FACULTY OF SCIENCES

SYLLABUS

FOR

Bachelor of Vocation (B.Voc.)
(COSMETOLOGY & WELLNESS)
(SEMESTER: I-IV)
Examinations: 2019-20

GURU NANAK DEV UNIVERSITY
AMRITSAR

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

SCHEME
SEMESTER–I

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

<table>
<thead>
<tr>
<th>Paper</th>
<th>Paper Title</th>
<th>Theory Marks</th>
<th>Practical Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAPER-I</td>
<td>Communication Skills in English-I</td>
<td>50</td>
<td>-</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-II</td>
<td>Punjabi (Compulsory) OR <em>ਪੰਜਾਬੀ ਪੰਜਾਬੀ</em> OR <strong>Punjab History &amp; Culture</strong></td>
<td>50</td>
<td>-</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-III</td>
<td><em><strong>Drug Abuse: Problem, Management and Prevention (Compulsory)</strong></em></td>
<td>50</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

**GENERAL EDUCATION COMPONENT**

**SKILL COMPONENT**

<table>
<thead>
<tr>
<th>Paper</th>
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<th>Theory Marks</th>
<th>Practical Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAPER-IV</td>
<td>Basic Concept of Skin</td>
<td>50</td>
<td>-</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-V</td>
<td>Basic Skin Care</td>
<td>20</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-VI</td>
<td>Epilation and Depilation</td>
<td>25</td>
<td>75</td>
<td>100</td>
</tr>
<tr>
<td>PAPER-VII</td>
<td>Manicure and Pedicure</td>
<td>25</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-VIII</td>
<td>Sanitation and Safety Precautions</td>
<td>30</td>
<td>20</td>
<td>50</td>
</tr>
</tbody>
</table>

**TOTAL = 400**

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.)
COSMETOLOGY & WELLNESS (SEMESTER SYSTEM)

SEMESTER–II

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

<table>
<thead>
<tr>
<th>Paper</th>
<th>Paper Title</th>
<th>Theory Marks</th>
<th>Practical Marks</th>
<th>Total Marks</th>
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</thead>
<tbody>
<tr>
<td>PAPER-I</td>
<td>Communication Skills in English-II</td>
<td>35</td>
<td>15</td>
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</table>
| PAPER-II | Punjabi (Compulsory) OR *ਪੰਜਾਬੀ ਪ੍ਰੇਸ਼ਾ 
**Punjab History & Culture | 50 | - | 50 |
| PAPER-III | ***Drug Abuse: Problem, Management and Prevention (Compulsory) | 50 | - | - |

SKILL COMPONENT

<table>
<thead>
<tr>
<th>Paper</th>
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<th>Total Marks</th>
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<tbody>
<tr>
<td>PAPER-IV</td>
<td>Basic Concept of Hair</td>
<td>50</td>
<td>-</td>
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<tr>
<td>PAPER-V</td>
<td>Hair Care</td>
<td>25</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-VI</td>
<td>Hair Styling and Dressing</td>
<td>25</td>
<td>75</td>
<td>100</td>
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<tr>
<td>PAPER-VII</td>
<td>Hair Coloring and Lightening</td>
<td>25</td>
<td>25</td>
<td>50</td>
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<tr>
<td>PAPER-VIII</td>
<td>Color Correction</td>
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TOTAL = 400

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.)
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))

<table>
<thead>
<tr>
<th>PAPER</th>
<th>SUBJECT</th>
<th>MARKS THEORY</th>
<th>MARKS PRACTICAL</th>
<th>TOTAL MARKS</th>
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<tbody>
<tr>
<td>PAPER-I</td>
<td>Basic Make Up</td>
<td>25</td>
<td>25</td>
<td>50</td>
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<tr>
<td>PAPER-II</td>
<td>Camouflage Make Up</td>
<td>25</td>
<td>75</td>
<td>100</td>
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<tr>
<td>PAPER-III</td>
<td>Bridal Make Up</td>
<td>25</td>
<td>75</td>
<td>100</td>
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<tr>
<td>PAPER-IV</td>
<td>Theatre Make Up</td>
<td>25</td>
<td>50</td>
<td>75</td>
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<tr>
<td>PAPER-V</td>
<td>Photographic Make up</td>
<td>25</td>
<td>50</td>
<td>75</td>
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</table>

