

# **FACULTY OF SCIENCES**

## **SYLLABUS**

### **FOR**

## **Bachelor of Vocation (B.Voc.) (COSMETOLOGY & WELLNESS) (SEMESTER: I-IV)**

**Examinations: 2019-20**



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## **GURU NANAK DEV UNIVERSITY AMRITSAR**

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- (ii) **Subject to change in the syllabi at any time.**  
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BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER SYSTEM)

**SCHEME**  
**SEMESTER-I**

**(Aligned with level 4 of Sector Skill Council – Qualification Pack – Beauty Therapist (BWS/Q0102))**

Paper	Paper Title	Theory Marks	Practical Marks	Total Marks
<b>GENERAL EDUCATION COMPONENT</b>				
PAPER-I	Communication Skills in English-I	50		50
PAPER-II	Punjabi (Compulsory) <b>OR</b> *ਮੁੱਢਲੀ ਪੰਜਾਬੀ <b>OR</b> **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
<b>SKILL COMPONENT</b>				
PAPER-IV	Basic Concept of Skin	50	-	50
PAPER-V	Basic Skin Care	20	30	50
PAPER-VI	Epilation and Depilation	25	75	100
PAPER-VII	Manicure and Pedicure	25	25	50
PAPER-VIII	Sanitation and Safety Precautions	30	20	50
			<b>TOTAL =</b>	<b>400</b>

**Note:**

1. \*Special Paper in lieu of Punjabi Compulsory.
2. \*\*For those students who are not domicile of Punjab
3. \*\*\*This paper marks will not be included in the total marks.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER SYSTEM)

**SEMESTER-II**

**(Aligned with level 5 of Sector Skill Council – Qualification Pack – Hair Stylist / Hair Colorist (BWS/Q0202))**

Paper	Paper Title	Theory Marks	Practical Marks	Total Marks
<b>GENERAL EDUCATION COMPONENT</b>				
PAPER-I	Communication Skills in English-II	35	15	50
PAPER-II	Punjabi (Compulsory) <b>OR</b> *ਮੁੱਢਲੀ ਪੰਜਾਬੀ <b>OR</b> **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
<b>SKILL COMPONENT</b>				
PAPER-IV	Basic Concept of Hair	50	-	50
PAPER-V	Hair Care	25	25	50
PAPER-VI	Hair Styling and Dressing	25	75	100
PAPER-VII	Hair Coloring and Lightening	25	25	50
PAPER-VIII	Color Correction	-	50	50
			<b>TOTAL =</b>	<b>400</b>

**Note:**

1. \*Special Paper in lieu of Punjabi Compulsory.
2. \*\*For those students who are not domicile of Punjab
3. \*\*\*This paper marks will not be included in the total marks.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER SYSTEM)

**SEMESTER-III**

(Aligned with level 6 of Sector Skill Council – Qualification Pack – Make up Trainer (BWS/N0304), Skin Care Trainer (BWS/Q0105))

PAPER	SUBJECT	MARKS THEORY	MARKS PRACTICAL	TOTAL MARKS
<b>SKILL COMPONENT</b>				
<b>PAPER-I</b>	Basic Make Up	25	25	<b>50</b>
<b>PAPER-II</b>	Camouflage Make Up	25	75	<b>100</b>
<b>PAPER-III</b>	Bridal Make Up	25	75	<b>100</b>
<b>PAPER-IV</b>	Theatre Make Up	25	50	<b>75</b>
<b>PAPER-V</b>	Photographic Make up	25	50	<b>75</b>
			<b>TOTAL=</b>	<b>400</b>

**BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER SYSTEM)**

**SEMESTER-IV**

(Aligned with level 6 of Sector Skill Council – Qualification Pack – Make up Trainer (BWS/N0304), Skin Care Trainer (BWS/Q0105))

<b>PAPER</b>	<b>SUBJECT</b>	<b>MARKS THEORY</b>	<b>MARKS PRACTICAL</b>	<b>TOTAL MARKS</b>
<b>GENERAL COMPONENT</b>				
<b>PAPER-I</b>	*Environmental Studies (Compulsory)	<b>75</b>	<b>25</b>	<b>100</b>
<b>SKILL COMPONENT</b>				
<b>PAPER-II</b>	Bacteriology	50	-	<b>50</b>
<b>PAPER-III</b>	SPA	50	125	<b>175</b>
<b>PAPER-IV</b>	Facial & Electrotherapy	50	125	<b>175</b>
			<b>TOTAL=</b>	<b>400</b>

