

SYLLABUS – BEAUTICIAN

Duration: One Year

Week No.	Reference Learning Outcome	Professional Skills(Trade Practical) With Indicative Hours	Professional Knowledge (Trade Theory)
1	Develop good appearance and behavior, practice tasks as per industry standard and express good communication skill.	<ol style="list-style-type: none"> 1. Personal grooming. (15 hrs) 2. Telephone etiquettes.(5 hrs) 3. Working on improving poise.(10 hrs) 	Personality Development <ul style="list-style-type: none"> • Hygiene rules • Basic of good grooming • Posture • Wardrobe planning • Motivation • Beauty as a career Communication Skills <ul style="list-style-type: none"> • Professional ethics • Client consultation • Telephone etiquettes
2	Prepare and maintain work area and maintain health and safety at the work place.	<ol style="list-style-type: none"> 4. Trolley setting.(10 hrs) 5. Use of different sterilizing gadgets.(12 hrs) 6. Practice in disinfection procedures.(8 hrs) 	Sterilization and Sanitization <ul style="list-style-type: none"> • Purpose • Definition • Methods • Procedure • Safety precautions
3-4	Carry out epilation and depilation services. Illustrate and explain hair structure & hair growth cycle.	<ol style="list-style-type: none"> 7. Trolley setting. (10 hrs) 8. Client consultation. (16 hrs) 9. Allergy test procedure.(16 hrs) 10. Practice in waxing- hot, cold & warm wax. (10 hrs) 11. Practice by chemical depilation method. (8 hrs) 	Temporary removal of Superfluous hair <ul style="list-style-type: none"> • Hair growth cycle • Purpose of removing superfluous hair. • Definition and Methods of Epilation and Depilation • Product Knowledge • Allergy test • Client consultation • Procedure • Contra-actions • Contra-indications

			<ul style="list-style-type: none"> Safety precautions
5	-do-	12. Trolley setting. (5 hrs) 13. Client consultation. (4 hrs) 14. Practice of Waxing, Threading, depilation & Tweezing the eyebrows.	Threading, Tweezing and Bleaching <ul style="list-style-type: none"> Purpose Definition Types and methods
		(10 hrs) 15. Patch test procedure. (6 hrs) 16. Bleaching procedure. (5 hrs)	<ul style="list-style-type: none"> Client consultation Product knowledge Patch test Procedure Contra-actions Contra-indications Safety precautions After care/Home care
6-8	Carry out manicure and pedicure services. Explain anatomy of nail. Differentiate and identify nail disease nail disorders.	17. Trolley setting. (9 hrs) 18. Client consultation. (12 hrs) 19. Filling of record card. (9 hrs) 20. Use of tools & equipment. (15 hrs) 21. Practice of Massage :- <ul style="list-style-type: none"> Hands Arms Legs (9 hrs) 22. Practice in different types of basic nail shapes. (18 hrs) 23. Practice in different types of manicure & pedicure. (18 hrs) Nail art <ul style="list-style-type: none"> Tools knowledge Product knowledge Basic nail art techniques:- <ul style="list-style-type: none"> ➤ Free hand 	Manicure and Pedicure <ul style="list-style-type: none"> Anatomy of Nail Classification and identification of nail diseases and disorders Purpose of manicure and pedicure Definition and Types Tools, equipments & product knowledge Client consultation Procedure Contra-actions Contra-indications Safety precautions
9-11	Carry out facial treatments for common	24. Trolley setting. (9 hrs) 25. Client consultation. (9 hrs) 26. Skin analysis:-	Facials <ul style="list-style-type: none"> Anatomy of Skin :-

	<p>skin problems.</p> <p>Illustrate and explain skin structure.</p>	<ul style="list-style-type: none"> • Naked eyes • Magnifying glass(6 hrs) <p>27. Filling of record card. (6 hrs)</p> <p>28. Cleaning procedure. (12 hrs)</p> <p>29. Practice in facial with the help of different equipments:-</p> <ul style="list-style-type: none"> • Vapozone • High Frequency • Brushing Unit 	<ul style="list-style-type: none"> • Skin structure • Functions of skin • Types of skin • Classification & identification of common skin problems:- <ul style="list-style-type: none"> ➤ Acne ➤ Blackheads ➤ Whiteheads ➤ Disorders of sweat glands ➤ Disorders of oil glands • Meaning of Massage • Types and benefits of massage
		<p>30. Application of different types of packs & masks according to skin type.</p> <p>(18 hrs)</p>	<ul style="list-style-type: none"> • Client consultation • Skin analysis • Tools, equipments & product knowledge • Basic and deep cleansing • Procedure • Contra-actions • Contra-indications • Safety precautions
12	<p>Carry out hair treatment for common hair problems.</p> <p>Illustrate and explain structure of hair.</p>	<p>31. Trolley setting. (3 hrs)</p> <p>32. Client consultation. (4 hrs)</p> <p>33. Scalp analysis. (3 hrs)</p> <p>34. Practice in using gadgets:-</p> <ul style="list-style-type: none"> • High frequency • Infra red lamp • Scalp steamer(10 hrs) <p>35. Safety precautions/Do's & Don't's. (6 hrs)</p> <p>36. After care. (4 hrs)</p>	<p>Hair</p> <ul style="list-style-type: none"> • Science of Hair • Structure of hair root & hair shaft • Chemical composition • Hair growth cycle • Types of hair • Hair texture, density, Elasticity & porosity. • Common hair problems <ul style="list-style-type: none"> ➤ Dandruff ➤ Hair falling ➤ Split ends ➤ Pediculosis
13-14	-do-	<p>37. Trolley setting. (10 hrs)</p> <p>38. Client consultation. (10 hrs)</p> <p>39. Scalp analysis. (10 hrs)</p>	<p>Head Massage, Shampooing, Conditioning & Deep-</p>

