

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION ,
MUMBAI-51**

1	Name of Course	CERTIFICATE COURSE IN BEAUTY CARE				
2	Max no. of Students	25	Course Code - 405118			
3	Duration	6 month				
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 Practical Lab – 300 sqft Total – 500 sqft				
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 businees of beautiparlour, work as Beautifician Assistant in buauyparlour, Drama house				
11	Teachers Qualification	Diploma/Certificate in concern subject				
12]	Training System per Week					
	Theory	Practical	Total			
	12 Hours	30 Hours	42 Hours			
13]	Examination Scheme –.					
Sr	Paper code	Name of Subject	TH/PR	Hours	Max. Marks	Min Marks
1	40511811	Beautifician Theory	TH - I	3 Hrs	100	35
2	40511821	Basic Health Care	PR - I	3 Hrs	100	50
3	40511822	Beautifician Practice	PR - II	6 Hrs	200	100
		Total			400	185

SUBJECT NAME : Beautician Theory and Practice

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

Theory - I	Practical - II
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.

SUBJECT NAME : Basic Health Care

Practical - I

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, Roughes, 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 for group Training Part – I

Yogabhyasi Mandal Ramnagar, Nagpur

Janardan Swami Yogic Asanas for group Training Part – II

Yogabhyasi Mandal Ramnagar, Nagpur

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

Nutritive value of Indian foods, Gopalan, 1995