**\*Note : Marks will not be included in the total marks.**

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-I: COMMUNICATION SKILLS IN ENGLISH-I**

**Time: 3 Hours**

**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.

**The syllabus is divided in four sections as mentioned below:**

**Section–A**

**Reading Skills:** Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

**Section–B**

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

**Activities:**

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

**Section–C**

**Writing Skills:** Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

**Activities**

- Formatting personal and business letters.
- Organising the details in a sequential order

**Section–D**

Resume, memo, notices etc.; outline and revision.

**Activities:**

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

**Recommended Books:**

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)**

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ**

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

**ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**

**ਸੈਕਸ਼ਨ-ਏ**

**ਆਤਮ ਅਨਾਤਮ** (ਕਵਿਤਾ ਭਾਗ),  
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)  
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।  
(ਪ੍ਰਸ਼ਗ ਸਾਹਿਤ ਵਿਆਖਿਆ, ਸਾਰ)

**ਸੈਕਸ਼ਨ-ਬੀ**

**ਇਤਿਹਾਸਕ ਯਾਦਾਂ** (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)  
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,  
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 1 ਤੋਂ 6)  
(ਨਿਬੰਧ ਦਾ ਸਾਰ, ਲਿਖਣ-ਸ਼ੈਲੀ)

**ਸੈਕਸ਼ਨ-ਸੀ**

(ੳ) ਪੈਰਾ ਰਚਨਾ  
(ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ।

**ਸੈਕਸ਼ਨ-ਡੀ**

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ਸੁਰ-ਪ੍ਰਥਮ।  
(ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ।

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ**  
(In lieu of Compulsory Punjabi)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ**

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

**ਪਾਠ-ਕ੍ਰਮ**

**ਸੈਕਸ਼ਨ-ਏ**

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ)  
ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

**ਸੈਕਸ਼ਨ-ਬੀ**

ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ  
(ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

**ਸੈਕਸ਼ਨ-ਸੀ**

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

**ਸੈਕਸ਼ਨ-ਡੀ**

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ



BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-II: Punjab History & Culture (From Earliest Times to C 320)**  
**(Special Paper in lieu of Punjabi compulsory)**  
**(For those students who are not domicile of Punjab)**

**Time: 3 Hours**

**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.

**Section A**

1. Physical features of the Punjab and its impact on history.
2. Sources of the ancient history of Punjab

**Section B**

3. Harappan Civilization: Town planning; social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home and settlements in Punjab.

**Section C**

5. Social, Religious and Economic life during *Rig* Vedic Age.
6. Social, Religious and Economic life during Later Vedic Age.

**Section D**

7. Teachings and impact of Buddhism
8. Jainism in the Punjab

**Suggested Readings**

1. L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3<sup>rd</sup> edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma, *Life in Northern India*, Delhi. 1966.
5. Chopra, P.N., Puri, B.N., & Das, M.N.(1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-III: Drug Abuse: Problem, Management and Prevention  
(COMPULSORY PAPER)**

**PROBLEM OF DRUG ABUSE**

**Time: 3 Hours**

**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.

**Section – A**

**Meaning of Drug Abuse:**

Meaning, Nature and Extent of Drug Abuse in India and Punjab.

**Section – B**

**Consequences of Drug Abuse for:**

Individual	:	Education, Employment, Income.
Family	:	Violence.
Society	:	Crime.
Nation	:	Law and Order problem.

**Section – C**

**Management of Drug Abuse:**

Medical Management: Medication for treatment and to reduce withdrawal effects.

**Section – D**

Psychiatric Management: Counselling, Behavioural and Cognitive therapy.

Social Management: Family, Group therapy and Environmental Intervention.

**References:**

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism. Harmond Worth*: Penguin Books.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism*, Smoking obscenity New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, "*Punjab's Drug Problem: Contours and Characteristics*", Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-IV: BASIC CONCEPT OF SKIN (THEORY)**

**Time: 3 Hours**

**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.

**Section - A**

Concept of Skin Cells

Basic structure of cells

Growth & reproduction of cells in brief.

