**ALAGAPPA UNIVERSITY, KARAIKUDI**

**SYLLABUS UNDER CBCS PATTERN (w.e.f.2016-20)**

**DIPLOMA IN BEAUTICIAN PROGRAMME STRUCTURE**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Semester** | **Course** | | | | **Hrs./ Week** | | **Marks** | | **Total** |
| **Subject code** | | **Name** | | **Int.** | **Ext.** |
| I | 6DBE1C1 | | Personality Development | | 6 | | 25 | 75 | 100 |
| 6DBE1C2 | | Basic beauty care | | 6 | | 25 | 75 | 100 |
| 6DBE1C3 | | Skin Care and Face Make Up | | 6 | | 25 | 75 | 100 |
| 6DBE1P1 | | Practical - I- Basic Beauty Care | | 6 | | **40** | **60** | 100 |
| 6DBE1P2 | | Practical - II - Skin Care and Facial | | 6 | | **40** | **60** | 100 |
|  |  | **Total** | | **30** | | **--** | | **--** | **500** |
| II | 6DBE2C1 | | Hair care | | 6 | | 25 | 75 | 100 |
| 6DBE2C2 | | Spa Therapy and Food Diet | | 6 | | 25 | 75 | 100 |
| 6DBE2P1 | | Practical - III - Hair care | | 6 | | **40** | **60** | 100 |
| 6DBE2P2 | | Practical – IV - Advanced Beauty care | | 6 | | **40** | **60** | 100 |
| 6DBE2PR | | Industrial Internship | | 15 Days | | - | - | 100 |
|  | **Total** | | | **30** | | **--** | | **--** | **500** |
|  | **Grand Total** | | |  | |  | |  | **1000** |

**DIPLOMA IN BEAUTICIAN**

**I YEAR – I SEMESTER**

**COURSE CODE: 6DBE1C1**

**PERSONALITY DEVELOPMENT**

**UNIT - I**

**Leadership** - Introduction to Leadership, Leadership Power, Leadership Styles, Leadership in Administration.

**Interpersonal Relations** - Introduction to Interpersonal Relations, Analysis Relations of different ego states, Analysis of Transactions, Analysis of Strokes, Analysis of Life position.

**UNIT - II**

**Stress Management** - Introduction to Stress, Causes of Stress, Nature and Dimensions of Stress, Impact of Stress, Managing Stress.

**Group Dynamics** - Importance of groups in organization, and Team Interactions in group, Group Building, Decision Taking.

**Team Building**, Interaction with the Team, How to build a good team?

**UNIT - III**

**Conflict Management** - Introduction to Conflict, Causes of Conflict, Managing Conflict.

**Performance Appraisal** - Introduction to Performance Appraisal, Vertical Appraisal, Horizontal Appraisal, 360º Performance Appraisal, Methods of improving Techniques of Performance Appraisal.

**UNIT - IV**

**Time Management** - Time as a Resource, Identify Important Time Wasters, Individual Time Management Styles, Techniques for better Time Management.

**Motivation** - Introduction to Motivation, Relevance and types of Motivation, Motivating the subordinates, Analysis of Motivation.

**UNIT - V**

**Holistic Personality Development** - Self management skills, Role of Physical Activity in Developing Components of Holistic Personality, Studying Components of Physical Personality – Physique, Lifestyle, Nutritional Habits, Components of Psychological Personality: MESS i.e. Mental Personality, Emotional Personality, Spiritual and Social Personality, Meaning, Definition and importance of Extrinsic Environment of Man and Environmental Personality Development.

