

Syllabus on Vocational Education and Training Course (VTC)

Paper Title	: Beauty Care -I							
CODE	: VTC: 247.1							
Number of Credits	: 4							
Semester	: III							
No. of Theory Hours Per Week	: One (1 hour)							
No. of Practical Hours per Week	: Three (3 Hours)							
Outline of the Paper:								
Type of Course	Units in the VTC	Hours	Credits	Total Marks	Distribution of Marks (as per OC-8)			
Beauty Care -I					In-Semester		End-Semester	
					Theory	Practical	Theory	Practical
	Unit-I Theory (25 Marks)	15	4	100	25			
Unit-II to IV Theory (75 Marks)	90				15		60	
Marks Distribution	: Internal Assessment: 40 : External Assessment: 60							
Course Objectives	<ol style="list-style-type: none"> 1. To enable students to recognize and adhere to professional ethics and conduct in the workplace, ensuring high standards of professionalism and integrity in all aspects of their work. 2. To explain and equip students with various techniques of manicure and pedicure, promoting proper nail care and aesthetic enhancement. 3. To enable students to apply skills in threading, bleaching, facials, and waxing, offering a range of beauty treatments to meet client needs effectively. 4. To demonstrate the skills required for comprehensive hair care, including various hair treatments, to maintain and improve hair health and appearance. 							
Course Learning Outcome	Students will be able to <ol style="list-style-type: none"> 1. recognise professional ethics and professional conduct in the work place 2. explain and equip themselves with the various technique of manicure and pedicure 3. apply the skill of threading, bleaching, facial and waxing 4. demonstrate the skill for hair care including hair treatment 							
Unit I: (Theory) 15 Hours	Personal Development for beautician and Introduction to Beauty care (Theory) <ul style="list-style-type: none"> • Professional Outlook, Personal Grooming, Professional Ethics and Communication Skills • Threading and Bleach - Types, Side effects and Remedial measures • Facial - Types, Types of Skin, Phases of massages, Side effects and Remedial measures. Waxing - Types of wax, 							

	<p>Types of waxing, Preparation of wax and Testing</p> <ul style="list-style-type: none"> • Importance of hair care, Types of hair, Factors affecting hair growth, Hair problems
UNIT-II: (Practical) 30 Hours	<p>Introduction to basic Beauty care (Practical):</p> <ul style="list-style-type: none"> • Threading - Materials required, Methods • Bleach –Trolley setting, Materials required, Methods • Facial - Materials required, Method, • Waxing - Methods of applying wax- hand, leg and underarm waxing, Methods of Epilation and Depilation.
UNIT-III: (Practical) 30 Hours	<p>Manicure and Pedicure (Practical):</p> <ul style="list-style-type: none"> • Types of pedicures and manicure • Manicure and pedicure techniques • Nail Art: Different methods of nail art, types of nail polish, application and their methods. • Mehendi: Introduction, preparation of Mehendi paste, Mehendi cone preparation and Technique of application - hands and legs.
UNIT-IV: (Practical) 30 Hours	<p>Hair Care (Practical)</p> <ul style="list-style-type: none"> • Scalp massage - Materials required and Procedure and Technique • Shampooing and rinsing- Types of shampoo and their uses, Application and Technique, Types of rinses and methods of rinsing • Hair conditioning – Types of Hair conditioner, Application and Technique • Hair Treatment
Suggested Readings	<ol style="list-style-type: none"> 1. Burne, Deborah. The Beauty Geek's Guide to Skin Care: 1,000 Essential Definitions of Common Product Ingredients. Rockridge Press, 2019 2. Coetzee, Bronwyn. Manicure & Pedicure: A Complete Guide to Beautiful Hands and Feet. Kindle Editions 2015 3. Essential Beauty Guide. Goodwill Publishing House 2001 4. Gupta, Renu. Complete Beautician course. New Delhi, Diamond pocket books Pvt Ltd, 2001 5. Husain, Shanaz. Shahnaz Husain's Beauty Book, Orient Paperbacks, 2014 6. Johnson, Dale H. Hair and Hair Care. New York: Marcel Decker Inc, 1997 7. Kochar, Blossom. Hair, Skin and Beauty Care 9 The complete body Book. New Delhi: VBSPD/VBS Publishers Distributors Ltd 2000 8. Paudwal, Madhumita. Practical Guide to Beautician Training. New Delhi: Asian Publishers, 2002 9. Saikia, Madhumita. Basic Beautician Training Course. Computech Publications Limited, 2019

