FACULTY OF SCIENCES

SYLLABUS

FOR

Bachelor of Vocation (B.Voc.)
(BEAUTY & WELLNESS)
(SEMESTER: I-IV)

Examinations: 2019-20

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.)
**Beauty & Wellness (Semester System)**

## SCHEME

### Semester – I

**Name of the QP : Beauty Therapist (QP Reference ID : BWS/Q0102) (N.Q.F Level-4)**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Paper Code</th>
<th>Paper Title</th>
<th>Credits</th>
<th>General Education</th>
<th>Skill Components</th>
<th>Marks</th>
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<tr>
<td>1</td>
<td>PAPER-I</td>
<td>Communication Skills in English-I</td>
<td>2</td>
<td>4</td>
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<tr>
<td>2</td>
<td>PAPER-II</td>
<td>Punjabi (Compulsory) OR <em>ਪੰਜਾਬੀ ਭਾਸ਼ਾ</em> OR **Punjab History &amp; Culture</td>
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<tr>
<td>3</td>
<td>PAPER-III</td>
<td>***Drug Abuse: Problem, Management and Prevention (Compulsory)</td>
<td>2</td>
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<tr>
<td>4</td>
<td>PAPER-IV</td>
<td>Yoga and Physical Exercises</td>
<td>--</td>
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<td>2</td>
<td>4</td>
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<tr>
<td>5</td>
<td>PAPER-V</td>
<td>Personal Hygiene &amp; Safety Precautions</td>
<td>--</td>
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<td>2</td>
<td>4</td>
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<tr>
<td>6</td>
<td>PAPER-VI</td>
<td>Concept of Colour &amp; Bleach</td>
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<td>4</td>
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<td></td>
<td><strong>Total</strong></td>
<td><strong>8+4=12</strong></td>
<td><strong>6+12=18</strong></td>
<td><strong>190+210=400</strong></td>
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</table>

**Note:**

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.)
Beauty & Wellness (Semester System)

Semester – II

Name of the QP: Beauty Therapist (QP Reference ID: BWS/Q0102)
(N.Q.F Level-4)

<table>
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<th>Paper Code</th>
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<th>Marks</th>
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<tr>
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<td>PAPER-I</td>
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<td>2</td>
<td>PAPER-II</td>
<td>Punjabi (Compulsory) OR *ਪੰਜਾਬੀ ਵਿਦਿਆਰਥੀ ਪੰਜਾਬ ਵਿਸ਼ੇਸ਼ਪੁਰੂਸਤਾਂ</td>
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<td>**Punjab History &amp; Culture</td>
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<td>3</td>
<td>PAPER-III</td>
<td>***Drug Abuse: Problem, Management and Prevention (Compulsory)</td>
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<td>4</td>
<td>PAPER-IV</td>
<td>Anatomy of Facial Skin</td>
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<td>5</td>
<td>PAPER-V</td>
<td>Facial Muscles &amp; Massage</td>
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<td>PAPER-VI</td>
<td>Facial Treatments</td>
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<td>Total</td>
<td>8+4=12</td>
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Note:
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.)
## Beauty & Wellness (Semester System)

**SEMESTER-III**

**NAME OF THE QP : HAIR STYLIS** *(QP REFERENCE ID : BWS/Q0202)*
*(N.Q.F. LEVEL-4)*

<table>
<thead>
<tr>
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<th>NAME OF PAPER</th>
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<td>PAPER-I</td>
<td>Personality Development</td>
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<tr>
<td>PAPER-II</td>
<td>Anatomy of Hair &amp; Scalp</td>
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<tr>
<td>PAPER-III</td>
<td>Care of Scalp &amp; Hair</td>
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<tr>
<td>PAPER-IV</td>
<td>Hair Analysis &amp; Texturing</td>
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**TOTAL : 400**
Bachelor of Vocation (B.Voc.)  
Beauty & Wellness (Semester System)  

