



National Council of Vocational and Research Training

NewDelhi-110058

**BEAUTY CULTURE & HEALTH CARE**

COURSE CODE: BEA - 350

**CERTIFICATE IN BEAUTY CULTURE & HEALTH CARE**



**DETAILED SYLLABUS FOR  
VOCATIONAL TRAINING PROGRAMME**

COURSE TITLE	CERTIFICATE IN BEAUTY CULTURE & HEALTH CARE
COURSE CODE	BEA – 350
MEDIUM	ENGLISH
QUALIFICATION	8th Pass
DURATION	3 MONTHS
CLASS TIMES	10:00am – 04:00pm

#### MARK ALLOTMENT

THEORY	300 Marks
PRACTICAL	200 Marks
INTERNAL	100 Marks
TOTAL MARKS	600 Marks
PASSING MARKS	40/ 100

#### CERTIFICATE IN BEAUTY CULTURE & HEALTH CARE

Paper I Yoga & Body Perfection

Paper II Hair Dressing

Paper III Beauty Culture

#### **PAPER I YOGA & BODY PERFECTION**

##### CONTENTS

##### 1. YOGA

##### 1.1 Concept of Yoga

##### 1.1.1 Meaning, definition of Yoga

##### 1.1.2 Importance and aim of Yoga for modern living

##### 1.2 Definition of Yogasana

##### 1.2.1 Different points to remember while doing Yoga (Place, time, age, diet, dress)

##### 1.2.2 Dos and Don'ts of Yoga

##### 1.3 Yogic diet of mitahar

##### 1.3.1 Importance of Diets in Yoga Practice

##### 1.3.2 Different types of Diets according to Yogashastra and its importance for human body and mind.

##### 1.4 Introduction to Astanga Yoga

##### 1.5 Importance of Yoga and Personality Development

##### 1.5.1 Meaning and Definition of Personality

##### 1.5.2 Dimension of Personality

##### 1.6 State and explain different asanas such as

- 1.6.1 Standing Posture
  - 1.6.1.1 Tadasana, tiryak tadasana, katichakrasana, ardhachakrasana, ekapada pranassana, natarajasana
- 1.6.2 Sitting posture
  - 1.6.2.1 Padmasana, sukhhasana, sasankasana, ardhmatsyandrasana, ustrasna, pschimottanasana.
- 1.6.3 Prone Lying Posture
  - 1.6.3.1 Salabhasana, bhujanagasana, dhanurasana
- 1.6.4 Supine Posture
  - 1.6.4.1 Uttanapadasna
  - 1.6.4.2 Naukasna, halasana, sarvanagasana, matsyasana
- 1.6.5 Relaxation Posture
  - 1.6.5.1 Savasana, makarasana, advasana
- 1.7 Learning about Pranayama
  - 1.7.1 Preliminary practice (Abdominal, thoracic, clavicular and full yogic breathing).
  - 1.7.2 Learning about nadisodhan.

## 2. BODY PERFECTION

- 2.1 Introduction to Human Body
  - 2.1.1 Natural construction and function of Human body
- 2.2 Definition of Posture
  - 2.2.1 Define good posture, poor posture
  - 2.2.2 Methods for correction of poor posture.
  - 2.2.3 Explaining the posture while standing, sitting and walking
- 2.3 Describe the importance and uses of different electrical and nonelectrical equipments/gadgets for good physique.

## **Practical**

### YOGA

- 1.1 Preliminary Practice
  - 1.1.1 Pabanmuktasana Part – I
  - 1.1.2 Pabanmuktasana Part – II
  - 1.1.3 Pabanmuktasana Part – III
- 1.2 Standing Posture
  - 1.2.1 Tadasana, tiryak tadasana, katichakrasana, ardhachakrasana, ckapada pranamasana, natarajasana
- 1.3 Sitting Posture
  - 1.3.1 Padmasana, sukhhasana, sasankasana, ardhmatsyendrasana, ustrasna, paschimottanasana.
- 1.4 Prone Lying Posture
  - 1.4.1 Salabhasana, bhujanagasana, dhanurasana
- 1.5 Supine posture
  - 1.5.1 Uttanapadasna
  - 1.5.2 Nauksana, halasana, sarvanagasana, matsyasana
- 1.6 Relaxation Posture
  - 1.6.1 Savasana, makarasana, advasana
- 1.7 Framing different Yogic diet chart for different age groups
- 1.8 Learning and performing different asanas, their physiological effect on human body.