	<p>10. Sinha, M, Rajgopal and Banerjee. S. All You Wanted To Know About Hair Care. New Delhi: Sterling Publishers Pvt. Ltd, 2000</p> <p>11.</p>
<p>Requirements</p>	<p>Threading</p> <ul style="list-style-type: none"> • Thread (antibacterial and hypoallergenic) • Tweezers • Threading scissors • Disinfectants and sterilization equipment <p>Bleach</p> <ul style="list-style-type: none"> • Bleach creams and powders • Mixing bowls and applicators • Trolley for organization • Protective gear (gloves, masks) • Aftercare products (soothing creams, lotions) <p>Facial</p> <ul style="list-style-type: none"> • Cleansers, toners, and moisturizers • Facial masks and scrubs • Massage creams and oils • Steamers and facial towels • Sponges and cotton pads • Facial beds/chairs <p>Waxing</p> <ul style="list-style-type: none"> • Wax heaters • Different types of wax (soft, hard, strip) • Wax applicators (spatulas) • Waxing strips • Pre-wax and post-wax care products <p>Manicure and Pedicure</p> <ul style="list-style-type: none"> • Manicure and pedicure kits (nail files, buffers, clippers, cuticle pushers) • Bowls for soaking • Foot baths and spas • Exfoliating scrubs • Lotions and creams <p>Nail Art</p> <ul style="list-style-type: none"> • Nail polishes (various types and colors)

	<ul style="list-style-type: none"> • Nail art brushes and tools • Stencils and stickers • UV/LED nail lamps for gel polish <p>Mehandi</p> <ul style="list-style-type: none"> • Henna powder • Mixing bowls and spoons • Mehandi cones • Design stencils and instructional guides <p>Hair Care</p> <p>Scalp Massage</p> <ul style="list-style-type: none"> • Massage oils and creams • Scalp massagers and brushes • Towels and capes <p>Shampooing and Rinsing</p> <ul style="list-style-type: none"> • Various types of shampoos and conditioners • Rinsing bowls or salon sinks • Applicator bottles <p>Hair Conditioning</p> <ul style="list-style-type: none"> • Different hair conditioners • Leave-in conditioners and hair masks • Heat caps and steamers <p>Hair Treatment</p> <ul style="list-style-type: none"> • Treatment-specific products (anti-dandruff, anti-hair fall) • Applicators and mixing bowls • Towels and capes <p>Any other item as and when required</p>
Qualified Instructors	<ul style="list-style-type: none"> • Qualified instructors with experience in beauty care • Guest lecturers or industry professionals for specialized sessions • Ensure instructors have or receive training in effective teaching methods.

