

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Course	Diploma Course in Professional Beautification
2	Max no. of Students	25
3	Duration	2 year
4	Course Type	Full Time
5	No. of Days per week	6 days
6	No. of hours per day	7 Hrs
7	Space require	Theory Class Room – 200 sqft Three Practical Lab – 500 sqft each
8	Entry qualification	S.S.C. Pass
9	Objective of syllabus	To Use and maintenance of different equipment used in Beauty Parlour. Safety to be observed while using all these equipment. To perform various work and process used in beautification work
10	Employment opportunities	Own business of beauty parlour, work as Beautician Assistant in beauty parlour, Drama house
11	Teachers Qualification	For Vocational Subject -Diploma in Beautician Assistant or B.A. + 2 Years Experience or Equivalent and for Non Vocational Subject Master Degree in concern Subject.

12] Teaching Scheme –

Pp		Subject Code	Clock Hours / Week		Total
			Theory	Practical	
1	English (Communication Skill)	90000001	2 Hrs	1 Hrs	3 Hrs
2	Elective – I		2 Hrs	1 Hrs	3 Hrs
3	Elective – II		2 Hrs	1 Hrs	3 Hrs
4	Basic Health Care Theory	40540001	3 Hrs	8 Hrs	11 Hrs
5	Beautician Theory and Practice	40540002	3 Hrs	8 Hrs	11 Hrs
6	Anatomy and Aromatherapy	40540003	3 Hrs	8 Hrs	11 Hrs
Total					42 Hrs

13] Internship Two Month Summer Internship from 1st May to 30th June is Compulsory.

14] Examination Scheme – Final Examination will be based on syllabus of both years.

P	Subject	Subject Code	Theory			Practical			Total	
			Duration	Max	Min	Duration	Max	Min	Max	Min
1	English (Communication Skill)	90000001	3 Hrs	70	25	3 Hrs	30	15	100	40
2	Elective – I		3 Hrs	70	25	3 Hrs	30	15	100	40
3	Elective – II		3 Hrs	70	25	3 Hrs	30	15	100	40
4	Basic Health Care Theory	40540001	3 Hrs	100	35	3 Hrs	100	50	200	85
5	Beautician Theory and Practice	40540002	3 Hrs	100	35	3 Hrs	100	50	200	85
6	Anatomy and Aromatherapy	40540003	3 Hrs	100	35	3 Hrs	100	50	200	85
Total									900	375

15] Teachers – Three Teachers per batch for vocational component. For English, Elective-I & II guest faculty on clock hour basis.

16] Student have to choose any one subject for Elective-I and Elective-II from below given subjects

17]	a) For Elective I – Student can choose any one subject		b) For Elective II – Student can choose any one subject	
	Code	Subject Name	Code	Subject Name
	90000011	Applied Mathematics	90000021	Applied Sciences (Physics & Chemistry)
	90000012	Business Economics	90000022	Computer Application
	90000013	Physical Biology (Botany & Zoology)	90000023	Business Mathematics
	90000014	Entrepreneurship		
	90000015	Psychology		

Basic Health Care Theory and Practical - (Subject code : 40540001)

General Anatomy

1 1.2 Tissues (Types of tissues)

2 Structure of skin:

2.1 Epidermis, Five layers

2.2 Dermis: Papillary and Reticular

2.3 Sweat and sebaceous glands

2.4 Functions of the skin

2.5 Blood supply of the skin

3 Structure of Nail & Nail diseases.

4 Skin's defense against bacteria. Skin disorders, blemishes, pigmentation, sun damage abnormalities, allergic skin conditions, Acne Awareness about HIV & AIDS

5.1 Bones of skull and face (Cranium, Bones of face)

5.2 Bones of the neck and shoulder girdle

5.3 Bones of upper and lower extremity

6 Muscles of various body parts (Name, Origin & Insertion, Action)

Anatomy Body therapy (Systems- Name of Organs & their functions

only) Skeletal system, Muscular system. Digestive system

Nervous system. Endocrine system. Respiratory system. Urinary system. Lymphatic system
Circulatory system

The total approach to Body Treatment

Introduction to body therapy. Consultation techniques. Client's records cards. Purpose and organization of treatment. Specific reduction. Relaxation therapy Intensive figure improvement. Post natal improvement. Client co-operation. Medical liaison. Contraindications. Professional ethics.