		40. Procedure. (30 hrs)	conditioning <ul style="list-style-type: none"> Purpose Product knowledge Procedure Benefits Precautions
15-19	Create basic haircuts using special cutting techniques.	41. Trolley setting. (20 hrs) 42. Client consultation. (20 hrs) 43. Scalp analysis. (20 hrs) 44. Practice in different types of cuts:- <ul style="list-style-type: none"> One-length cut Diagonal cut Graduated cut (25 hrs) 45. Special cutting techniques as— <ol style="list-style-type: none"> Precision hair cutting Notching Slicing 	Hair Cutting & Blowdry <ul style="list-style-type: none"> Facial shapes Knowledge Sectioning Elevation/Angles Length & perimeter Basics of Blow dry Tools knowledge Hair cutting techniques Safety precautions
		(30 hrs) 46. Elevation. (25 hrs) d) Practice of blow drying. (30 hrs)	<ul style="list-style-type: none">
20-21	Demonstrate basic yogic exercises for stamina building and correcting body posture.	48. Stamina building exercises. (40 hrs) 49. Deep breathing exercises. (20 hrs)	Yoga and its Components <ul style="list-style-type: none"> Purpose Definition Benefits Precautions
		e)	Yogic diet
22-23	-do-	50. Practice in Suksham Vayayam. (20 hrs) 51. Practice in Surya Namaskar. (25 hrs) 52. Practice in all Sthool Vayayam. (15 hrs)	Yogic Suksham Vayayam <ul style="list-style-type: none"> Procedure Benefits Precautions Surya Namaskar Yogic Sthool Vayayam <ul style="list-style-type: none"> Procedure

			<ul style="list-style-type: none"> • Benefits
24-25	Project work/ industrial visit		
	Revision		
27-30	Demonstrate day, evening, party & bridal makeup and explain effects of light on makeup.	53. Trolley setting. (12 hrs) 54. Client consultation. (12 hrs) 55. Skin analysis. (16 hrs) 56. Selection of cosmetics & implements. (14 hrs) 57. Practice in CTM procedure. (14 hrs) 58. Practice in different types of make-up <ul style="list-style-type: none"> • Day time • Evening and party • Bridal (32 hrs) 59. Basic corrective make-up for cheeks, nose, lips & jaws. (20 hrs)	Make-up <ul style="list-style-type: none"> • Purpose • Effects of Light on makeup • Color theory • Basic facial shapes knowledge • Types of brushes knowledge for make-up • Product knowledge • Types of make-up Day time • Evening and Party • Bridal • Procedure of CTM • Basic corrective make-up for:- <ul style="list-style-type: none"> ➤ Cheeks ➤ Nose ➤ Lips ➤ Jaws • Make-up removal • Tools & equipment hygiene • Safety precautions
31-34	Create traditional hair styles & hair	60. Trolley setting. (8 hrs) 61. Client consultation. (8 hrs) 62. Scalp analysis. (8 hrs)	Hair Styling <ul style="list-style-type: none"> • Purpose • Types of hairstyling
	designing with artificial aids and thermal gadgets.	63. Selection of cosmetics & implements. (16 hrs) 64. Practice in different types of traditional hair styling techniques:- <ul style="list-style-type: none"> • Rolls • Braids • Interlocks • Twisting styles (40 hrs) 65. Practice in different techniques of hair styling :- <ul style="list-style-type: none"> • Thermal styling • Wet styling • Roller Setting 	a) Thermal styling b) Wet styling c) Roller Setting d) Artificial Aids <ul style="list-style-type: none"> • Thermal Styling <ul style="list-style-type: none"> ➤ Blow drying ➤ Ironing/ Crimping ➤ Tongs • Wet styling <ul style="list-style-type: none"> ➤ Pin curls ➤ Finger waving • Roller setting

