**Syllabus on Vocational Education and Training Course (VTC)**

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| **Paper Title** | **: Beauty Care -I** |
| **CODE** | **: VTC: 247.1** |
| **Number of Credits** | **: 4** |
| **Semester** | **: III** |
| **No. of Theory Hours Per Week** | **: One (1 hour)** |
| **No. of Practical Hours per Week** | **: Three (3 Hours)** |

**Outline of the Paper:**

| Type of Course | Units in the VTC | Hours | Credits | Total Marks | Distribution of Marks (as per OC-8) | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | In-Semester | | End-Semester | |
| | | | | | Theory | Practical | Theory | Practical |
| Beauty Care -I | Unit-I Theory (25 Marks) | 15 | 4 | 100 | 25 | | | |
| | Unit-II to IV Theory (75 Marks) | 90 | | | | 15 | | 60 |

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| **Marks Distribution** | **: Internal Assessment: 40**<br>**: External Assessment: 60** |
| **Course Objectives** | 1. To enable students to recognize and adhere to professional ethics and conduct in the workplace, ensuring high standards of professionalism and integrity in all aspects of their work.<br>2. To explain and equip students with various techniques of manicure and pedicure, promoting proper nail care and aesthetic enhancement.<br>3. To enable students to apply skills in threading, bleaching, facials, and waxing, offering a range of beauty treatments to meet client needs effectively.<br>4. To demonstrate the skills required for comprehensive hair care, including various hair treatments, to maintain and improve hair health and appearance. |
| **Course Learning Outcome** | Students will be able to<br>1. recognise professional ethics and professional conduct in the work place<br>2. explain and equip themselves with the various technique of manicure and pedicure<br>3. apple the skill of threading, bleaching, facial and waxing<br>4. demonstrate the skill for hair care including hair treatment |
| **Unit I: (Theory)**<br>**15 Hours** | **Personal Development for beautician and Introduction to Beauty care (Theory)**<br>• Professional Outlook, Personal Grooming, Professional Ethics and Communication Skills<br>• Threading and Bleach - Types, Side effects and Remedial measures |

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| | • Facial - Types, Types of Skin, Phases of massages, Side effects and Remedial measures. Waxing - Types of wax, Types of waxing, Preparation of wax and Testing<br>• Importance of hair care, Types of hair, Factors affecting hair growth, Hair problems |
| **UNIT-II: (Practical) 30 Hours** | **Introduction to basic Beauty care (Practical):**<br>• Threading - Materials required, Methods<br>• Bleach –Trolley setting, Materials required, Methods<br>• Facial - Materials required, Method,<br>• Waxing - Methods of applying wax- hand, leg and underarm waxing, Methods of Epilation and Depilation. |
| **UNIT-III: (Practical) 30 Hours** | **Manicure and Pedicure (Practical):**<br>• Types of pedicures and manicure<br>• Manicure and pedicure techniques<br>• Nail Art: Different methods of nail art, types of nail polish, application and their methods.<br>• Mehandi: Introduction, preparation of Mehandi paste, Mehandi cone preparation and Technique of application - hands and legs. |
| **UNIT-IV: (Practical) 30 Hours** | **Hair Care (Practical)**<br>• Scalp massage - Materials required and Procedure and Technique<br>• Shampooing and rinsing- Types of shampoo and their uses, Application and Technique, Types of rinses and methods of rinsing<br>• Hair conditioning – Types of Hair conditioner, Application and Technique<br>• Hair Treatment |
| **Suggested Readings** | 1. Burne, Deborah. The Beauty Geek's Guide to Skin Care: 1,000 Essential Definitions of Common Product Ingredients. Rockridge Press, 2019<br>2. Coetzee, Bronwyn. Manicure & Pedicure: A Complete Guide to Beautiful Hands and Feet. Kindle Editions 2015<br>3. Essential Beauty Guide. Goodwill Publishing House 2001<br>4. Gupta, Renu. Complete Beautician course. New Delhi, Diamond pocket books Pvt Ltd, 2001<br>5. Husain, Shanaz. Shahnaz Husain's Beauty Book, Orient Paperbacks, 2014<br>6. Johnson, Dale H. Hair and Hair Care. New York: Marcel Decker Inc, 1997<br>7. Kochar, Blossom. Hair, Skin and Beauty Care 9 The complete body Book. New Delhi: VBSPD/VBS Publishers Distributors Ltd 2000<br>8. Paudwal, Madhumita. Practical Guide to Beautician Training. New Delhi: Asian Publishers, 2002 |

