

SYLLABUS FOR DIPLOMA IN COSMETOLOGY

Course Name: Diploma in Cosmetology

Trade: Beauty and Wellness

NSQF Level: 5

Duration of the Programme: 1 Year (600 Hours)

Academic Days: 90 days per Semester (15 Weeks per Semester)

Entry Qualification: Passed (10+2)th Class Examination

Unit Strength (No of Students): 20

Minimum Age: 14 Years as on first day of Academic Session

Distribution of Training Hours per Week:

Total Hours/Week	Trade Practical/Week	Trade Theory/Week	General Course/Week
20 Hours	12 Hours	4 Hours	4 Hours

Course Structure for Diploma in Cosmetology:

Semester	Courses/Papers			Marks			Credits	Classes per Week
				End-Semester	In-Semester	Total		
Semester I	Professional Skill Component	Theory	COS-VC-1014: Cosmetology I (Theory)	40	10	50	4	4 Hours
		Practical	COS-VC-1026: Cosmetology I (Practical)	80	20	100	6	12 Hours
	General Education Component	COS-VC-1034: Communication English		40	10	50	4	4 Hours
Semester II	Professional Skill Component	Theory	COS-VC-2014: Cosmetology II (Theory)	40	10	50	4	4 Hours
		Practical	COS-VC-2026: Cosmetology II (Practical)	80	20	100	6	12 Hours
	General Education Component	COS-VC-2034: Environmental Studies		40	10	50	4	4 Hours

Detailed Course Content for Diploma in Cosmetology

SEMESTER I

1. COS-VC-1014: Cosmetology I (Theory)

Total Marks: 50

Unit No	Distribution of Marks	Week No	Course Outline
Unit I: Client Handling and Salon Hygiene	8	1 st Week	Personal grooming, Client handling and counseling, Cosmetology as a career, Sterilization and Sanitization: Purpose, Definition, Methods, Procedure, Saloon hygiene and Safety precautions
Unit II: Treatment of Superfluous Hair	10	2 nd – 4 th Week	Purpose of temporary removing superfluous hair, Definition and Methods of Epilation and Depilation, Product Knowledge, Allergy test Threading Tweezing and Bleaching: Purpose, Definition, Types and methods, Client consultation, Product knowledge, Patch test, Sterilization and Sanitation, Procedure, Contra-actions, Contra-indications, Safety precautions, After care/Home care
Unit III: Manicure and Pedicure	10	5 th – 7 th Week	Manicure and Pedicure: 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, Sterilization & Sanitation, Contra-actions, Contra-indications, Safety precautions
Unit IV: Treatment of Skins, Facials and Massage	10	8 th – 11 th Week	Facials: Anatomy of Skin, Skin structure, Functions of skin, Types of skin, Classification & identification of common skin problems: Acne, Blackheads, Whiteheads, Disorders of sweat glands, Disorders of oil glands Meaning of Massage, Types and benefits of massage Skin analysis: Tools, equipments & product knowledge, Basic and deep cleansing, Procedure, Contra-actions, Contra-indications, Safety precautions
Unit V: Common Hair Problems and Hair Cutting	12	12 th – 15 th Week	Structure of hair, Science of Hair Structure of hair root & hair shaft Chemical composition, Hair growth cycle, Types of hair, Hair texture, density, Elasticity & porosity Head Massage, Shampooing, Conditioning & Deep-conditioning, Purpose, Product knowledge, Procedure, Benefits, Precautions Common hair problems: Dandruff, Hair falling, Split ends, Pediculosis, Grey hair, Dry & Chemically damage Hair Hair Cutting & Blow-dry: Facial shapes Knowledge, Sectioning, Elevation/Angles, Length & perimeter, Basics of Blow dry, Tools knowledge, Hair cutting techniques, Safety precautions