### BODY PERFECTION

- 2.1 Showing different models and explaining their defects.

- 2.2 Explaining with the help of models the construction and functions of Human body.
- 2.3 Showing different models with defective posture and demonstrating how to sit, stand and walk gracefully.
- 2.4 Learning and performing different exercises by using electric and nonelectric Equipments / gadgets.

## **PAPER II HAIR DRESSING**

### **Contents**

#### 1. The History of Hair Dressing in India and Europe

##### **1. Shampoos**

- 1.1 Define and explain the importance of shampooing, its purpose and functions
- 1.2 State the various types of shampoos available, their uses and effects on normal, dry and oily scalp and hair
- 1.3 Define different types of rinses used, their purpose and effects
  - 1.3.1 Vinegar or lemon rinse
  - 1.3.2 Cream rinse
  - 1.3.3 Colour rinse
- 1.4 Safety precautions observed in shampooing and rinsing

##### **2. Scalp massage**

- 2.1 State and explain the benefits and methods of massage
  - 2.1.1 Petrissage
  - 2.1.2 Effleurage
  - 2.1.3 Depoiment
  - 2.1.4 Friction
  - 2.1.5 Vibration
- 2.2 Materials required and procedure

##### **3. Hair cutting**

- 3.1 Define and explain the study of profile, different types of cutting to suit the texture, fine hair, curly hair, straight hair, wavy hair, coarse hair.
- 3.2 Show the different types of cuts
  - 3.2.1 Trimming
  - 3.2.2 Layer Cutting
  - 3.2.3 Blunt cut
  - 3.2.4 Tapering cut
- 3.3 Know the use of hair shaping and cutting implements
- 3.4 Perform different types of sectioning and pattern making.

##### **4. Hair setting**

- 4.1 State and explain the roller setting – roller bases, off base rollers, half base rollers, on-base rollers, spiral rollers, directional rollers, ringlet rollers.
- 4.2 Study of hair and its length for using different sizes of roller, setting of rollers in different styles to suit shape of the face and figure.
- 4.3 Know the use of equipments implements and cosmetics required in hair setting.
- 4.4 Know the use of different method of hair drying – hand hair drier and hood hair drier.

## **5. Hair styling**

5.1 Describe the Comb-cut Technique: Backcombing, lacing, smoothing, back brushing, and wave stretching procedures.

5.1.1 State implements uses, selection of cosmetics.

5.2 State and explain different types of hair styles to suit stature age, occasion facials shapes, features, shape of the head, hair texture, density, length and condition of the hair.

5.3 Equipments implements and cosmetics used in hair styling.

## **6. Artificial aids**

6.1 Know the history of wigs, switches and hair pieces, its material (human hair, synthetic hair and animal hair)

6.2 State about types of hair pieces

6.2.1 Wiglets

6.2.2 Cascades

6.2.3 Falls

6.2.4 Demi wigs

6.2.5 Switches

6.3 Describe the selection of hair pieces, equipment, tools and materials used.

6.4 Describe the procedure of cleansing and drying of hair pieces

6.5 Describe the procedure of styling of different types of hair pieces.

## **Practical**

1. Scalp massage, basic massage, manipulation and practice

2. Giving a shampoo: preparing the client, draping procedure, material used, setting of trolley, application of shampoo, rinsing, correct of way of towed drying.

3. 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 rollers on long and short hair. Practice in finger weaving : Practice in standard pincurls, sculpture curls or “C” based curls, falls in curls. Handling of the different driers, drying of hair, comb our practice in back combing, smoothing, back brushing, wave stretching and lacing.

5. Hair Styling: Study of face and other features, making of the styles, plain funs, Rolls, Interlocks, See through, Shells, Ringlets, Plaits, Kiss curls ,Making of styles in fashion at the time.