**Books for References:**

1. Cohen, R. J. & M.E. Swerdlik (2002). Psychological Testing and Assessment. McGraw Hill, USA.
2. Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.
3. Kansal, D.K (2011). Holistic Personality Development. Sports & Spiritual Science Publication, New Delhi (2 Press).
4. Peeke, P. (2006). The National Body Challenge. Hay House, Inc., USA.
5. Robbins, G., D. Powers and S. Burgers (2008). A Wellness Way of Life. McGraw Hill, USA.
6. Vivekananda, S. (2007). Personality Development. Advaita Ashrama Publications, Kolkata, India.
7. Weinsberg R.S. and D. Gould (2003). Foundations of Sports & Exercise Psychology. Human Kinetics, USA.
8. Chandan, J.S., Organizational Behaviour. Vikas Publishing House PVT LTD 1994.
9. Statt, D.A. Using Psychology in Management Training, Taylor and Francis Inc.2000.

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**I YEAR – I SEMESTER**

**COURSE CODE: 6DBE1C2**

**BASIC BEAUTY CARE**

**UNIT – I**

Introduction and importance of Beauty care. Importance of personal hygiene, Personal grooming. Sterilization and sanitation-Purpose, methods, do’s and don’ts. Professional ethics.

**UNIT - II**

**Eye brow Shaping**-Materials required, Tweezing and threading, Different types of threading, different types of eyebrows keeping in mind the face structure.

**UNIT – III**

**Manicure and Pedicure** – Definition, purpose,Introduction, tools and equipments, application of creams and lotion, methods/types of pedicure and manicure. Hand and leg massages step by step procedure.

**UNIT – IV**

**Nail art** -Factors affecting nail growth. Introduction-equipments and tools, types of nail polish, application and their methods. Different methods of nail art.

**Mehandi-** Introduction, preparation of Mehandi paste, Mehandi cone preparation and application on hands and legs.

**UNIT – V**

**Basic Epilation-**Introduction- preparation of wax and its testing and precautions, types of wax, sterilization of tools, methods of applying wax. Waxing - Removing of superfluous hair from the face and body , purpose , Methods of Epilation and Depilation.

**Books for References:**

1. Hair, Skin and Beauty Care 9The complete body Book-Blossom Kochar (2000) VBSPD/VBS

Publishers distributors Ltd.New delhi.

2. Complete Beautician course-Dr.Renu Gupta (2001) Diamond pocket books Pvt Ltd , New

Delhi.

3. Practical Guide to Beautician Training- Madhumita Paudwal (2002) Asian publishers, New

Delhi.

4. Classic makeup and beauty book Maureen Barry more Dave king (1996).

5. Dorling Kindersley,London.3.388 Geat Hair style Margit rudiger and renate Von Samson

(2002) Sterling Publishing Co., Inc, Newyork.

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**I YEAR – I SEMESTER**

**COURSE CODE: 6DBE1C3**

**SKIN CARE AND FACE MAKE UP**

**UNIT - I**

**Skin Care-**Introduction and importance of skin care, Types of skin, factors affecting skin condition, skin analysis, skin care for different seasons. Different types of skin care treatments, skin care products, Basic skin care methods Natural and artificial. Skin type and treatment- oily, dry, normal combination and sensitive.

**UNIT - II**

**Skin Problems-**Classification & identification of common skin problems – Acne, Blackheads, Whiteheads, Disorders of sweat glands, Disorders of oil glands, Dryness, Dullness. Skin treatment-Pimple, under eye Dark circles, Pigmentation, Mature skin, suntan, open pores, preparation and importance of each treatment.

**UNIT - III**

**Cleansing** – Types of Skin cleansing, Techniques of cleansing, Selection of Cleanser, Treating different skin types with cleansing, importance and types of Natural cleanser. Exfoliating. Facial– According to the types of skin, Removal of black and white head, Techniques of Facial, Types of facials importance and Benefits of pack and mask, types of pack. Knowledge of machines for facial.

**UNIT - IV**

**Bleaching**  – Introduction, Types of bleaches, procedure and application on face, neck, hands and other parts, precautious its advantages and disadvantages. homemade bleach and types. **Massage** – Definition, Types of Techniques, step by step procedure, Cosmetic knowledge, benefits of massage and its precautious. Facial massage.