		<ul style="list-style-type: none"> Artificial Aids(40 hrs) 	<ul style="list-style-type: none"> Artificial Aids Cleaning & maintaining of artificial aids Safety precautions
35-36	Demonstrate hair coloring, perming, straightening, rebonding & smoothening. Explain the knowledge of bonds.	66. Trolley setting. (6 hrs) 67. Client consultation. (8 hrs) 68. Scalp analysis. (6 hrs) 69. Selection of Color. (10 hrs) 70. Allergy test procedure. (10 hrs) 71. Practice in different types of hair coloring techniques a) Pre-lightening b) Global color c) High lightening (20 hrs)	Hair Coloring <ul style="list-style-type: none"> Science of color Basic law of color (color wheel) Classification of hair color <ul style="list-style-type: none"> Temporary Semi-permanent Permanent Types of hair color <ul style="list-style-type: none"> Chemical Vegetable Techniques <ul style="list-style-type: none"> Pre-lightening Global color High lightening Numbering system Product Knowledge Allergy Test procedure Procedure of applying all types of hair color Contra-actions Contra-indications Safety precautions
37-39	-do-	72. Trolley setting. (15 hrs) 73. Client consultation. (15 hrs) 74. Scalp analysis. (15 hrs) 75. Strand test procedure. (25 hrs) 76. Procedure & precautions.	Perming <ul style="list-style-type: none"> Definition Knowledge of Bonds Basic Perm technique Types of perm rollers Client consultation
		(20 hrs)	<ul style="list-style-type: none"> Scalp analysis Product knowledge Strand test knowledge & procedure Step by step procedure of perming Contra-actions

			<ul style="list-style-type: none"> • Contra-indications • Safety precautions • Aftercare/Homecare
40-41	-do-	77. Trolley setting. (7 hrs) 78. Client consultation. (8 hrs) 79. Scalp analysis. (12 hrs) 80. Strand test procedure.(18 hrs) 81. Procedure & precautions.(15hrs)	Straightening/ Rebonding/ Smoothering <ul style="list-style-type: none"> • Definition • Knowledge of Bonds • Client consultation • Scalp analysis • Product knowledge • Strand test knowledge & procedure • Step by step procedure of Straightening/Rebonding/ Smoothering • Contra-actions • Contra-indications • Safety precautions • Aftercare/Homecare
42-43	Create bindi, heena & tattoo designing, drape saree in different styles.	82. Indian traditional beauty concepts. (60 hrs) <ul style="list-style-type: none"> • Bindi designing • Henna designing • Tattoo making • Saree draping (4 styles) 	<ul style="list-style-type: none"> • Safety precautions related to practical topics
44-45	Demonstrate asanas for spine stretching, stress management & common body ailments.	83. Practice in asanas for :- <ul style="list-style-type: none"> • Spine stretching (10 hrs) <ul style="list-style-type: none"> ➤ Pachimotasana ➤ Sankatasana ➤ Bhujangasana ➤ Ushtrasana ➤ atsyasana • Stress management (15 hrs) <ul style="list-style-type: none"> ➤ Thadasana ➤ Shavasana ➤ Makrasana • Different body ailments 	Asanas <ul style="list-style-type: none"> • Purpose • Definition • Asanas for :- <ul style="list-style-type: none"> ➤ Spine stretching (05 each) ➤ Stress management (05 each) ➤ Different body ailments (05 each) • Obesity, Diabetics, Joints pain, Hypertension, Thyroid

		(35 hrs) <ul style="list-style-type: none"> ➤ Uttanpadasana ➤ Chakarasana ➤ Shalbhasana ➤ Dhanurasana 	<ul style="list-style-type: none"> ➤ Benefits • Safety precautions
		<ul style="list-style-type: none"> ➤ Trikonasana ➤ Nokasana ➤ Halasana ➤ Pavanmukatasana ➤ Padamasana ➤ Suptvajasana ➤ Gomukhasana ➤ Vajasana ➤ Tratak ➤ Sarvangasana 	<ul style="list-style-type: none"> •
46	-do-	84. Practice in asanas for different age groups. (30 hrs)	Yoga for different age groups:- <ul style="list-style-type: none"> • Children, Old citizens, Pregnantwomen • Benefits • Safety precautions Height, Weight Management Chart related to Ht&Wt
47-48	-do-	85. Practice in doing Tratak.(25 hrs) 86. Practice in doing Meditation. (35 hrs)	Tratak <ul style="list-style-type: none"> • Definition • Procedure • Benefits • Safety precautions • Meditation • Definition • Procedure • Benefits • Safety precautions
49-50	Project work/ On Job Training		
51	Revision		
52	Examination		

Note: -

1. *The instructor may design their own project and also inputs from local industry may be taken in designing such new project.*
2. *The project should broadly cover maximum skills in the particular trade and must involve some problem solving skill. Emphasis should be on Teamwork: Knowing the power of synergy/ collaboration, work to be assigned to a group (Group of at least 4 trainees). The group should demonstrate Planning, Execution, Contribution and Application of Learning. They need to submit a project report.*
3. *If the instructor feels that for execution of specific project more time is required then he may plan accordingly in appropriate time during the execution of normal trade practical.*