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| | 9. Saikia, Madhumita. Basic Beautician Training Course. Computech Publications Limited, 2019<br>10. Sinha, M, Rajgopal and Banerjee. S. All You Wanted To Know About Hair Care. New Delhi: Sterling Publishers Pvt. Ltd, 2000<br>11. |
| **Requirements** | **Threading**<br><br>• Thread (antibacterial and hypoallergenic)<br>• Tweezers<br>• Threading scissors<br>• Disinfectants and sterilization equipment<br><br>**Bleach**<br><br>• Bleach creams and powders<br>• Mixing bowls and applicators<br>• Trolley for organization<br>• Protective gear (gloves, masks)<br>• Aftercare products (soothing creams, lotions)<br><br>**Facial**<br><br>• Cleansers, toners, and moisturizers<br>• Facial masks and scrubs<br>• Massage creams and oils<br>• Steamers and facial towels<br>• Sponges and cotton pads<br>• Facial beds/chairs<br><br>**Waxing**<br><br>• Wax heaters<br>• Different types of wax (soft, hard, strip)<br>• Wax applicators (spatulas)<br>• Waxing strips<br>• Pre-wax and post-wax care products<br><br>**Manicure and Pedicure**<br><br>• Manicure and pedicure kits (nail files, buffers, clippers, cuticle pushers)<br>• Bowls for soaking<br>• Foot baths and spas<br>• Exfoliating scrubs<br>• Lotions and creams |

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| | **Nail Art**<br><br>• Nail polishes (various types and colors)<br>• Nail art brushes and tools<br>• Stencils and stickers<br>• UV/LED nail lamps for gel polish<br><br>**Mehandi**<br><br>• Henna powder<br>• Mixing bowls and spoons<br>• Mehandi cones<br>• Design stencils and instructional guides<br><br>**Hair Care**<br><br>**Scalp Massage**<br><br>• Massage oils and creams<br>• Scalp massagers and brushes<br>• Towels and capes<br><br>**Shampooing and Rinsing**<br><br>• Various types of shampoos and conditioners<br>• Rinsing bowls or salon sinks<br>• Applicator bottles<br><br>**Hair Conditioning**<br><br>• Different hair conditioners<br>• Leave-in conditioners and hair masks<br>• Heat caps and steamers<br><br>**Hair Treatment**<br><br>• Treatment-specific products (anti-dandruff, anti-hair fall)<br>• Applicators and mixing bowls<br>• Towels and capes<br><br>**Any other item as and when required** |
| **Qualified Instructors** | • Qualified instructors with experience in beauty care<br>• Guest lecturers or industry professionals for specialized sessions<br>• Ensure instructors have or receive training in effective teaching methods. |

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| **Paper Title** | **: Beauty Care -II** |
| **CODE** | **: VTC: 267.1** |
| **Number of Credits** | **: 4** |
| **Semester** | **: IV** |
| **No. of Theory Hours Per Week** | **: One (1 hour)** |
| **No. of Practical Hours per Week** | **: Three (3 Hours)** |

**Outline of the Paper:**

| Type of Course | Units in the VTC | Hours | Credits | Total Marks | Distribution of Marks (as per OC-8) | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | In-Semester | | End-Semester | |
| | | | | | Theory | Practical | Theory | Practical |
| Beauty Care-II | Unit-I Theory (25 Marks) | 15 | 4 | 100 | 25 | | | |
| | Unit-II to IV Theory (75 Marks) | 90 | | | | 15 | | 60 |