6. Artificial aids

6.1 Selection of hair pieces, shampooing, conditioning of various types of hair pieces.

6.2 Fixing of switches

6.3 Setting of the basic styles, combination of the styles to create for present fashion.

## **PAPER III BEAUTY CULTURE**

### **Contents**

#### **1. Manicure and pedicure**

1.1 State the structure and study of nails

1.2 State different types of nails – Nail disorders and nail diseases

1.3 Describe the procedure for manicure and pedicure, massage manipulation

1.4 Know the use of artificial aids used.

- 1.5 State the types of cosmetics used, different equipment used, different types of manicure and pedicure.
- 1.6 Know the precautions to be taken to prevent allergies and infection.
- 1.7 Description about reflexology in manicure and pedicure

## **2. Body Massage**

- 2.1 Definition of massage
- 2.2 State and explain the different types of massage, different techniques used for massage.
- 2.3 Cosmetic knowledge
- 2.4 State and explain the benefits of massage, cautions and reminders.

## **3. Removal of Unwanted Hair**

- 3.1 Waxing
  - 3.1.1 Study of hair (structure, texture, etc.)
  - 3.1.2 Removing of superfluous hair from the face and body
  - 3.1.3 Preparation of wax, its testing and precautions
  - 3.1.4 Types of wax
  - 3.1.5 Sterilization of tools
- 3.2 Bleaching
  - 3.2.1 Know about hair, its growth and allergies
  - 3.2.2 Study about cosmetic used for bleaching
  - 3.2.3 Describe application of bleaching and its procedure, precautions, its advantage and disadvantages

## **4. Eyebrow Shaping**

- 4.1 Define tweezing
- 4.2 Define threading
- 4.3 Knowledge of cosmetics used
- 4.4 State and explain the types of threading procedure and precautions to be taken.
- 4.5 Describe the procedure for giving an eye brow arch, correct placing and shaping of the eye brows.
- 4.6 Describe the use of eye brow pencil
- 4.7 Explain the Fashion effects in eye and brows make-up.

## **5. Spa in Beauty Culture**

- 5.1 Description Spa in manicure
- 5.2 Description of Pedi spa
- 5.3 Description of spa in body massage

## **Practical**

### **1. Manicure:**

- 1.1 Practice of filling
- 1.2 Cleaning, pushing and cutting the cuticles
- 1.3 Practice in massaging and painting of the nails, practice in hand and arm massage.
- 1.4 Fixing of nails and removing of artificial nails, practice in nail mending.
- 1.5 Plain manicure and electric manicure
- 1.6 Practice in sterilizing the implements.
- 1.7 Use and fixing of decals

## **2. Pedicure**

- 2.1 Practice in filing, cleansing pushing and cutting the cuticles.
- 2.2 Practice in massaging and painting of the toe nails, practice in legs and feet massage.
- 2.3 Removing of corns and call.
- 2.4 Plain pedicure and electric pedicure
- 2.5 Practice in sterilizing the implements.

## **3. Waxing**

- 3.1 Practice in removing the unwanted hair by using cold and hot wax from the face and the body.
- 3.2 Preparation of wax and testing it.

## **4. Bleaching**

- 4.1 Practice in using the bleaching method to make hair look light (on the face and body)
- 4.2 Preparation of bleach with different ingredient.

## **5. Eye Brow Shaping**

- 5.1 Tweezing and threading
- 5.2 Practice in using different types of cosmetics
- 5.3 Practice in different types of threading, practice in giving a proper eye brow shaping.
- 5.4 Different types of eye brow keeping face structure in mind.

## **6. Body Massages**

- 6.1 Practice in giving a plain body massage with oil or with powder.
  - 6.2 Practice in different movements used for body massage.
- ### **7. Spa Beauty Treatment**
- 7.1 Practice of Mani spa
  - 7.2 Practice in Padi spa
  - 7.3 Practice of spa in various other beauty treatment and body massage.

## **Books Recommended**

- 1. Text book of cosmetology – Mary Healy
- 2. The Science of Hair Care – Charles Zviak
- 3. Start Hair Dressing – Martin Green
- 4. Hair – Benzyl Franklin
- 5. Text book of cosmetology – Marry Healy
- 6. Herbal Receipes for beauty care – Parvesh Honda
- 7. Beauty and skin care – Indu Puri
- 8. Shahnaz Hussain Beauty book – Shanaz Hussain