**SEMESTER-IV**

**NAME OF THE QP : HAIR STYLIS (QP REFERENCE ID : BWS/Q0202) (N.Q.F. LEVEL-4)**

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<tr>
<th>PAPER-I</th>
<th>*Environmental Studies (Compulsory)</th>
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<td>40</td>
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<td>PAPER-III</td>
<td>Hair Colouring &amp; Lightening</td>
<td>--</td>
<td>--</td>
<td>2</td>
<td>4</td>
<td>40</td>
<td>60</td>
<td>100</td>
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<tr>
<td>PAPER-IV</td>
<td>Permanent Smoothening &amp; Rebonding</td>
<td>--</td>
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<td>2</td>
<td>4</td>
<td>40</td>
<td>60</td>
<td>100</td>
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<tr>
<td>PAPER-V</td>
<td>Permanent Waving &amp; Hair Wigs</td>
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<td>3</td>
<td>3</td>
<td>40</td>
<td>60</td>
<td>100</td>
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</tbody>
</table>

**TOTAL = 400**

*Note : Marks will not be included in the total marks.*
Bachelor of Vocation (B.Voc.)
Beauty & 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:
1. Comprehension questions in multiple choice format
2. 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
1. Formatting personal and business letters.
2. Organising the details in a sequential order

Section–D
Resume, memo, notices etc.; outline and revision.

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

Recommended Books:
2. English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP
Bachelor of Vocation (B.Voc.)  
Beauty & Wellness (Semester-I)  

Paper-II: फैक्टरी (लक्ष्मी)  

सामान : 3 पृष्ठ  
बहु भाषा : 50  

आध्यात्मिक पर्यावरण और संसार उपायमंत्र  
1. पृष्ठ पृष्ठ देख खाना तैयार। उत्तर जा दिशाएँ देख पृष्ठ पृष्ठ साठी।  
2. दिशाग्रस्ता हैं बैठें पृष्ठ पृष्ठ बजाने तरह। उत्तर जा दिशा दिशा पृष्ठ साठी है।  
3. पृष्ठ पृष्ठ देख खाना और गाय।  
4. खेत्र में बूढ़ मौजूदा स्वाभाविक खेत्र और पृष्ठ पृष्ठ सी दीव अन्य कद दें। देंं खाने दें।  

भूत-उष्ण औद्योगिक पृष्ठ-प्रमाण  
मैसूर-ए  
आधुनिक लक्ष्मी (लक्ष्मी जन),  
(मैं, रुग्ण धीर अर्थ दिशाग्रस्ता मिठा मिठा)  
बूढ़ खाना बैठें पृष्ठ पृष्ठविद्वानी, अभियुक्त।  
(पृष्ठ पृष्ठ दिशा, विभाग, मान)  

मैसूर-की  
मैसूर-की  
मैसूर-की  
मैसूर-की  
मैसूर-की  
(०) फैक्टरी अध्याय  
(०) फैक्टरी अध्याय  
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(०) फैक्टरी अध्याय  

Paper-II: ਮੂਲਕੀ ਪ੍ਰੇਸਾਂ
(In lieu of Compulsory Punjabi)

ਸਮੇਂ : 3 ਪੇਟਿ

ਵਾਦ ਵਾਕ : 50

1. ਪ੍ਰਸਤ ਵੇਲਾਂ ਸੀ ਸ਼ਾਂਤ ਬਣਾ ਵੇਲਾਂ। ਉਹ ਬਣਾ ਹਿੰਦੀਵਿਆਂ ਦੇ ਪ੍ਰਸਤ ਪ੍ਰਾਣੀਆਂ।
2. ਹਿੰਦੀਵਿਆਂ ਦੇ ਸੁਂਦਰ ਪ੍ਰਸਤ ਬਣਾਏ ਗਏ। ਉਹ ਬਣਾ ਹਿੰਦੀਵਿਆਂ ਦੀ ਪ੍ਰਸਤ ਕਚਮਚ ਹੈ।

3. ਉਦੇਸ਼ ਪ੍ਰਸਤ ਦੇ ਵਿਕਾਸ ਮੈਂ ਗਏ।
4. ਪ੍ਰਸਤ ਮੈਂ ਵਾਲਾ ਦਰਜਾ ਮੈਂ ਕਾਧੁਆ ਉਨ੍ਹਾਂ ਪ੍ਰਸਤ ਦੀ ਦੀੜ ਤੋਂ ਹੋਣ ਦੇ ਸੁੰਦਰ-ਪ੍ਰਸਤ ਦੀ ਦੀੜ ਵਿਚ ਵਾਲਾ ਸੰਨਾਨ ਹੈ।