**UNIT - V**

**Art of make up** - importance of makeup, Tools used in makeup, Cosmetics used in face make up. Types-Foundation, , Gel, Moisturizer, Face powder, Face compact, Concealer, Blusher, Eye shadow and lipstick-Selection application and different methods used.- party make up, daily make up, oily make up, bridal make up, corrective make –up. Perfumes – Knowledge of Perfumes and Perfume Terminology.

**Books for References :**

1. Blossom Kochar, Hair, Skin and Beauty care, The complete Body Book, VBS publisher New

Delhi, 2002.

2. Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi,

2001.

3. Madhumita Pauwal, Practical Guide to Beautician Training, Asian Publishers, New Delhi,

2002.

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**I YEAR – I SEMESTER**

**COURSE CODE: 6DBE1P1**

**PRACTICAL - I - BASIC BEAUTY CARE**

1**.** Sterilization and sanitation methods and procedures.

2. Threading, tweezing of eye brow, upper lip, forehead and chin.

2**.** Manicure.

3. Pedicure.

4. Application of nail polish and Nail art.

5. Preparation of Mehandi paste and application.

6. Waxing - Hands, legs.

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**I YEAR – I SEMESTER**

**COURSE CODE: 6DBE1P2**

**PRACTICAL – II - SKIN CARE AND FACIAL**

1. Facial-Types of facial (pearl, fruit, golden, silver. Home-made facial).
2. Bleaching.
3. Face pack and Face Massage.
4. Pimple Treatment.
5. Under eye treatment.
6. Pigmentation.
7. Mature skin.
8. Sun tan.
9. Open pores.

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**I YEAR – II SEMESTER**

**COURSE CODE: 6DBE2C1**

**HAIR CARE**

**UNIT - I**

Structure of Hair, Types of hair, Hair growth cycle, Importance of hair care, factors affecting hair growth. Scalp massage –benefits and methods, materials required and procedure. Shampooing and rinsing-its importance, purpose and function, types of shampoo – their uses and effects, precautious, purpose of rinsing, types of rinses, benefits of rinsing and precautions.

**UNIT - II**

Hair cut**-**Knowledge of hair texture, selection of hair cut according to facial shape, occasion, age, profession, body structure, Hair texture. Hair cutting techniques, tools and equipment in hair cuts .Hair cuts – types of basic hair cuts- Trimming, straight cut, U cut, V-cut. Advanced hair cuts – layer cut, blunt cut, tapering , Graduation, bob etc. Use of Hair shaping and cutting implements. sterilization and sanitation.

**UNIT - III**

**Hair styling** – knowledge of different hair style as per hair texture, materials used for hair styling, techniques in styling – Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques, thermal hair styling- Hair dryer, Crimping rods , Straightening rods, Electric rollers Curling rods. . Natural hair pack. Artifical aids – purpose, types, cleaning and maintaining. Hair styling-Basic hairstyle, Model , party styles and bridal styles.

**UNIT - IV**

Hair conditioning – Types of Hair conditioner – natural, chemical, Henna application. Hair problems and treatments –hair falling, split ends, graying, dandruff, dryness, damaged hair, Baldness, Hair spray – Types, Advantages & Disadvantages, outline of hair drier, hair ironing.

**UNIT - V**

Dye application, Hair colour – History of colouring, Basic law of colour, classification of hair colour, consideration before hair allergy test, precaution, special effects of coloring techniques – frosting, tipping, slicing, foil technique, comb technique, global coloring. Types of perming, techniques of perming.

**Books for References:**

1. Charles Zviak, (1986), The Science of Hair Care, Taylor & Francis.
2. Dale H. Jhonson, (1997), Hair and Hair Care, Marcel Decker Inc., New York.
3. Claude Bouillon and John Wilkinson, (2005), The Science of Hair Care, Taylor & Francis. Audrey Davis Sivasothy, (2012), Hair Care Rehab, The ultimate hair repair and reconditioning manual, Saja Publishing Company, LLC.
4. Meenakshi Sinha, Reena Rajgopal, Suchismita Banerjee, (2000), All You Wanted To Know About Hair Care, Sterling Publishers Pvt. Ltd., New Delhi.