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| **Marks Distribution** | **: Internal Assessment: 40**<br>**: External Assessment: 60** |
| **Course Objectives** | 1. To enable students to identify hair anatomy, hair types and conditions<br>2. To enable students to recognize hair and scalp disorders and implement massage techniques<br>3. To enable students to develop proficiency in hair cutting and hair styling techniques<br>4. To choose appropriate hair colour and make use of colouring techniques |
| **Course Learning Outcome** | At the end of the course students will be able to:<br>1. explain the anatomy of hair and to identify hair conditions, and different hair types.<br>2. identify hair and scalp disorder and the influencing factors that may cause damage to the hair and equip oneself with various massage technique<br>3. make use of skills relating to hair cutting and hair styling techniques<br>4. describe the classification of hair colour and as well as colouring techniques |
| **Unit I: (Theory)**<br>**15 Hours** | Introduction to Hair care (Theory)<br>• Anatomy and physiology of hair, Hair analysis, Structure of hair and Layers of Hair<br>• Benefits of hair spa and Precautions<br>• Study of profiles, Hair shaping and cutting implements and their uses, Different types of sectioning and patterns making. |

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| | • Basic law of colour, classification of hair colour, allergy test and precaution, hair dyeing (Herbal & Chemical) |
| **UNIT-II: (Practical)**<br>**30 Hours** | Scalp Massage and Hair Spa (Practical)<br>• Identifying client's hair and scalp condition<br>• Procedure of hair spa and Massage manipulation<br>• Hair Spa for - dandruff, oily scalp, coloured hair, hair smoothing and itchy scalp<br>• Massage techniques: Effleurage, petrissage, tapotement, rotary, vibration, friction, champissage |
| **UNIT-III: (Practical)**<br>**30 Hours** | Hair Cutting and Hair styling (Practical)<br>• Types of cutting to suit the texture (fine, curly, straight, wavy and course hair).<br>• Types and technique of haircuts- trimming, blunt-cut, layered, cutting & tapering<br>• Basic hairstyle - Open Hair Styles, Semi-Tied & Up styles, Bridal Hair Dos, Party Hairdos, Sleep-in Looks, Ringlets and Plaits<br>• Types of hairstyling -Thermal styling, Wet styling, Roller Setting and Artificial Aids, Technique of Hair styling: Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques, |
| **UNIT-IV: (Practical)**<br>**30 Hours** | Hair colouring and tinting (Practical)<br>• Examination of scalp and hair: Skin test, colour or dye selection, Sectioning the hair, application of hair, colour or dye, conditioning and setting.<br>• Colouring techniques – frosting, tipping, slicing, foil technique, comb technique, global colouring.<br>• Types and techniques of crimping<br>• Pre and post treatment |
| **Suggested Readings** | 1. Claude Bouillon and John Wilkinson. The Science of Hair Care, Taylor & Francis, 2005<br>2. Goldman, D. The Professional's Illustrated Guide to Haircare & Hairstyles, Lorenz Books, 2010<br>3. Johnson, Dale H. Hair and Hair Care. New York: Marcel Decker Inc, 1997<br>4. Kochar, Blossom. Hair, Skin and Beauty Care. New Delhi: VBSPD/VBS Publishers Distributors Ltd 2000<br>5. Meenakshi Sinha, Reena Rajgopal, Suchismita Banerjee. All You Wanted to Know About Hair Care, New Delhi: Sterling Publishers Pvt. Ltd., 2000<br>6. Parott. Hairstyles Coloring Book, Notion Press 2022<br>7. Paudwal, Madhumita. Practical Guide to Beautician Training. New Delhi: Asian Publishers, 2002<br>8. Regan Peter. Hair Colour Book: A Practical Guide To The Theory Of Colouring Hair. Kindle Edition 2018<br>9. Worthington, C. The Complete Book of Hairstyling., Carlton Books Ltd, 2001 |