ਪ੍ਰਾਣ-ਵੁੱਖ

ਸਰਵਾਲਾ-ਪ੍ਰਕ

ਪੈਠੀ ਸੋਟੀ, ਸਾਹਿਤ ਵੁੱਖ, ਪੈਠ ਵੀਦੀ ਦੇਸ਼ ਦੇ ਵਾਲਾ ਅਉ ਪੈਠ ਦਿੱਚ ਪੈਠ
ਦੇਸ਼ ਦੇ ਵਾਲਾ ਅਉ ਘਾਟੀ (ਪੁਰਾਣੀ ਸਟੇਟ-ਪ੍ਰਕ)
ਸਰਵਾਲਾ-ਪ੍ਰਕ (ਸੋਟੀ, ਸੋਟੀ ਮੈਂਜ਼ਰ) : ਪ੍ਰਾਣ ਅਉ ਦੇਸ਼ਾਂ

ਸਰਵਾਲਾ-ਸਿੀ

ਪ੍ਰਸਤ ਸਟੇਟ-ਪ੍ਰਕ : ਪੁਰਾਣੀ ਸਟੇਟ-ਪ੍ਰਕ
(ਸਾਸ਼ਕ ਸਟੇਟ, ਮੈਂਜ਼ਾਰ ਸਟੇਟ, ਬਲੀਂਦ ਸਟੇਟ, ਭਾਰ ਸਟੇਟ, ਅਵਸਾਨ ਅਉ ਵਿਕਾਸੀਆਂ)

ਸਰਵਾਲਾ-ਸਿੀ

ਹੱਦ ਦੇਸ਼ਾਂ ਦੀ ਪ੍ਰਸਤ ਸਟੇਟ-ਪ੍ਰਕ : ਸਾਸ਼ਕ, ਗਾਣਨ, ਵੀਮੀ-ਨਾਂਦ, ਪੈਠੀ ਅਉ ਦੇਸ਼ ਵੀਸ਼ਾਂ ਅਧਿਕ ਤਾਲੀ ਮੈਂਜ਼ਾਰ

ਸਰਵਾਲਾ-ਸਿੀ

ਹੱਦਾਂ ਦੇ ਵੇਲ ਹਿੰਦੀਵਿਆਂ ਦੇ ਸੁੰਦਰ ਅਤੇ ਹੋਈ ਵੀਸ਼ਾਂ ਦੇ ਸੁੰਦਰ, ਹੱਦਾਂ ਦੇ ਸੁੰਦਰ, ਹੱਦਾਂ ਦੇ ਸੁੰਦਰ ਵੀ ਦੇ ਹਿੰਦੀਵਿਆਂ ਦੇ ਸੁੰਦਰ।
Bachelor of Vocation (B.Voc.)
Beauty & 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.

Section C

5. Social, Religious and Economic life during Rig 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 (3rd edition)
Bachelor of Vocation (B.Voc.)
Beauty & 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:

Section – B

Consequences of Drug Abuse for:
- 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.
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-I)

PAPER-IV : YOGA & PHYSICAL EXERCISES

Time: 3 Hours  
Max. Marks: 100
Credits: 2-4  
Theory Marks: 40
Practical Marks: 60

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. Yoga:-
   a) What is Yoga
   b) Its Aims, Importance and Benefits

Section – B

2. Aerobics:-
   a) What is Aerobics
   b) Benefits of Aerobics

Section - C

3. Pranayam:-
   a) Definition of Pranayam
   b) Benefits of Pranayam

Section - D

4. Assanas:-
   a) Assanas : Tar, Bhujing, Vajar, Gowmukh, Padam their techniques, Importance and effects on Body.
   b) Difference between Yoga and Physical Exercise.

Practical

1. Techniques:
   (a) Pranayam Assanas
   (b) Yoga Assanas:- Tar, Bhujang, Vajar, Gowmukh, Padam
   (c) Aerobics

2. Practical Work

3. Project Work of Assanas and Aerobics

4. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
PAPER-V : PERSONAL HYGIENE & SAFETY PRECAUTION

Time: 3 Hours  Max. Marks: 100
Credits: 2-4  Theory Marks: 40
Practical Marks: 60

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. Hygiene and Health:-
   a) Hygiene and good grooming
   b) Care of yourself:
   c) Visual Poises: Corrective stance, Correct Sitting & Correct Walking

Section – B

2. Sanitation & Sterilization:-
   a) Methods of Sterilization & Sanitation
   b) Commonly used disinfectants
   c) Chemical & Physical Agents
   d) General Sanitation Rules