Paper Title	: Beauty Care -II							
CODE	: VTC: 267.1							
Number of Credits	: 4							
Semester	: IV							
No. of Theory Hours Per Week	: One (1 hour)							
No. of Practical Hours per Week	: Three (3 Hours)							
Outline of the Paper:								
Type of Course	Units in the VTC	Hours	Credits	Total Marks	Distribution of Marks (as per OC-8)			
Beauty Care-II	Unit-I Theory (25 Marks)	15	4	100	In-Semester		End-Semester	
					Theory	Practical	Theory	Practical
	Unit-II to IV Theory (75 Marks)	90						15
Marks Distribution			: Internal Assessment: 40					
			: External Assessment: 60					
Course Objectives			<ol style="list-style-type: none"> 1. To enable students to identify hair anatomy, hair types and conditions 2. To enable students to recognize hair and scalp disorders and implement massage techniques 3. To enable students to develop proficiency in hair cutting and hair styling techniques 4. To choose appropriate hair colour and make use of colouring techniques 					
Course Learning Outcome		Learning At the end of the course students will be able to: <ol style="list-style-type: none"> 1. explain the anatomy of hair and to identify hair conditions, and different hair types. 2. identify hair and scalp disorder and the influencing factors that may cause damage to the hair and equip oneself with various massage technique 3. make use of skills relating to hair cutting and hair styling techniques 4. describe the classification of hair colour and as well as colouring techniques 						
Unit I: (Theory) 15 Hours		Introduction to Hair care (Theory) <ul style="list-style-type: none"> • Anatomy and physiology of hair, Hair analysis, Structure of hair and Layers of Hair • Benefits of hair spa and Precautions • Study of profiles, Hair shaping and cutting implements and their uses, Different types of sectioning and patterns making. • Basic law of colour, classification of hair colour, allergy test and precaution, hair dyeing (Herbal & Chemical) 						

UNIT-II: (Practical) 30 Hours	Scalp Massage and Hair Spa (Practical) <ul style="list-style-type: none"> • Identifying client’s hair and scalp condition • Procedure of hair spa and Massage manipulation • Hair Spa for - dandruff, oily scalp, coloured hair, hair smoothing and itchy scalp • Massage techniques: Effleurage, petrissage, tapotement, rotary, vibration, friction, champissage
UNIT-III: (Practical) 30 Hours	Hair Cutting and Hair styling (Practical) <ul style="list-style-type: none"> • Types of cutting to suit the texture (fine, curly, straight, wavy and course hair). • Types and technique of haircuts- trimming, blunt-cut, layered, cutting & tapering • Basic hairstyle - Open Hair Styles, Semi-Tied & Up styles, Bridal Hair Dos, Party Hairdos, Sleep-in Looks, Ringlets and Plaits • Types of hairstyling -Thermal styling, Wet styling, Roller Setting and Artificial Aids, Technique of Hair styling: Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques,
UNIT-IV: (Practical) 30 Hours	Hair colouring and tinting (Practical) <ul style="list-style-type: none"> • Examination of scalp and hair: Skin test, colour or dye selection, Sectioning the hair, application of hair, colour or dye, conditioning and setting. • Colouring techniques – frosting, tipping, slicing, foil technique, comb technique, global colouring. • Types and techniques of crimping • Pre and post treatment
Suggested Readings	<ol style="list-style-type: none"> 1. Claude Bouillon and John Wilkinson. The Science of Hair Care, Taylor & Francis, 2005 2. Goldman, D. The Professional's Illustrated Guide to Haircare & Hairstyles, Lorenz Books, 2010 3. Johnson, Dale H. Hair and Hair Care. New York: Marcel Decker Inc, 1997 4. Kochar, Blossom. Hair, Skin and Beauty Care. New Delhi: VBSPD/VBS Publishers Distributors Ltd 2000 5. Meenakshi Sinha, Reena Rajgopal, Suchismita Banerjee. All You Wanted to Know About Hair Care, New Delhi: Sterling Publishers Pvt. Ltd., 2000 6. Parott. Hairstyles Coloring Book, Notion Press 2022 7. Paudwal, Madhumita. Practical Guide to Beautician Training. New Delhi: Asian Publishers, 2002 8. Regan Peter. Hair Colour Book: A Practical Guide To The Theory Of Colouring Hair. Kindle Edition 2018 9. Worthington, C. The Complete Book of Hairstyling., Carlton Books Ltd, 2001
Requirements	Hair Spa <ul style="list-style-type: none"> • Hair spa products (shampoos, conditioners, masks) • Massage oils and creams