TOTAL= 400
SEMESTER-IV
(Aligned with level 6 of Sector Skill Council – Qualification Pack – Make up Trainer (BWS/N0304), Skin Care Trainer (BWS/Q0105))

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td>GENERAL COMPONENT</td>
<td></td>
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<tr>
<td>PAPER-I</td>
<td>*Environmental Studies (Compulsory)</td>
<td>75</td>
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<tr>
<td>SKILL COMPONENT</td>
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<td></td>
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</tr>
<tr>
<td>PAPER-II</td>
<td>Bacteriology</td>
<td>50</td>
<td>-</td>
<td>50</td>
</tr>
<tr>
<td>PAPER-III</td>
<td>SPA</td>
<td>50</td>
<td>125</td>
<td>175</td>
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<tr>
<td>PAPER-IV</td>
<td>Facial &amp; Electrotherapy</td>
<td>50</td>
<td>125</td>
<td>175</td>
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</tbody>
</table>

TOTAL= 400

*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:
2. English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP
BACHELOR OF VOCATION (B.Voc.)
COSMETOLOGY & WELLNESS (SEMESTER-I)

Paper-II: पैपर-ट्वॉ (सेमेस्टर-1)

भाग : 3 पृष्ठ
बुलंद अंक : 50

पृष्ठ-हर भाग पृष्ठ-पृष्ठवर्ग

मेकमा-दी

आधुनिक जगत (विविध जगत).
(मै. महाविद्यालय अभि विकास विभाग मंच)
बाबू राजकोट राजपत्र पुस्तकालय, अमृतसर।
(पृष्ठ-5 एवं 6)

मेकमा-भी

विज्ञान तथा विज्ञान (विज्ञान विभाग मंच-विभाग)
मिश्र, म.म.म.मकर.
पेसारी मर्मांड पृष्ठमात्र, लुबुलाकर। (खंड 1 एवं 6)
(विज्ञान तथा विज्ञान, विभाग-पौड़ी)

मेकमा-मी

(द) पृष्ठांतर
(प) पृष्ठांतर भाग चे पृष्ठमात्र चे कृपया।

मेकमा-भी

(द) पैपर-ट्वॉ भाग, विज्ञान तथा विज्ञान भाग चे पृष्ठमात्र, मलब, विभाग, विभाग, मलब-पृष्ठ।
(अ) जम्प क्लिककार्यां : जम्प चे टाव विभाग, जम्प अभि विभाग चे भाग, पेसारी पृष्ठमात्र चे पृष्ठ-चित्र।
BACHELOR OF VOCATION (B.Voc.)
COSMETOLOGY & WELLNESS (SEMESTER-I)

Paper-II: भूषणक धारणी
(In lieu of Compulsory Punjabi)

मान : 3 पृष्ठ
बुध अंक: 50

अंक-१०० अंक प्रति प्रश्न लगाएं

1. पृष्ठ पंक्ति एवं सूचना रेटेंगी। उत्तर प्रश्न हिंदी से पृष्ठ पंक्ति में लिखें।
2. हिंदीवाली पत्ते बुनें पृष्ठ पंक्ति लिखें उत्तर। उत्तर प्रश्न हिंदी से पृष्ठ पंक्ति लिखें।
3. उत्तर पृष्ठ पंक्ति लिखें।
4. पृष्ठ पंक्ति वर्जन सूचना लिखें उत्तर पृष्ठ पंक्ति से वर्जन पृष्ठ पंक्ति लिखें।

भाषा-वृन्द

मैवाल-डे

पंडी आचरण, अच्छा वाण, पंडी धीरी लिखें वर्जन अंक पंडी पंडी लिखें वर्जन अंक पंडी लिखें वर्जन अंक भूषणक सत्ता-पदात

मैवाल-धी

भूषणक सवध-सत्ता : भूषणक सत्ता-पदात
(सवध-सवध, मैवाल-सवध, भिन्न-सवध, भूषणक, अरोड़ा, में यहेतू)

मैवाल-घी

ढंढ़ लिखें धी पंडी धी पंडी सवध-सवध : धारण, लिखें, क्लियर-राइट, पंडी अंक पंडी पंडी धी पंडी धी पंडी उप ग्वाली सवध-सवध।

मैवाल-डी

उद्धरण दे मंजुर दिलाने दे ता, चलपूर भूषणक दे ता, तूँदां दे ता, भिख दे मे उद दिलाने भूषणक लिखः
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.