2. COS-VC-1026: Cosmetology I (Practical)

Total Marks: 100

Units	Distribution of Marks	Week No	Course Outline
Unit I: Introduction and Salon Hygiene	12	1 st Week	Trolley setting, Use of different sterilizing gadgets, Practice in disinfection procedures
Unit II: Waxing, Threading and Tweezing	22	2 nd – 4 th Week	Trolley setting, Client consultation and handling, Draping of client, Demonstration Practice in waxing (arm, leg, full body and face waxing) - hot, cold & warm wax, Practice of Threading & Tweezing, Epilation & depilation the eyebrows, Allergy test procedure, Bleaching procedure, Sterilization and Sanitation
Unit III: Massage and Nail Art	22	5 th – 7 th Week	Trolley setting, Client consultation and handling, Draping of client, Filling of record card, Use of tools & equipment for manicure and pedicure Services, Procedure, Practice of Massage: Hands, Arms and Legs, Practice in different types of manicure & pedicure, Sterilization & Sanitation, Nail art: Tools knowledge and Product knowledge, Basic nail art techniques: Free hand
Unit IV: Facial Treatment	23	8 th – 11 th Week	Facial room setting, Trolley setting/ bed setting, Client consultation and handling, Client draping Skin analysis: Naked eyes and Magnifying glass, Filling of record card, Practice of massage techniques, Cleaning procedure, Practice in facial with the help of different equipments: Magnifying lamp, Wood Lamp, Vapor zone, High Frequency, Brushing Unit, Galvanic, Ultrasonic, Vacuum & Spray and Faradic Current, Application of different types of packs & masks according to skin type
Unit V: Common Hair Problems, Head Massage and Haircuts using Special Cutting Techniques	21	12 th – 15 th Week	Trolley setting, Client consultation and handling, Client Draping, Hair and Scalp analysis, Procedure of head massage, Practice in using gadgets: High frequency, Infra-red lamp and Scalp steamer, Practice of holding scissors and comb together, Practice in different types of cuts: One-length cut, Diagonal cut, Graduated cut and Layering, Special cutting techniques as: Precision hair cutting, Notching & Elevation, Practice of different techniques for blow drying, Safety precautions /Do's & Dont's, After care, Sterilization & Sanitation

3. COS-VC-1034: Communication English

Total Marks: 50

Units	Distribution of Marks	Week No	Course Outline
Unit I: Grammar	25 Marks	1 st – 8 th Week	Make sentences using common phrases and idioms, Common Errors: To be answered as directed, Correct use of verbs, tenses, prepositions, etc., Voice Change, Use of Determiners
Unit II: Composition	25 Marks	9 th – 15 th Week	Descriptive Writing, Report Writing, conceptual writing, programme management (Arrangement, Execution, Advertisement, etc. of a Programme)

SEMESTER II

1. COS-VC-2014: Cosmetology II (Theory)

Total Marks: 50

Unit No	Distribution of Marks	Week No	Course Outline
Unit I: Nutrition and Yoga	9	1 st – 2 nd Week	Yoga and its Components: Purpose, Definition, Benefits & Precautions, Yogic Diet Meditation: Definition, Procedure, Benefits & Safety Precautions
Unit II: Make-up	10	3 rd – 4 th Week	Make-up: Skin Structure, Purpose, Effects of Light on makeup, Color theory, Basic facial shapes knowledge, Product knowledge, Types of make-up Day time, Evening and Party, Bridal Make-up, Procedure of CTM Basic corrective make-up for: Cheeks, Nose, Lips, Jaws, Eyes and Eyebrows, Make-up removal, Tools & equipment hygiene, Safety precautions
Unit III: Hair Styling and Colouring	11	5 th – 8 th Week	Hair Styling: Knowledge of Facial Shapes, Purpose, Types of hair styling: Thermal styling, Roller Setting and Artificial Aids Thermal Styling: Blow drying, Ironing/ Crimping & Tongs Wet styling: Roller setting, Artificial Aids, Cleaning & maintaining of artificial aids, Safety precautions Hair Coloring: Knowledge of Hair Structure, Science of color, Basic law of colour (colour wheel), Classification of hair color: Temporary, Semi-permanent & Permanent Types of hair color: Chemical & Vegetable Techniques: Pre-lightening & Global color High lightening: Numbering system, Product Knowledge, Allergy Test procedure, Procedure of applying all types of hair color, Contra-actions, Contra-indications, Safety precautions