Section – C

3. Safety Precautions:-
   a) Accidents due to chemicals in salon
   b) Accidents due to electric equipments in salon

Section – D

4. Superfluous Hair Removal:-
   a) Methods of Depilation
   b) Methods of Epilating

Practical

1. Methods of Hair Removal:-
   a) Depilatory
   b) Epilatory
2. Basic Trolley Setting:-
3. Preparation of Client:-
4. Project Work about Depilation & Epilation
5. Safety Precaution
6. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-I)

PAPER-VI : CONCEPT OF COLOURS & BLEACH

Time: 3 Hours
Credits: 2-4

Max. Marks: 100
Theory Marks: 40
Practical Marks: 60

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. Cosmetology:-
   a) Introduction of Cosmetology
   b) Its Aims and Importance

Section – B
2. Colours:-
   a) Introduction, Importance and Types of Colours
   b) Color key, related to Skin and Hair

Section – C
3. Bleach:-
   a) Introduction of Bleach
   b) Types of Bleach
   c) Procedure of Bleach

Section – D
4. Exfoliation:-
   a) What are Exfoliations
   b) Types of Exfoliations
   c) Importance of Exfoliations

Practical
1) Threading
   a) Judging of brow length
   b) Shape of eye brows
   c) Method of eye brow shaping
      i) Threading, ii) Tweezing
   d) Basic Trolley Setting
   e) Preparation of Client

2) Bleach
   a) Making of Bleach according to Skin
   b) Basic Trolley Setting
   c) Preparation of Client
   d) Skin Patch Test
   e) Post Bleach Treatment
   f) Safety Prosecutions

3) Job Training
   a) Project Work about Threading & Bleach

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
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.
1. पुष्प मंगल दे साहि बाबा ठेकड़ी। उद बाबा दिन दे पुष्प मंगल ठेकड़ी।
2. नवि भाभुणी हे बेंड़ जी नवि पुष्प मंगल ठेकड़े ठेकड़े। उद बाबा दिन दे पुष्प मंगल ठेकड़ी।
3. उदेश पुष्प मंगल दे कथन कृत्य ठेकड़े।
4. पेशेत मैं चरित दासा शेखर चारे उं धार पुष्प मंगल दी ठेकड़े ठेकड़े ठेकड़े ठेकड़े ठेकड़े ठेकड़े ठेकड़े ठेकड़े।

पृष्ठ-चौथा अंक पृष्ठ-पचमवां

मैबमल-डी

(घ) मघ-घठन पदेद मघ मघ मघ : नविज्ञान, भूतक नविज्ञान
(भ) २०० नूतन
Paper-II: भूमिका परीक्षा
(In lieu of Compulsory Punjabi)

मार्ग: 3 पटके
वक्त आंक: 50

1. पुस्तक प्रेषण के चलते निर्देशों को का करें।
2. निर्देश निर्देश देवता निर्देश के अनुसार करें।
3. पुस्तक प्रेषण के चलते निर्देश देवता करें।
4. भूमिका लिखित के चलते मेल करें।

भूमिका

मौलिक-के

मौलिक-सि

भूमिका लिखित: भूमिका नाई-पढ़क
(१) माननीय दिवंगत, पंजीकृत दिवंगत भाषा भिमुख दि 
(२) विधितवीत दिवंगत, पुस्तकाचार्य दिवंगत भाषा तुलनात्मक दि 

मौलिक-मि

पैट्रिया प्रेषण
मौलिक-बी

विंदु प्रेषण (पक्षी अभि उदा)
अभि अभि मुष्टियो
Bachelor of Vocation (B.Voc.)
Beauty & 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 7th 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 (3rd edition)
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


References:
1. Ahuja, Ram (2003), Social Problems in India, Rawat Publication, Jaipur.


Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-II)

PAPER-IV : ANATOMY OF FACIAL SKIN

Time: 3 Hours          Max. Marks: 100
Credits: 2-4            Theory Marks: 40
                             Practical Marks: 60

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. Cells (Study in brief only)
   a) Basic structure
   b) Growth & Reproduction

Section – B
2. Skin
   a) What is skin
   b) Structure of skin
   c) Types of skin

Section – C
3. Disorders of the Skin
   a) Disorders of Sebaceous Glands
   b) Disorders of Sweat Glands

Section – D
4. Care of Facial Skin
   a) Skin Analysing
   b) Treatments of all Skin Types with the help of Home Remedies