Diet – Food sources of energy. Carbohydrates. Proteins. Fats. Mineral elements. Vitamins. Metabolism Calorie controlled and low carbohydrate diets. High protein diets.

Diet & Nutrition

2.1 Carbohydrates, Proteins, Fat, Water, Roughages, vitamins only functions & source.

2.2 Food nutrients required for healthy body, skin, hair & nail.

1.1 Importance of Nutrition

1.2 Importance of water To the Human Body

1.3 Basic five food groups

1.4 Nutrients loss while storing or preparation of foods

1.5 Effect of cooking on various nutrients

Exercise

The value of exercise. The skeletal system. The muscular system. Posture. Correction of postural faults. Exercise starting positions. General exercise. Correct breathing. Isotonic and isometric exercise Progressive resistance exercise. Concentric and eccentric muscle work Relaxation techniques.

Manual Massage

General effects and benefits of massage. Effects of massage on the skin, muscles and adipose tissue. Definition and classification of massage movements. Requirements for massage. Equipment for massage. Working stance. Hand contact and flexibility. Medical

liaison and contra indications to massage. Preparation for massage. Treatment organization and adaptation. Massage sequence.

Heat Therapy and Lamp Treatments

Forms of heat therapy. Effects of heat on the body. Contra-indications to general heat therapy. Steam bath treatment. Sauna baths. Comparisons between steam and sauna bath

treatment. Care and maintenance of equipment, Paraffin wax treatment. Foam and hydro / oxygen baths treatment. Ultra violet treatment. Infra red and radiant heat treatments.

Surya Namaskar Theory and PRANAYAMA

1. Definition Types of Pranayama

Meditation & Meditation Posture

Shithilikaran Vyayama – Basic Concepts & advantages

1. Padmasana 2. Bhujangasana-I 3. Shalabhasana 4. Pawan Muktasana

5. Vajrasana 6. Dhanurasana 7. Paschimottanasana 8. Halasana

9. Sarvangasana 10. Padangustasana

Books

Anatomy and physiology Ross and Wilson ISBN 0443 - 03530 - X

Anatomy for Beauty - I & II Compiled by Maya Paranjape

Body treatments for the Beauty Therapist Ann Gallant ISBN 0 - 85950401

Body Treatments & Dietetics for the Beauty Specialist Ann Gallant ISBN 0 - 859504018

Body Therapy Compiled by Maya Paranjape

Janardan Swami Yogic Asanas fro group Training Part – I

Yogabhyasi Mandal Ramnagar, Nagpur

Janardan Swami Yogic Asanas fro group Training Part – II

Yogabhyasi Mandal Ramnagar, Nagpur

Handbook of food & nutrition, M. Swaminathen, 1999,

Nutritive value of Indian foods, Gopalan, 1995

Beautifician Theory and Practice - (Subject code : 40540002)

Familiarisation with the trade. Use and maintenance of different equipment used in Beauty Parlour. Safety to be observed while using all these equipment.

Theory	Practical
Introduction to work simplification related to the trade, job study and job analysis. Estimation of time and material for job handling.	Eye brow plucking, Nail filing ,Application of nail polish, Manicure, Pedicure.
Safety precautions in the trade, General idea of the tools and equipments used in the trade.	Cleaning of face, Procedure for face massage, Complete plain facial.
Method of eyebrow plucking and precautions, Procedure of manicure, pedicure and massage.	Preparation of wax and its practical application. Preparation of bleach and its practical application. Procedure of waxing.
Familiarisation with the types of skin, Cleaning of face. Meaning of facial, Preparation of packs, Types of packs.	Procedure of make-up such as foundation, compact, powder, eye –shadow, eye-liner, mascara, kajal, eye-brow pencil, blusher, lipstick and few other cosmetics.
Preparation and use of wax and its advantages. Preparation and use of bleach, individual need, frequency of it and its advantages. Precautions for bleaching, waxing and hygiene.	Procedure of hair massaging, Hair rinsing, brushing out, combing out and back combing.
What is eyeliner, eye shadow, its use. Lipstick and its types, Different types of cosmetics.	Shampooing and its different methods, plain shampooing, hot oil shampooing. Forward and back shampooing with emphasis on the comfort of the client.
Massage and hair massage. General precautions taken for massage of hair and scalp. Selection of right types of brushes and combs.	Blow-dry, hair setting, use of different setting lotion. Procedure of hair dye, henna, perming and straightening.
Types of shampoo and its use. Advantages and disadvantages of various types of shampoo. Precautions of dye. Blow dry, perming, Straitening.	Washing of switches, setting of switches. Procedure of making rolls and setting of rollers.
Precautions in switch wash and setting, Roller making.	Making different types of hairstyle. Matching of hair style with face cut.
Precautions in hair cutting and matching of hairstyle with the face.	All forms of ladies hair cutting including children. Different techniques of hair cutting, thinning of hair. Round type, U-cut, Boy- cut.