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| **Requirements** | **Hair Spa**<br><br>• Hair spa products (shampoos, conditioners, masks)<br>• Massage oils and creams<br>• Towels and capes<br><br>**Hair Cutting and Hair Styling**<br><br>• High-quality hair cutting scissors<br>• Thinning shears<br>• Razors<br>• Combs and sectioning clips<br><br>**Basic Hairstyle Techniques**<br><br>• Hair styling products (gels, sprays, mousses)<br>• Hair accessories (pins, bands, clips)<br>• Tools for creating different styles (curling irons, flat irons, rollers)<br>• Instructional materials for various styles (open hairstyles, semi-tied styles, bridal hairdos, party hairdos, sleep-in looks, ringlets, and plaits)<br><br>**Examination of Scalp and Hair**<br><br>• Skin test kits<br>• Color or dye selection charts<br>• Sectioning clips and combs<br><br>**Colouring Techniques**<br><br>• Hair coloring products (frosting, tipping, slicing, foil technique, comb technique, global coloring)<br>• Applicators (brushes, bowls)<br>• Protective gear (gloves, capes)<br>• Conditioning and setting products<br><br>**Types and Techniques of Crimping**<br><br>• Crimping tools and irons<br>• Instructional guides on crimping techniques<br><br>**Pre and Post Treatment**<br><br>• Pre-treatment products (scalp protectors, primers)<br>• Post-treatment products (conditioners, serums) |

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| | • Care instructions for colored and treated hair |
| **Qualified Instructors** | • Qualified instructors with experience in hair care and styling<br>• Guest lecturers or industry professionals for specialized sessions<br>• Ensure instructors have or receive training in effective teaching methods.<br><br>**Any other item as and when required** |

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| **Paper Title** | **: Beauty Care III** |
| **CODE** | **: VTC: 367.1** |
| **Number of Credits** | **: 4** |
| **Semester** | **:VI** |
| **No. of Theory Hours Per Week** | **: One (1 hour)** |
| **No. of Practical Hours per Week** | **: Three (3 Hours)** |

**Outline of the Paper:**

| Type of Course | Units in the VTC | Hours | Credits | Total Marks | Distribution of Marks (as per OC-8) | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | In-Semester | | End-Semester | |
| | | | | | Theory | Practical | Theory | Practical |
| Basic Beauty Care-III | Unit-I Theory (25 Marks) | 15 | 4 | 100 | 25 | | | |
| | Unit-II to IV Theory (75 Marks) | 90 | | | | 15 | | 60 |

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| **Marks Distribution** | **: Internal Assessment: 40**<br>**: External Assessment: 60** |
| **Course Objectives** | 1. To enable students to identify and explain various skin care problems, such as acne, dryness, and sensitivity, and describe basic skin care methods to address these issues effectively.<br>2. To enable students to develop and equip oneself with techniques for effective facial cleansing and facial massage, promoting healthy skin and relaxation.<br>3. To enable students to gain proficiency in applying different types of facial makeup, including foundation, eyeshadow, and lipstick, to enhance facial features and create desired looks.<br>4. To enable students to discover and describe different types of spa therapies and massage techniques, learning how they contribute to overall wellness and skin health. |
| **Course Learning Outcome** | At the end of the course students will be able to<br>1. identify and explain the various skin care problems and describe the basic skin care methods<br>2. develop and equip themselves with the techniques of facial cleansing and facial massage<br>3. make use of skills relating to facial make-ups<br>4. discover different types of spa therapies and massage techniques |
| **Unit I: (Theory)** | **Introduction** |