	<ul style="list-style-type: none"> • Towels and capes <p>Hair Cutting and Hair Styling</p> <ul style="list-style-type: none"> • High-quality hair cutting scissors • Thinning shears • Razors • Combs and sectioning clips <p>Basic Hairstyle Techniques</p> <ul style="list-style-type: none"> • Hair styling products (gels, sprays, mousses) • Hair accessories (pins, bands, clips) • Tools for creating different styles (curling irons, flat irons, rollers) • Instructional materials for various styles (open hairstyles, semi-tied styles, bridal hairdos, party hairdos, sleep-in looks, ringlets, and plaits) <p>Examination of Scalp and Hair</p> <ul style="list-style-type: none"> • Skin test kits • Color or dye selection charts • Sectioning clips and combs <p>Colouring Techniques</p> <ul style="list-style-type: none"> • Hair coloring products (frosting, tipping, slicing, foil technique, comb technique, global coloring) • Applicators (brushes, bowls) • Protective gear (gloves, capes) • Conditioning and setting products <p>Types and Techniques of Crimping</p> <ul style="list-style-type: none"> • Crimping tools and irons • Instructional guides on crimping techniques <p>Pre and Post Treatment</p> <ul style="list-style-type: none"> • Pre-treatment products (scalp protectors, primers) • Post-treatment products (conditioners, serums) • Care instructions for colored and treated hair
Qualified Instructors	<ul style="list-style-type: none"> • Qualified instructors with experience in hair care and styling • Guest lecturers or industry professionals for

	<p>specialized sessions</p> <ul style="list-style-type: none">• Ensure instructors have or receive training in effective teaching methods. <p>Any other item as and when required</p>
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Paper Title	: Beauty Care III							
CODE	: VTC: 367.1							
Number of Credits	: 4							
Semester	:VI							
No. of Theory Hours Per Week	: One (1 hour)							
No. of Practical Hours per Week	: Three (3 Hours)							
Outline of the Paper:								
Type of Course	Units in the VTC	Hours	Credits	Total Marks	Distribution of Marks (as per OC-8)			
Basic Beauty Care-III					In-Semester		End-Semester	
					Theory	Practical	Theory	Practical
	Unit-I Theory (25 Marks)	15			25			
	Unit-II to IV Theory (75 Marks)	90	4	100		15		60
Marks Distribution	: Internal Assessment: 40 : External Assessment: 60							
Course Objectives	<ol style="list-style-type: none"> 1. To enable students to identify and explain various skin care problems, such as acne, dryness, and sensitivity, and describe basic skin care methods to address these issues effectively. 2. To enable students to develop and equip oneself with techniques for effective facial cleansing and facial massage, promoting healthy skin and relaxation. 3. To enable students to gain proficiency in applying different types of facial makeup, including foundation, eyeshadow, and lipstick, to enhance facial features and create desired looks. 4. To enable students to discover and describe different types of spa therapies and massage techniques, learning how they contribute to overall wellness and skin health. 							
Course Outcome	Learning	At the end of the course students will be able to <ol style="list-style-type: none"> 1. identify and explain the various skin care problems and describe the basic skin care methods 2. develop and equip themselves with the techniques of facial cleansing and facial massage 3. make use of skills relating to facial make-ups 4. discover different types of spa therapies and massage techniques 						
Unit I: (Theory) 15 Hours	Introduction <ul style="list-style-type: none"> • Importance of skin care, Factors affecting skin condition, skin analysis, Basic skin care methods Natural and artificial • Classification & identification of common skin problems, Skin type and treatment, Types of Natural cleanser, 							