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.)
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:

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,


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: EPIRATION AND DEPIATION

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: पैन्नदी (लप्पू)

मंज़ : 3 पृष्ठ
बुध अंबर : 50

अंब-ईंड अड़ि पद्धतिवाद सटी उपाधि

1. युगल भूत ते चन बना रहटी। तल बना हिचं रै युगल खड़े नाहीं।
2. डिजाइनर की हे बुँड़ पूरा युगल बाली रहा। तल बना हिचं हिच युगल लप्पू ही।
3. लोक युगल ते बहुत अंब रहा।
4. पेड़वल मैंट बलाय नेवल काले उं युगल रंगी देंदें देंदें देंदें चाव बल

पाठ-सूची अड़ि पाठ-प्रमुखवां

मेलमस-डे

आउब आउब (चवाली बना),
(मेघ, मुर्तिचत बहुत अंब डिजाइनर मिश्र मंड)
लोक लोक रैट युगललयत, अभिव्यक्त।
(विश-मथू, भाव विवर)

मेलमस-ढी

निदियम बाबु (निदियम वेब-)भ-वगुजू)
मेघ, म.म.महेंद्र,
पैन्नदी मारूल पूरबत, सिद्धान्त। (थेश 7 ते 12)
(वाह, निधन तेली)

मेलमस-दी

(१) मध्य-ददहाव अड़ि मध्य वरवर : निदियम, भूज़ेगे मेलमस
(अ) भूज़ेगे वरवर

मेलमस-ढी

(३) संधि दबड
(अ) भूज़ेगे अड़ि अध्यात
BACHELOR OF VOCATION (B.Voc.)
COSMETOLOGY & WELLNESS (SEMESTER-II)

Paper-II: मैथिली पंडथी
(In lieu of Compulsory Punjabi)

मार्क: 3 बिंदु
बिल्ड अंक: 50

1. पुस्तक प्रेषणे देने दुष्प्रभाव नकारून गाणे उत्तरे. उत्तर देवी रिंग देव पुस्तक प्रेषणे सारखे.
2. पुस्तक प्रेषणे देने दुष्प्रभाव नकारून गाणे उत्तरे. उत्तर देवी रिंग देव पुस्तक प्रेषणे सारखे.
3. एखादी पुस्तक देने दुष्प्रभाव नकारून गाणे उत्तरे.
4. पुस्तक मंगळ वताने देव देव नेवत देव वर्तते अंगे छुटा लाई हंगां दंप दंप सल्ल्य शुद्ध-पुस्तक प्रेषणे देव उत्तरे नकारून गाणे उत्तरे.

पाठ-चूड़ी

मैथिल-अ०

अंक: मैथिली: पढायत अ० देव
(तृं, तृंतृं, तृंतृं, तृंतृं, तृं, तृं, तृं, तृं, तृं, तृं)

मैथिल-बृन्दा

पाठ-चूड़ी देव घड़ियूज : मैथिली सार-पढायत
(०) मण्डल देव, मैथिल-देव अ० भिंसत-देव (पढायत अ० देव)
(०) धिमाठीमन देव, पुस्तक-देव अ० तुर्की देव (पढायत अ० देव)

मैथिल-बृन्दा

धिमाठी देव (पढायत अ० देव)
अंक: मैथिली
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 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)
BACHELOR OF VOCATION (B.Voc.)
COSMETOLOGY & WELLNESS (SEMESTER-II)

Paper-III: Drug Abuse: Problem, Management and Prevention
(COMPELLARY 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,
   Publication.
   Epidemiological Unit, All India Institute of Medical Sciences, 2004.
    Nanak Dev University.
    University Press.
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-IV: 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-V: 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-VI: 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-VII: 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
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.
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
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.
Teaching Methodologies
The Core Module Syllabus for Environmental Studies includes classroom 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 classroom 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 handwritten 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.
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:
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
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