**Section - B**

Structure of Skin

Functions of Skin

**Section - C**

Types of Skin

Common Skin Problems

**Section – D**

Diseases of Sebaceous Glands

Disorders of Sweat Glands

Allergic Conditions of the Skin

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-V: BASIC SKIN CARE**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 20**

**Practical: 30**

**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.

**Section -A**

Theory of Massage.  
Types of Massage.

**Section – B**

Basic Manipulations.  
Massage Techniques.  
Benefits of Massage.  
Precautions of Massage

**Section – C**

Basic Knowledge of Facial Muscles  
Motor Points.  
Skin Analysis.

**Section – D**

Treatments of Different Types of Skin  
Herbal Treatments of Skin

**Practical :**

- Skin Analysis
- Basic Manipulation
- Manipulation Techniques
- Knowledge of Motor points
- Treatments of Different Types of Skin
- Herbal Treatments
- Project Work

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-VI: EPILATION AND DEPILATION**

**Time: 3 Hours**

**Max. Marks: 100**

**Theory: 25**

**Practical: 75**

**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.

**Section - A**

Introduction

Purpose

Product Knowledge

**Section – B**

Electrolysis / Thermolysis

Laser Hair Removal

**Section - C**

Threading

Waxing

Depilatories

Tweezing

Skin Bleaching

Shaving

**Section – D**

Benefits

Safety Precautions

**Practical :**

- Threading
- Waxing
- Depilatories
- Tweezing
- Skin Bleaching
- Electrolysis / Thermolysis
- Laser Hair Removal
- Shaving
- Project Work & Practical Training

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-VII: Manicure And Pedicure**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**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.

**Section – A**

Nail Structure

Knowledge of Nail Disorders and Diseases

**Section – B**

Product Knowledge of Manicure

Manicure Techniques

Benefits

**Section - C**

Product Knowledge of Pedicure

Pedicure Techniques

Benefits

**Section - D**

Infections Control Methods

Safety Precautions

**Practical :**

- Product Knowledge of Manicure And Pedicure
- Basic Mani Pedi Techniques
- Massage
- Infections Control Methods
- Safety Precautions
- Project Work.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-I)

**Paper-VIII: Sanitation And Safety Precautions**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 30**

**Practical: 20**

**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.

**Section – A**

Cosmetology & Sanitation

**Section – B**

Definitions Pertaining to Sanitation

Methods of Sanitations

**Section – C**

Sanitizing Rules

Public Sanitation

Procedure

**Section –D**

Types of Sanitizers

Safety Precautions.

Usages

**Practical :**

Usages of Sanitizing Agents and Sanitizers

Project Work.

**Recommended Books (Semester-I) :**

- Text Book of Cosmetology – Mary Healy
- Massage Made Easy – Mc Gilvery Carole
- Beauty Recipes – Dave Urvashi
- Instant Skin Care; how to have health hassle free skin – Norton, Sally



BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**PAPER-I: COMMUNICATION SKILLS IN ENGLISH-II**

**Time: 3 Hours**

**Max. Marks: 50**  
**Theory Marks: 35**  
**Practical Marks: 15**

**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.

**Course Contents:**

**SECTION-A**

**Listening Skills:** Barriers to listening; effective listening skills; feedback skills.

**Activities:** Listening exercises – Listening to conversation, News and TV reports

**SECTION-B**

Attending telephone calls; note taking and note making.

**Activities:** Taking notes on a speech/lecture

**SECTION-C**

**Speaking and Conversational Skills:** Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

**Activities:** 1) Making conversation and taking turns

2) Oral description or explanation of a common object, situation or concept

**SECTION-D**

The study of sounds of English,

Stress and Intonation,

Situation based Conversation in English,

Essentials of Spoken English.

**Activities:** Giving Interviews

**PRACTICAL / ORAL TESTING**

**Marks: 15**

**Course Contents:-**

1. Oral Presentation with/without audio visual aids.

2. Group Discussion.

3. Listening to any recorded or live material and asking oral questions for listening comprehension.

**Questions:-**

1. Oral Presentation will be of 5 to 10 minutes duration (Topic can be given in advance or it can be student's own choice). Use of audio visual aids is desirable.