Practical
1. Masks & Face Packs:
   a) Making of face packs and masks according to all skin types with the help of home remedies
   b) Treatments of problem of skins with home remedies
   c) Knowledge of herbal products and how to make them
   d) Project work of home remedies

2. Application of Masks & Face packs:
   a) Skin Analysing
   b) Basic trolley settings
   c) Preparation of Clients
   d) Procedure of Applying Masks & Packs & Removing
   f) Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture
profile should be submitted by each student with a remarks of lab instructor.
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
Massage:-
   a) What is massage
   b) Benefits of massage
   c) Types of massage
   d) Points of remember while massaging

Section – B
Facial Muscles (Study in brief only):-
   1. Basic knowledge of Facial Muscles (at least 15)
   2. Basic knowledge of Lymphatic system.

Section – C
Aroma Therapy:-
   a) Introduction of Aroma Therapy
   b) Basic Manipulation of Aroma Therapy

Section – D
Oils used in Therapies:-
   a) What are essential oils
   b) Usage of essential oils

Practical
   1. Methods of Massage:
      a) Massage Techniques
      b) Knowledge of Aroma Therapy
   2. Clean up of Facial Skin:
      a) Skin Analysing
      b) Basic Trolley Setting
      c) Preparation of Client
      d) Procedure of Clean-up and Removing
   3. Project Work – about Massage, Facial Muscles & Clean up
   4. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-II)

PAPER-VI : Facial Treatments

Time: 3 Hours                      Max. Marks: 100
Credits: 2-4                        Theory Marks: 40
                                            Practical Marks: 60

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. Becterology (Study in brief only):-
   a) What is Bacteria
   b) Types of Bacteria
      a) Growth and Reproduction

Section – B
2. Facials:-
   a) Analysis of Skin
   b) Lymphatic Facial with pressure points
   c) Motor Points

Section – C
3. Electric Facials:-
   a) Usage of different Electric Facial Equipments:
      Galvanic, High Frequency, Ultra Sonic, Ozone

Section – D
4. Usage of Home Ingredients:-
   a) Facials with help of different home ingredients according to skins:
      Cleansers, Exfoliators, Toners, Creams & Packs

Practical
   Facial Treatments
   a) Procedure of different facials with home ingredients
   b) Procedure of lymphatic facials with pressure points
   c) Procedure of facial with different electric equipments
   d) Skin Analysing
   e) Preparation of Client
   f) Trolley Setting
   g) Procedure of Facial
   h) Project Work about different types of Facial
   i) Job Training
   j) Safety Precautions

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
Reference Books

1. Great Skin for Life – Dr. Karen Burke M.D. Ph.d
3. Herbal Beauty Care – Pravesh Handa
4. Beauty Basics 1st Edition Level – 1 Lorraine Nordmann
5. Professional Guide to Hair Dressing and Beauty Therapy – Dr. Veena Pitre
PAPER-I : PERSONALITY DEVELOPMENT (Theory)

Time: 3 Hours
Credits :6 Pass Marks: 35% of theory
Max. Marks : 100 Theory : 40 Practical : 60

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

Personality: Nature, types of personality (Jung), theories of personality; Freud, Eysenck, Cattell and Allport.

Section - B

Measurement of personality: Techniques to measure the personality; subjective, objective and projective techniques. Factors affecting personality (nature vs nurture).

Section - C

Emotions: nature, types of emotions, physiological correlates of emotions, emotional intelligence and social intelligence.

Section - D

Motivation: Nature and types of motivation, types of motives (physiological, psychological and psycho-social), Maslow’s need hierarchy theory.

References:
PAPER-I : PERSONALITY DEVELOPMENT

(Practical)

Max. Marks : 60

- Personality inventory.
- Sentence completion test.
- Emotional intelligence.
PAPER-II : ANATOMY OF HAIR & SCALP (Theory)

Time: 3 Hours
Credits: 2-4

Max. Marks: 100
Theory : 40
Practical : 60

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

4. Hair Anatomy:-
   c) What is Hair
   d) Composition of Hair
   e) Structure & Division of Hair

Section – B

5. Hair Growth:-
   a) Growth and cluster of Hair
   b) Hair cycle
   c) Hair Analysis

Section - C

6. Disorders of the Hair & Scalp :-
   a) Disorders of the Hair
   b) Diseases of the Hair

Section - D

4. Treatments:-
   a) Treatments with the home remedies
   b) Making of Hair care products with home ingredients
PAPER-II : ANATOMY OF HAIR & SCALP (Theory)