ANATOMY AND AROMATHERAPY - (Subject code : 40540003)

(Theory and Practical)

1 1.2 Tissues (Types of tissues) 01 02

2 Structure of skin:

2.1 Epidermis, Five layers

2.2 Dermis: Papillary and Reticular

2.3 Sweat and sebaceous glands

2.4 Functions of the skin

2.5 Blood supply of the skin

3 Structure of Nail & Nail diseases. 01 06

4 Skin's defense against bacteria. Skin disorders, blemishes, pigmentation, sun damage abnormalities, allergic skin conditions, Acne Awareness about HIV & AIDS in beauty services.

5 5.1 Bones of skull and face (Cranium, Bones of face)

5.2 Bones of the neck and shoulder girdle

5.3 Bones of upper and lower extremity

6 Muscles of Face Name (Origin & Insertion), Action

6.1 Muscles of facial expression

6.2 Muscles of mastication.

6.3 Muscles of scalp and forehead

6.4 Muscles of cheek and mouth,

6.5 Muscles of the chin and superficial neck.

6.6 Names of nerves of Face.

7 Anatomy of the hair :

Hair Structure: Hair growth cycle: Biology of hair growth, Anagen Catagen, Telogen, Types of hair, Hypertrichosis.

Anatomy Body therapy (Systems- Name of Organs & their functions only)

Skeletal system, Muscular system.

Digestive system

Nervous system.

Endocrine system.

Respiratory system.

Urinary system.

Lymphatic system

Circulatory system

Anatomy for Aromatherapy

Autonomic nervous system

Structure & Function of olfactory system,

1 1.1 History of Aroma Therapy

1.2 Natural Sources of Essential Oils

1.3 Basic Chemistry / Aroma Chemistry

1.4 Properties of Essential Oil

2 2.1 In-depth Study of Oil and Methods of Extraction and Yield

2.2 Blending Objective method & Types of notes

3 3.1 Uses of Essential Oil

3.2 Oil – Detail study for oils (21 oils)

3.3 Carrier Oil

4 4.1 Treatment Oils – Therapeutic references, Therapeutic name

4.2 Action of oils –

4.3 Plant Families

5 5.1 Health, Safty and hygien regulation

5.2 Contra Indications

YOGA

01. Surya Namaskar

02. Theory – PRANAYAMA

1. Definition Types of Pranayama

03. Meditation & Meditation Posture

04. Shithilikaran Vyayama – Basic Concepts & advantages

1. Padmasana
2. Bhujangasana-I
3. Shalabhasana
4. Pawan Muktasana
5. Vajrasana
6. Dhanurasana
7. Paschimottanasana
8. Halasana
9. Sarvangasana
10. Padangustasana

Subject Author's Name

Anatomy and physiology Ross and Wilson ISBN 0443 - 03530 - X

Anatomy for Beauty - I & II Compiled by Maya Paranjape

Aromatherapy Work Book Shirley Price

Aroma Therapy Compiled by Maya Paranjape

01. Janardan Swami Yogic Asanas fro group Training Part – I Yogabhyasi Mandal Ramnagar, Nagpur

02. Janardan Swami Yogic Asanas fro group Training Part – II Yogabhyasi Mandal Ramnagar,
Nagpur

03. Vivakananda Kendra Yoga an instructor Bcoklet Vivakananda Kendra 3, singarahari Street
Madras 600005

04. James Hewitt Yoga postures Vikas Publishing house Pvt. Ltd. New Delhi

05. A Vivekananda Kendra Yoga Asanas Pranayama Mudras, Kriyas Vivakananda Kendra 3
Singarac hari street Madras 600005.

06. Dr. Phulgendra Sinha Yoga for mental power Orient Paper backs A division of
vision books Pvt. Ltd. Madasa Road Kasmere Gate Delhi

07. Brahma un Janardhar Swamy Pranayam Prof. M.S. Vaidya M.M. College of Science Nagpur.