Unit IV: Perming and Straightening/Rebonding/Smoothening of Hair	12	9 th – 12 th Week	Perming: Definition, Knowledge of Hair Structure, Knowledge of Bonds, Basic Perm technique, Types of perm rollers, Client consultation, Scalp analysis, Product knowledge, Strand test knowledge & procedure, Step by step procedure of perming, Contra-actions, Contra-indications, Safety precautions, Aftercare/ Homecare Straightening/Rebonding/Smoothening: Definition, Knowledge of Hair Structure, Knowledge of Bonds, Client consultation, Scalp analysis, Product knowledge, Strand test knowledge & procedure, Step by step procedure of Straightening/Rebonding/Smoothening, Contra-actions, Contra-indications, Safety precautions, Aftercare/Homecare
Unit V: Indian Traditional Beauty Concepts	8	13 th – 15 th Week	Indian traditional beauty concepts: Create bindi, heena & temporary tattoo designing, drape saree in different styles, Safety precautions related to practical topics, Contra-actions, Contra-indications

2. COS-VC-2028: Cosmetology II (Practical)

Total Marks: 80

Units	Distribution of Marks	Week No	Course Outline
Unit I: Basic yogic exercises for stamina building and correcting body posture	15	1 st – 2 nd Week	Stamina building exercises, Deep breathing exercises, Practice in Suksham Vayayam, Surya Namaskar, all Sthool Vayayam, etc., Practice in doing Meditation, Preparation of Diet Chart
Unit II: Makeup and explain effects of light on makeup	22	3 rd – 4 th Week	Trolley setting, Client consultation and handling, Client Draping, Skin analysis, Selection of cosmetics & implements, Practice in CTM procedure, Practice in different types of make-up: Day time, Evening and Party, Make up for special occasion & Bridal make up, Corrective make-up for cheeks, nose, lips, jaws eyes and eyebrows, Sterilization & Sanitation
Unit III: Create traditional hair styles & hair designing with artificial aids and Thermal gadgets	23	5 th – 8 th Week	Trolley setting, Client consultation and handling, Scalp and Hair analysis, Selection of Styling products & implementations, Practice in different types of traditional hair styling techniques: Rolls, Braids, Interlocks & Twisting styles, Practice in different techniques of hair styling: Thermal styling, Roller Setting & Artificial Aids, Practice of latest and modern hair style, Sterilization & Sanitation.

Unit IV: Demonstrate hair coloring, perming, straightening, rebonding & smoothening of Hair	23	9 th – 12 th Week	Trolley setting, Client consultation and handling, Scalp and hair analysis, Selection of Color, Allergy test procedure, Practice in different types of hair coloring techniques: Global color & High lightening, Practice latest techniques: Frosting, Crunching, Weaving & Slicing, After care, Strand test procedure for Perming and Strengthening/Rebonding/Smoothing of Hair, Precautions, Sterilization & Sanitation
Unit V: Create bindi, heena & temporary tattoo designing, drape Saree in different styles	17	13 th – 15 th Week	Indian traditional beauty concepts: Bindi designing, Henna designing, Temporary Tattoo making & Saree draping, etc.

3. COS-VC-2034: Environmental Studies

Total Marks: 50

Units	Distribution of Marks	Week No	Course Outline
Unit 1: Introduction to Environmental Studies	7	1 st – 2 nd Week	Multidisciplinary nature of environmental studies, Scope and importance, Concept of sustainable development
Unit 2: Natural Resources: Types, Renewable and Non-renewable Resources	12	3 rd – 5 th Week	Land resources: land use change; land degradation, soil erosion and desertification Forest resources: Deforestation: Causes and impacts due to mining, Construction of big dams and their effects on forests and people Water resources: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state: Indo-China, Indo-Bangladesh, Cauveri disputes) Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies – coal mining, crude oil extraction.
Unit 3: Biodiversity and Conservation	10	6 th – 8 th Week	Levels of biological diversity: genetic, species and ecosystem diversity India as a mega-biodiversity nation; Endangered and endemic species of India Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts Conservation of biodiversity: In-situ and Ex situ conservation of biodiversity.
Unit 4: Environmental Pollution	10	9 th – 12 th Week	Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution Nuclear hazards and human health risks Solid waste management: Control measures of urban and industrial waste. Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture

Unit 5: Human Communities and the Environment	11	13 th – 15 th Week	Human population growth: Impacts on environment, human health and welfare. Disaster management: floods, earthquake, cyclones and landslides Environmental movements: Chipko, Silent valley, Narmada Bachao, Bishnois of Rajasthan. Environmental communication and public awareness (CNG, electric vehicles, green energy, waste minimization)
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