(Practical)

Max. Marks : 60

I. Hair & Scalp Treatments:
   (a) Hair Analysis
   (b) Preparation of client
   (c) Basic Trolley setting
   (d) Treatments according to different disorders of Hair & Scalp
   (e) Making of Hair care products with home ingredients

II. Thermal Hair Styles
   (a) Different types of thermal hair styles:
       Rod setting, electric rollers, hot rollers, tongs, straighteners
   (b) Basic Trolley setting
   (c) Procedure of styling

III. Job Training

IV. Project work about treatments & hair styles

V. Safety Precautions

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-III)

PAPER-III : CARE OF SCALP AND HAIR (THEORY)

Time: 3 Hours
Credits: 2-4

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. **Basic Scalp Manipulations:-**
   a) Knowledge of Scalp Manipulations
   b) Procedure and Benefits of scalp Manipulations
   c) Brushing and Combing

Section – B

2. **Treatments of Scalp with electric equipments :-**
   a) Oil treatments
   b) Application of Heat
   c) High Frequency

Section – C

3. **Shampooing :-**
   a) Types of Shampoo and Choice of Shampoo
   b) How does a Shampoo work
   c) Shampoo Procedure
   d) Myths about Shampoo

Section – D

4. **Conditioner and Rinses:-**
   a) What are Conditioners and Rinses and How they work
   b) Requirements of Conditioners
   c) Types of Rinses
PAPER-III : CARE OF SCALP AND HAIR  
(PRACTICAL)  
Max. Marks : 60

I. Scalp Manipulations:
   a) Scalp Analysis
   b) Basic Trolley setting
   c) Preparation of client
   d) Procedure of Scalp Massage

II. Shampooing & Rinsing:
   a) Hair Analysis
   b) Basic Trolley settings
   c) Procedure of Shampooing and conditioning

III. Project work about Scalp Manipulation, Shampooing and Conditioning

IV. Making of Shampoos and Rinses

V. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
PAPER-IV : HAIR ANALYSIS AND TEXTURING (THEORY)

Time: 3 Hours
Credits: 2-4

Max. Marks: 100
Theory : 40
Practical : 60

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. P.H. Scale (Study in Brief only):-
   a) Acid and Alkalis
   b) Hair Bond

Section – B

2. Hair Cutting and Precautions :-
   a) Types of Cutting Tools
   b) Factors to be Consider before cutting
   c) Care of tools and precautions

Section - C

3. Hair Texturing:-
   a) Hair texturing and Cutting lines
   b) Hair cutting Angle System
   c) Section and Sub Sections

Section - D

4. Hair Cutting Techniques:-
   a) Consultation of Client
   b) Techniques & Hair cutting according to scalp & hair texture
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-III)

PAPER-IV : HAIR ANALYSIS AND TEXTURING
(PRACTICAL)

Max. Marks : 60

I. Hair Designing & Texturing:
   a) Hair Analysis
   b) Preparation of client
   c) Basic Trolley setting
   d) Basic Techniques & Equipments used in hair cutting
   e) Shapes of Head lines, Texturing and Density

II. Project work about guidelines, sectioning and tools of Hair cut

III. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
Bachelor of Vocation (B.Voc.)
Beauty & 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-I 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-I 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-I 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$_{2.5}$ or PM$_{10}$) 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.)
Beauty & 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.)
Beauty & 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)
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:
2. Down to Earth, Centre for Science and Environment, New Delhi.
9. State of India’s Environment 2018 by Centre for Sciences and Environment, New Delhi
PAPER-II : PERSONALITY DEVELOPMENT (THEORY)

Time: 3 Hours
Credits :6  Pass Marks: 35% of theory

Max. Marks : 100
Theory : 40
Practical : 60

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
Stress: Introduction, types of stress, stress coping strategies ; problem focused and emotion focused.

Section - B
Communication skills: Types of communication, features of effective communication, listening and effective listening, feedback.

Section - C
Leadership: Introduction, characteristics of effective leaders, types of leadership, Lewin’s leadership style.

Section - D
Self (ideal self/real self): self (with reference to Roger’s self theory), locus of control, self efficacy and self esteem, assertiveness training.