2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

**Note:** Oral test will be conducted by external examiner with the help of internal examiner.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)**

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ**

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

**ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**

**ਸੈਕਸ਼ਨ-ਏ**

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ),  
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)  
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।  
(ਵਿਸ਼ਾ-ਵਸਤੂ, ਪਾਤਰ ਚਿਤਰਨ)

**ਸੈਕਸ਼ਨ-ਬੀ**

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)  
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,  
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 7 ਤੋਂ 12)  
(ਸਾਰ, ਲਿਖਣ ਸ਼ੈਲੀ)

**ਸੈਕਸ਼ਨ-ਸੀ**

(ੳ) ਸ਼ਬਦ-ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ  
(ਅ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀ

**ਸੈਕਸ਼ਨ-ਡੀ**

(ੳ) ਸੰਖੇਪ ਰਚਨਾ  
(ਅ) ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ**  
(In lieu of Compulsory Punjabi)

ਸਮਾਂ: 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ**

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

**ਪਾਠ-ਕ੍ਰਮ**

**ਸੈਕਸ਼ਨ-ਏ**

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ  
(ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

**ਸੈਕਸ਼ਨ-ਬੀ**

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ  
(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)  
(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

**ਸੈਕਸ਼ਨ-ਸੀ**

ਪੈਰ੍ਹਾ ਰਚਨਾ  
ਸੰਖੇਪ ਰਚਨਾ

**ਸੈਕਸ਼ਨ-ਡੀ**

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)  
ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-II: Punjab History & Culture (C 320 to 1000 B.C.)**  
(Special Paper in lieu of Punjabi compulsory)  
(For those students who are not domicile of Punjab)

**Time: 3 Hours**

**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.

**Section A**

1. Alexander's Invasion and its Impact
2. Punjab under Chandragupta Maurya and Ashoka.

**Section B**

3. The Kushans and their Contribution to the Punjab.
4. The Panjab under the Gupta Empire.

**Section C**

5. The Punjab under the Vardhana Emperors
6. Socio-cultural History of Punjab from 7<sup>th</sup> to 1000 A.D.

**Section D**

7. Development of languages and Education with Special reference to Taxila
8. Development of Art & Architecture

**Suggested Readings**

1. L. M Joshi (ed), *History and Culture of the Punjab*, Art-I, Punjabi University, Patiala, 1989 (3<sup>rd</sup> edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Punjabi University, Patiala, 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-III: Drug Abuse: Problem, Management and Prevention  
(COMPULSORY PAPER)**

**DRUG ABUSE: MANAGEMENT AND PREVENTION**

**Time: 3 Hours**

**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.

**Section – A**

**Prevention of Drug abuse:**

Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

**Section – B**

School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

**Section – C**

**Controlling Drug Abuse:**

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

**Section – D**

Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

**References:**

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism*, Smoking obscenity New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characterstics*”, Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-IV: BASIC CONCEPT OF HAIR (THEORY)**

**Time: 3 Hours**

**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.

**Section – A**

Structure and division of hair  
Purpose of Hair

**Section – B**

Forms of hair  
Characteristics of hair  
Types of Hair

**Section – C**

Hair growth  
Regeneration of Hair

**Section – D**

Disorders of the hair and scalp  
Non infectious diseases

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-V: HAIR CARE**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**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.

**Section – A**

Brushing and Combing  
Oil Treatments

**Section – B**

Massage ( Manual and Vibratory)  
Benefits & Precautions

**Section- C**

Application of Heat  
Electrotherapy

**Section – D**

Shampooing  
Conditioning

**Practical :**

- Brushing and Combing
- Oil Treatments
- Massage ( Manual and Vibratory)
- Application of Heat
- Electrotherapy
- Shampooing
- Conditioning
- Project Work

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-VI: Hair Styling And Dressing**

**Time: 3 Hours**

**Max. Marks: 100**

**Theory: 25**

**Practical: 75**

**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.

**Section - A**

Elements and Principles of Design

Hair Shaping Instruments

**Section - B**

Sectioning of Hair Cuts

Basic Hair Cuts

**Section - C**

Line

Elevation

Angle System

**Section - D**

Thermal Hair Styling

Basic Use is Hair Pieces

Buns and Styles

**Practical -**

- Elements and Principles of Design
- Hair Shaping Instruments
- Sectioning of Hair Cuts
- Basic Hair Cuts
- Line, Elevation and Angle System
- Thermal Hair Styling
- Basic Use is Hair Pieces
- Buns and Styles
- Project Work



BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-VII: Hair Coloring And Lightening**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**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.