	<p>importance and types of Toners</p> <ul style="list-style-type: none"> • Types of facial, Facial masks- Benefits and contraindications, Types of Make-up • SPA products and knowledge, Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies, Types of massage Therapy, benefits of massage and its precautions
UNIT-II: (Practical) 30 Hours	<p>Cleansing and Facial</p> <ul style="list-style-type: none"> • Types of Cleanser, Techniques of cleansing for different skin types • Techniques used in Plain facial, Vegetable peel facial, Gauze facial, Paraffin mask treatment, High frequency facial, Ozone facial, Galvanic facial, Thermo herb facial, Aroma facial, Gold and silver facial. • Knowledge and use of machines in facial • Pack and mask- Preparation of pack and mask, Techniques of applying face pack and mask
UNIT-III: (Practical) 30 Hours	<p>Make-up</p> <ul style="list-style-type: none"> • Color Wheel, Skin tones, Brow shaping • Selection of cosmetics -Foundation Gel, Moisturizer, Face powder, Face compact, Concealer, Blusher, Eye shadow and lipstick • Selection of Tools - Different types of brushes, Make-up products, Selection of Sponges • Techniques of applying Make-up- Day make-up, Evening Make-up, Party Make-up, Bridal Make-up and special effects make-up
UNIT-IV: (Practical) 30 Hours	<p>SPA</p> <ul style="list-style-type: none"> • SPA therapies - Acupressure, Acupuncture, Colon therapy, Ear Candling • SPA products and its uses - Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, pre-blended creams, Soaps, lotions. • Seasonal SPA therapy - winter, spring, summer, and autumn • Massage Techniques and procedure
Suggested Readings	<ol style="list-style-type: none"> 1. Baumann, Leslie. The Skin Type Solution, Bantam, 2006 2. Baxi, Nishant. Massage Therapy, Notion Press, 2023 3. Brown, Bobbi. Makeup Manual, Grand Central Life & Style, 2011 4. Goroway, Patricia. Facial Fitness, Ergodebooks, 2006 5. Handa, P. Speaking of Skin Care, New Dawn Press, 2007 6. Reyna, G.M. How to Be a Professional Makeup Artist, Kindle Edition, 2013

	<ol style="list-style-type: none"> 7. Shapiro, B. Skin Deep: Women on Skin Care, Makeup, and Looking Their Best, Harry N. Abrams,2017 8. Sharma, Rajiv. Skin And Hair Care, Delhi: Manoj Publications, 2017 9. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishing 10. Tezak,Edward. Successful Salon and Spa Management, Milady Publishing Co, 2011
<p>Requirements</p>	<p>Cleansing and Facial</p> <p>Facial Techniques</p> <ul style="list-style-type: none"> • Facial beds or chairs • Facial steamers • Machines for advanced treatments (galvanic, ozone) • Masks and treatment products (paraffin, high frequency) <p>Pack and Mask - Preparation of Pack and Mask, Techniques of Applying Face Pack and Mask</p> <ul style="list-style-type: none"> • Mixing bowls and spatulas • Ingredients for pack and mask preparation (clays, herbs) • Instructional guides on application techniques <p>Make-up</p> <ul style="list-style-type: none"> • Color wheels and charts • Makeup palettes (foundations, powders, blushes, eye shadows, lipsticks) • Eyebrow shaping tools (tweezers, eyebrow pencils) <p>Selection of Cosmetics</p> <ul style="list-style-type: none"> • Makeup brushes (various types for foundation, eye makeup, blush) • Sponges and applicators • Makeup products for different skin tones and types <p>SPA</p> <p>SPA Therapies - Acupressure, Acupuncture, Colon Therapy, Ear Candling</p> <ul style="list-style-type: none"> • SPA therapy equipment (acupressure mats, acupuncture needles, ear candles) • Safety and hygiene protocols for specialized therapies <p>SPA Products and Their Uses</p> <ul style="list-style-type: none"> • Essential oils, aromatic oils, carrier oils

	<ul style="list-style-type: none"> • Body scrubs, wraps, active ingredients • Pre-blended oils, creams, soaps, and lotions <p>Seasonal SPA Therapy - Winter, Spring, Summer, and Autumn</p> <ul style="list-style-type: none"> • Seasonal skincare products (moisturizers, masks) • Instructional materials on seasonal treatments <p>Massage Techniques and Procedure</p> <ul style="list-style-type: none"> • Massage tables or chairs • Massage oils and creams • Training on various massage techniques (swedish, deep tissue, aromatherapy) <p>Any other item as and when required</p>
Qualified Instructors	<ul style="list-style-type: none"> • Qualified instructors with experience in skincare, makeup, and spa therapies • Guest lecturers or industry professionals for specialized sessions • Ensure instructors have or receive training in effective teaching methods.