References:
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-IV)

PAPER-II : PERSONALITY DEVELOPMENT
(PRACTICAL)

- Stress scale
- Frustration scale
- Locus of control

Max. Marks : 60
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-IV)

PAPER-III : HAIR COLOURING AND LIGHTENING (THEORY)

Time: 3 Hours
Credits: 2-4
Max. Marks: 100
Theory : 40
Practical : 60

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. Hair Colour:-
   a) Principal of colour and colour correction
   b) Hair Colour facts & Hair Analysis
   c) Natural Level of Hair Colour
   d) Client Consultation

Section – B

2. Application & Effects of Hair Colour:-
   a) Types of Hair colour
   b) Application Techniques & Mixing Techniques
   c) Effects of Hair Colour

Section - C

3. Pre-Lighteners :-
   a) What are Pre-Lighteners and why we use them
   b) Application Techniques of Pre-Lighteners
   c) Effects of Pre-lighteners

Section - D

4. Hair Lighteners:-
   a) What are Hair-lighteners
   b) Types of Hair-lighteners
   c) Effects of High-lighteners and Application techniques
Bachelor of Vocation (B.Voc.)
Beauty & Wellness (Semester-IV)

PAPER-III : HAIR COLOURING AND LIGHTENING
(PRACTICAL)

Max. Marks : 60

I. Technique of Hair Colouring & Lightening :
   a) Client consultation
   b) Patch Test
   c) Basic Trolley setting
   d) Client Preparation
   e) Techniques of Application of Hair Colour, Pre-Lighteners and High- Lighteners
   f) Precautions of Hair Colouring

II. Project work about Hair Colouring & Lightening

III. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
PAPER-IV : PERMANENT SMOOTHENING AND REBONDING

(THEORY)

Time: 3 Hours
Credits: 2-4

Max. Marks: 100
Theory : 40
Practical : 60

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. Chemical Structure of Hair:-
   a) Chemical structure of Hair
   b) How does a chemical react in layers of Hair
   c) Determine porosity and elasticity

Section – B
2. Chemical Hair Relaxers:-
   a) Difference between Rebonding and Smoothening
   b) Analysis of Hair and Client Consultation
   c) Procedure of chemical Hair relaxers

Section - C
3. Hair Spa :-
   a) What is Hair Spa
   b) Procedure of Hair Spa
   c) Effects of Hair Spa

Section - D
4. Scalp Massage:-
   a) What are Scalp Manipulations
   b) Techniques of Scalp Manipulation
   c) Benefits & effects of Scalp Manipulations
PAPER-IV : PERMANENT SMOOTHENING AND REBONDING
(PRACTICAL)

I. Rebonding :
   a) Client consultation
   b) Patch Test
   c) Basic Trolley setting
   d) Client Preparation
   e) Procedure of Smoothening and Rebonding

II. Hair Spa
   a) Basic Trolley setting
   b) Client Preparation
   c) Procedure of Hair Spa

III. Project work about Hair Spa, Smoothening & Rebonding

IV. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.
PAPER-V : PERMANENT WAVING AND HAIR WIGS

(THEORY)

Time: 3 Hours
Credits: 2-4
Max. Marks: 100
Theory : 40
Practical : 60

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. Knowledge of Permanent Waving (Perming):-
   a) Chemistry of Permanent Waving
   b) Chemical Changing in Waving
   c) Safety Precaution for Permanent Waving

Section – B
2. Procedure of Permanent Waving :-
   a) Scalp Analysis
   b) Knowledge of PH testing level of acidic/ alkaline
   c) Procedure of Permanent Waving

Section - C
3. Wigs & Hair pieces:-
   a) Wig Materials
   b) Wig Construction
   c) How to attach Hair pieces
   d) Cleaning of Wigs & Hair Pieces

Section - D
4. Hair Nutrition:-
   a) General Hair and Scalp Treatments
   b) Making of Masks and Packs with home ingredients
PAPER-V : PERMANENT WAVING AND HAIR WIGS
(PRACTICAL)

Max. Marks : 60

I. Permanent Waving:
   a) Hair Analysis
   b) Strand test
   c) Client Consultation
   d) Basic Trolley setting
   e) Procedure of Permanent Waving

II. Making of Hair Pieces & Wigs

III. Making of Hair Masks and Packs from Home Ingredients

IV. Project work about Permanent Waving, Wigs and Hair Masks & Packs

V. Job Training

Note:- Lab training should be taken in college cosmetology lab and project report with picture profile should be submitted by each student with a remarks of lab instructor.