**Section - A**

Basic Principles of Color  
Classifications of Hair Color

**Section - B**

Selecting the Color Formula  
Preparation for Hair Coloring  
Process of Hair Coloring

**Section - C**

Lighteners  
Effects of Lighteners

**Section - D**

Preparing for Lightening  
Process of Lightening  
Safety Measures

**Practical -**

- Basic Principles of Color
- Classifications of Hair Color
- Selecting the Color Formula
- Preparation for Hair Coloring
- Process of Hair Coloring
- Lighteners and their Effects
- Preparing for Lightening
- Process of Lightening
- Safety Measures
- Project Work
- Practical Training

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-II)

**Paper-VIII: Color Correction (Practical)**

**Time: 3 Hours**

**Max. Marks: 50**

**Instructions for the Paper Setters:-**

Question Paper will be set on the spot.

- Basic Principle of Color
- Knowledge of Hair Pigments
- Color Depth
- Color Toning
- Techniques of Corrections
- Safety Measures

**Recommended Books (Semester-II) :**

- Text book of Cosmetology – Veena Pitre
- Hair Care Braiding and Hair Styles – Wadeson, Jacki
- Herbal Beauty Care – Handa, Parvesh
- Modern Hair Styles – Vohra, Asha Rani

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-I : Basic Make Up (THEORY)**

**Time: 3 Hours**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**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.

Section A

- Introduction Of Make Up
- Basic Principles of Color

Section B

- Product Knowledge
- How to choose the Correct Color
- Facial Balance

Section C

- Preparation of Client
- Selection of product according to Skin.

Section D

- Process of Basic Make Up
- Day and Evening Make Up

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-I : Basic Make Up (PRACTICAL)**

**MAX. MARKS : 25**

- Introduction Of Make Up
- Basic Principles of Color
- Product Knowledge
- How to choose the Correct Color
- Facial Balance
- Preparation of Client
- Selection of product according to Skin.
- Process of Basic Make Up
- Day and Evening Make Up
- Project Work.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-II : Camouflage Make Up (THEORY)**

**Time: 3 Hours**

**Max. Marks: 100**

**Theory: 25**

**Practical: 75**

**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.

**Section A**

- Introduction of Camouflage Make up
- Knowledge of Color Wheel

**Section B**

- What is Concealing
- Types of Concealers

**Section C**

- Uses of Camouflage
- Objectives of Camouflage.

**Section D**

- Process of Camouflage
- Safety Measures

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-II : Camouflage Make Up (PRACTICAL)**

**MAX. MARKS : 75**

- Introduction of Camouflage Make up
- Knowledge of Color Wheel
- What is Concealing
- Types of Concealers
- Uses of Camouflage
- Process of Camouflage
- Safety Measures
- Project Work

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-III : Bridal Make Up (THEORY)**

**Time: 3 Hours**

**Max. Marks: 100**

**Theory: 25**

**Practical: 75**

**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.

Section A

- Introduction
- Product Knowledge

Section B

- Facial Shape and Skin Analysis
- Selection of Color Tone
- Face Corrections

Section C

- Corrective and Camouflage Make Up Techniques
- Types of Base
- Process of Application of Make up

Section D

- Draping of client
- Hair Styling and accessories.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-III : Bridal Make Up (PRACTICAL)**

**MAX. MARKS : 75**

- Introduction
- Product Knowledge
- Facial Shape and Skin Analysis
- Selection of Color Tone
- Face Corrections
- Corrective and Camouflage Make Up Techniques
- Types of Base
- Process of Application of Make up
- Draping of client
- Hair Styling and accessories.
- Project File
- Salon Training.



BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-IV : Theatre Make Up (THEORY)**

**Time: 3 Hours**

**Max. Marks: 75**  
**Theory: 25**  
**Practical: 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.

Section A

- Introduction
- Product Knowledge

Section B

- Face and Skin Analysis
- Selection of Products

Section C

- Corrective Make Up Techniques
- Camouflage Make Up Techniques

Section D

- Stage Make Up for Different Characters
- Screen Make Up

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-IV : Theatre Make Up (PRACTICAL)**

**MAX. MARKS : 50**

- Introduction
- Product Knowledge
- Face and Skin Analysis
- Selection of Products
- Corrective and Camouflage Make Up Techniques
- Stage Make Up for Different Characters
- Screen Make Up
- Project Work
- Workshop

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-V : Photographic Make-Up (THEORY)**

**Time: 3 Hours**

**Max. Marks: 75**  
**Theory: 25**  
**Practical: 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.

**Section A**

- Introduction
- Product Knowledge

**Section B**

- Face and Skin Analysis
- Knowledge of Color Theory

**Section C**

- Color Selection
- Corrective and Camouflage Make Up Techniques

**Section D**

- Creating a Perfect Base
- Artistry in Different Photogenic Make Up

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-III)

**PAPER-V : Theatre Make Up (PRACTICAL)**

**MAX. MARKS : 50**

- Introduction
- Product Knowledge
- Face and Skin Analysis
- Knowledge of Color Theory
- Color Selection
- Corrective and Camouflage Make Up Techniques
- Creating a Perfect Base
- Artistry in Different Photogenic Make Up
- Project Work.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-I : ESL-221 : Environmental Studies (Compulsory Paper)**

**Time: 3 Hrs.**

**Max. Marks: 100**

**Teaching Methodologies**

The Core Module Syllabus for Environmental Studies includes class room teaching and field work. The syllabus is divided into 8 Units [Unit-1 to Unit-VII] covering 45 lectures + 5 hours for field work [Unit-VIII]. The first 7 Units will cover 45 lectures which are class room based to enhance knowledge skills and attitude to environment. Unit-VIII comprises of 5 hours field work to be submitted by each candidate to the Teacher in-charge for evaluation latest by 15 December, 2019.

**Exam Pattern:**            **End Semester Examination- 75 marks**  
                                 **Project Report/Field Study- 25 marks [based on submitted report]**  
                                 **Total Marks- 100**

The structure of the question paper being:

**Part-A, Short answer pattern with inbuilt choice – 25 marks**

Attempt any five questions out of seven distributed equally from Unit-1 to Unit-VII. Each question carries 5 marks. Answer to each question should not exceed 2 pages.

**Part-B, Essay type with inbuilt choice – 50 marks**

Attempt any five questions out of eight distributed equally from Unit-1 to Unit-VII. Each question carries 10 marks. Answer to each question should not exceed 5 pages.

**Project Report / Internal Assessment:**

**Part-C, Field work – 25 marks [Field work equal to 5 lecture hours]**

The candidate will submit a hand written field work report showing photographs, sketches, observations, perspective of any topic related to Environment or Ecosystem. The exhaustive list for project report/area of study are given just for reference:

1. Visit to a local area to document environmental assets: River / Forest/ Grassland / Hill / Mountain / Water body / Pond / Lake / Solid Waste Disposal / Water Treatment Plant / Wastewater Treatment Facility etc.
2. Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
3. Study of common plants, insects, birds
4. Study of tree in your areas with their botanical names and soil types
5. Study of birds and their nesting habits
6. Study of local pond in terms of wastewater inflow and water quality
7. Study of industrial units in your area. Name of industry, type of industry, Size (Large, Medium or small scale)
8. Study of common disease in the village and basic data from community health centre
9. Adopt any five young plants and photograph its growth
10. Analyze the Total dissolved solids of ground water samples in your area.
11. Study of Particulate Matter (PM<sub>2.5</sub> or PM<sub>10</sub>) data from Sameer website. Download from Play store.
12. Perspective on any field on Environmental Studies with secondary data taken from Central Pollution Control Board, State Pollution Control Board, State Science & Technology Council etc.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**Unit-I**

**The multidisciplinary nature of environmental studies**

Definition, scope and importance, Need for public awareness

(2 lectures)

**Unit-II**

**Natural Resources: Renewable and non-renewable resources:**

Natural resources and associated problems.