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**I YEAR – II SEMESTER**

**COURSE CODE: 6DBE2C2**

**SPA THERAPY AND FOOD DIET**

**UNIT - I**

Introduction to anatomy and physiology-Elementary knowledge of various system of the body- circulatory, nervous, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems.

**UNIT - II**

History and introduction to SPA, Types of SPA, Introduction to complementary SPA therapies – Acupressure, Acupuncture, Colon therapy, Chinese medicine, Ear Candling, Electropathy, Gem therapy, Herbalism, Homeopathy, Naturopathy, Physiotherapy, Reiki, Tibetan Medicine, Introduction to Med SPA treatments like Botox, Fillers, Liposuction etc.

**UNIT - III**

SPA products and knowledge – Licensing (Drug Control), Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies of Herbs, Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Facial Products, Preservatives, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, Pre Blended creams, Soaps, Shampoos, lotions.

**UNIT - IV**

SPA as a career – basic requirements, remuneration/earning, SPA career options, starting own SPA business, job opportunities in India and Abroad, roles and responsibilities of SPA therapist.

**UNIT - V**

Definition of yogasana, Importance and is role in beauty care .Healthy food recipes to Achieve healthy skin, Food for glowing skin, How to prevent age spots, Home remedies for age spots , various tips for beauty care to skin, face, hand, legs, body and hair. Beauty care during weather changes- winter, spring, summer, and autumn.

**Books for References:**

1. Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.

2. Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book: The Official

Guide to Spa Therapy (Hairdressing and Beauty Industry Authority), Thomson learning,

London.

3. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning

Publishers.

4. Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry:

Spa Management, Butterworth Heinemann Publishers, USA.

5. Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall,

New Delhi.

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**COURSE CODE: 6DBE2P1**

**PRACTICAL – III - HAIR CARE**

1. **Head massage**- basic massage, manipulation and practice.
2. **Shampooing**:-preparing the client, draping procedure, material used, setting of trolley, application of shampoo, rinsing correct way of towed drying.
3. **Basic haircuts-** Hair cutting – correct way of holding the implements, preparing the client for the hair cutting, sectioning the hair with scissors or razors, handling of clippers giving a medium length and long length hair cut.
4. **Hair setting**:-handling of implements used combs, brush, rollers and putting them, setting roller on long and short hair.
5. **Practice in finger weaving: -** practice in standard pin curls, sculpture curls or “c” based curls falls in curls. Handling of the different driers, drying of hair, comb practice in back combing, smoothing, back brushing, wave stretching and lacing.
6. **Basic hair styles Hair styling**: - study of face and other features, making of the styles for brides and styles in fashion at the time.
7. **Henna application.**
8. **Dye application.**
9. **Hair coloring.**

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**I YEAR – II SEMESTER**

**COURSE CODE: 6DBE2P2**

**PRACTICAL - IV- ADVANCED BEAUTY CARE**

1. Hair treatment-Hair fall, Dandruff.
2. Hair curl.
3. Hair straightening.
4. Body massage.
5. SPA therapy.
6. Make up- simple, party, oily, bridal.
7. Basic Corrective make up-for cheeks, lips, and jaw.
8. Make up removal.
9. Bindi deigning.
10. Saree draping-any 3 styles.

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**I YEAR – II SEMESTER**

**COURSE CODE: 6DBE2PR**

**INDUSTRIAL INTERNSHIP**

The main objective of an internship is to expose students to a particular job and a profession or industry. The students are needed to attend 15 days internship training in any Beauty parlour. At the end of the internship, the student should submit a comprehensive Project Report and produce a certificate of internship from the organization. The evaluation of Industrial Internship is 100 marks which will be given by the Department itself based on the following criteria:

1. Performance of the students in the Viva-voce.
2. Project Report.
3. Performance of the students in the Internship training (in consultation with the Internship Industry personnel).

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