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| **15 Hours** | • Importance of skin care, Factors affecting skin condition, skin analysis, Basic skin care methods Natural and artificial<br>• Classification & identification of common skin problems, Skin type and treatment, Types of Natural cleanser, importance and types of Toners<br>• Types of facial, Facial masks- Benefits and contraindications, Types of Make-up<br>• SPA products and knowledge, Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies, Types of massage Therapy, benefits of massage and its precautions |
| **UNIT-II: (Practical)**<br>**30 Hours** | **Cleansing and Facial**<br>• Types of Cleanser, Techniques of cleansing for different skin types<br>• Techniques used in Plain facial, Vegetable peel facial, Gauze facial, Paraffin mask treatment, High frequency facial, Ozone facial, Galvanic facial, Thermo herb facial, Aroma facial, Gold and silver facial.<br>• Knowledge and use of machines in facial<br>• Pack and mask- Preparation of pack and mask, Techniques of applying face pack and mask |
| **UNIT-III: (Practical)**<br>**30 Hours** | **Make-up**<br>• Color Wheel, Skin tones, Brow shaping<br>• Selection of cosmetics -Foundation Gel, Moisturizer, Face powder, Face compact, Concealer, Blusher, Eye shadow and lipstick<br>• Selection of Tools - Different types of brushes, Make-up products, Selection of Sponges<br>• Techniques of applying Make-up- Day make-up, Evening Make-up, Party Make-up, Bridal Make-up and special effects make-up |
| **UNIT-IV: (Practical)**<br>**30 Hours** | **SPA**<br>• SPA therapies - Acupressure, Acupuncture, Colon therapy, Ear Candling<br>• SPA products and its uses - Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, pre-blended creams, Soaps, lotions.<br>• Seasonal SPA therapy - winter, spring, summer, and autumn<br>• Massage Techniques and procedure |
| **Suggested Readings** | 1. Baumann, Leslie. The Skin Type Solution, Bantam, 2006<br>2. Baxi, Nishant. Massage Therapy, Notion Press, 2023 |

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| | 3. Brown, Bobbi. Makeup Manual, Grand Central Life & Style, 2011<br>4. Goroway, Patricia. Facial Fitness, Ergodebooks, 2006<br>5. Handa, P. Speaking of Skin Care, New Dawn Press, 2007<br>6. Reyna, G.M. How to Be a Professional Makeup Artist, Kindle Edition, 2013<br>7. Shapiro, B. Skin Deep: Women on Skin Care, Makeup, and Looking Their Best, Harry N. Abrams,2017<br>8. Sharma, Rajiv. Skin And Hair Care, Delhi: Manoj Publications, 2017<br>9. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishing<br>10. Tezak,Edward. Successful Salon and Spa Management, Milady Publishing Co, 2011 |
| **Requirements** | **Cleansing and Facial**<br><br>**Facial Techniques**<br><br>• Facial beds or chairs<br>• Facial steamers<br>• Machines for advanced treatments (galvanic, ozone)<br>• Masks and treatment products (paraffin, high frequency)<br><br>**Pack and Mask - Preparation of Pack and Mask, Techniques of Applying Face Pack and Mask**<br><br>• Mixing bowls and spatulas<br>• Ingredients for pack and mask preparation (clays, herbs)<br>• Instructional guides on application techniques<br><br>**Make-up**<br><br>• Color wheels and charts<br>• Makeup palettes (foundations, powders, blushes, eye shadows, lipsticks)<br>• Eyebrow shaping tools (tweezers, eyebrow pencils)<br><br>**Selection of Cosmetics**<br><br>• Makeup brushes (various types for foundation, eye makeup, blush)<br>• Sponges and applicators<br>• Makeup products for different skin tones and types<br><br>**SPA**<br><br>**SPA Therapies - Acupressure, Acupuncture, Colon Therapy, Ear Candling** |

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| | • SPA therapy equipment (acupressure mats, acupuncture needles, ear candles)<br>• Safety and hygiene protocols for specialized therapies<br><br>**SPA Products and Their Uses**<br><br>• Essential oils, aromatic oils, carrier oils<br>• Body scrubs, wraps, active ingredients<br>• Pre-blended oils, creams, soaps, and lotions<br><br>**Seasonal SPA Therapy - Winter, Spring, Summer, and Autumn**<br><br>• Seasonal skincare products (moisturizers, masks)<br>• Instructional materials on seasonal treatments<br><br>**Massage Techniques and Procedure**<br><br>• Massage tables or chairs<br>• Massage oils and creams<br>• Training on various massage techniques (swedish, deep tissue, aromatherapy)<br><br>**Any other item as and when required** |
| **Qualified Instructors** | • Qualified instructors with experience in skincare, makeup, and spa therapies<br>• Guest lecturers or industry professionals for specialized sessions<br>• Ensure instructors have or receive training in effective teaching methods. |