- (a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- (b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- (c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- (d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- (e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.
- (f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
  - Role of an individual in conservation of natural resources.
  - Equitable use of resources for sustainable lifestyles.

(8 Lectures)

**Unit-III**

**Ecosystems**

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

(6 Lectures)

**Unit-IV**

**Biodiversity and its conservation**

- Introduction – Definition: genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

(8 Lectures)

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**Unit-V**

**Environmental Pollution**

Definition

- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

**(8 Lectures)**

**Unit-VI**

**Social Issues and the Environment**

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981
- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

**(7 Lectures)**

**Unit-VII**

**Human Population and the Environment**

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

**(6 Lectures)**

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**Unit-VIII**

**Field Work**

- Visit to a local area to document environmental assets  
river/forest/grassland/hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

**(Field work equal to 5 lecture hours)**

**References:**

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. & Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. & Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. & Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. & Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P. D. 2009. Ecology and Environment, Rastogi Publications, Meerut.
9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi.



BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-II: Bacteriology (THEORY)**

**Time: 3 Hours**

**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.

Section A

- What is Bacteriology
- Classification of Bacteria

Section B

- Growth and Reproduction
- Virus

Section C

- Infection
- Diseases
- Animal Parasite
- Fungi
- Human Disease Carriers

Section D

- Infection Control Methods
- Bodily Defenses

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-III : SPA (THEORY)**

**Time: 3 Hours**

**Max. Marks: 175**

**Theory: 50**

**Practical: 125**

**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.

Section A

- Introduction of SPA
- Knowledge of Ambience Required

Section B

- Product Knowledge
- Basic Technique of SPA

Section C

- Mani Pedi SPA
- Hair SPA
- Body SPA

Section D

- Benefits of SPA
- Safety Measures

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-III : SPA (PRACTICAL)**

**MAX. MARKS : 125**

- Introduction of SPA
- Knowledge of Ambience Required
- Product Knowledge
- Basic Technique of SPA
- Mani Pedi SPA
- Hair SPA
- Body SPA
- Benefits of SPA
- Safety Measures
- Project Work
- Visit to Spa Center & Health Center.

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-IV : FACIAL & ELECTROTHERAPY (THEORY)**

**Time: 3 Hours**

**Max. Marks: 175**

**Theory: 50**

**Practical: 125**

**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.

Section A

- Introduction
- Product Knowledge
- Skin Analysis

Section B

- Selection of Product
- Trolley Setting

Section C

- Basic Knowledge of Facial Muscles
- Basic Techniques of Facial
- Facial for Different Skin Types

Section D

- Treatments with Electrotherapy
- Benefits
- Safety Measures

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**PAPER-IV : FACIAL & ELECTROTHERAPY (PRACTICAL)**

**MAX. MARKS : 125**

- Introduction
- Product Knowledge
- Skin Analysis
- Selection of Product
- Trolley Setting
- Basic Knowledge of Facial Muscles
- Basic Techniques of Facial
- Facial for Different Skin Types
- Treatments with Electrotherapy
- Benefits
- Safety Measures
- Project Work
- Workshop

BACHELOR OF VOCATION (B.Voc.)  
COSMETOLOGY & WELLNESS (SEMESTER-IV)

**(BOOKS FOR SEMESTER III-IV)**

**Sem.-I**

- Text Book of Cosmetology – Mary Healy
- Massage Made Easy – Mc Gilvery Carole
- Beauty Recipes – Dave Urvashi
- Instant Skin Care; how to have health hassle free skin – Norton, Sally

**Sem.-II**

- Text book of Cosmetology – Veena Pitre
- Hair Care Braiding and Hair Styles – Wadeson, Jacki
- Herbal Beauty Care – Handa, Parvesh
- Modern Hair Styles – Vohra, Asha Rani

**Sem.-III**

- Standard text book of Cosmetology – Milady
- Make up Album – Dave, Richa
- Instant Make up – Norton Sally
- Text book of Cosmetology – Mary Healy

**Sem.-IV**

- Standard text book of Cosmetology – Milady
- Beauty Book – Willie Jack
- Massage Made Easy – Baker Jan
- Bobbi Brown Beauty Evolution – Wadyka Stally