

<b>SYLLABUS FOR COSMETOLOGY TRADE</b>			
<b>DURATION: ONE YEAR</b>			
<b>Duration</b>	<b>Reference Learning Outcome</b>	<b>Professional Skills (Trade Practical) With Indicative Hours</b>	<b>Professional Knowledge (Trade Theory)</b>
Professional Skill 30 Hrs.; Professional Knowledge 06 Hrs.	Develop good appearance and behavior, practice tasks as per industry standard and express good communication skill following safety precautions.	<ol style="list-style-type: none"> <li>1. Personal grooming. (15 hrs.)</li> <li>2. Client handling and counseling. (05 hrs.)</li> <li>3. Working on improving poise. (10 hrs.)</li> </ol>	<p><b>Personality Development</b></p> <ul style="list-style-type: none"> <li>• Hygiene rules</li> <li>• Basic of good grooming</li> <li>• Posture</li> <li>• Wardrobe planning</li> <li>• Motivation</li> <li>• Cosmetology as a career</li> </ul> <p><b><u>Interactive Skills</u></b></p> <ul style="list-style-type: none"> <li>• Professional ethics</li> <li>• Client consultation</li> <li>• Telephone etiquettes (06 hrs.)</li> </ul>
Professional Skill 30 Hrs.; Professional Knowledge 06 Hrs.	Prepare and maintain work area and maintain health and safety at the workplace.	<ol style="list-style-type: none"> <li>4. Trolley setting. (10 hrs.)</li> <li>5. Use of different sterilizing gadgets. (12 hrs.)</li> <li>6. Practice in disinfection procedures. (8 hrs.)</li> </ol>	<p><b>Sterilization and Sanitization</b></p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Definition</li> <li>• Methods</li> <li>• Procedure</li> <li>• Saloon hygiene</li> <li>• Safety precautions (06 hrs.)</li> </ul>
Professional Skill 90 Hrs.; Professional Knowledge 18 Hrs.	Carry out epilation and depilation services. Illustrate and explain hair structure & hair growth cycle.	<ol style="list-style-type: none"> <li>7. Trolley setting. (07 hrs.)</li> <li>8. Client consultation and handling. (06 hrs.)</li> <li>9. Client draping (05 hrs.)</li> <li>10. Allergy test procedure. (10 hrs.)</li> <li>11. Demonstration Practice in waxing (arm, leg, full body and face waxing) - hot, cold &amp; warm wax. (10 hrs.)</li> </ol>	<p><b>Temporary removal of Superfluous hair</b></p> <ul style="list-style-type: none"> <li>• Hair growth cycle</li> <li>• Purpose of removing superfluous hair.</li> <li>• Definition and Methods of Epilation and Depilation</li> <li>• Product Knowledge</li> <li>• Allergy test</li> </ul>

		<p>12. Practice by chemical depilation method. (8 hrs.)</p> <p>13. Sterilization and sanitation. (05 hrs.)</p>	<ul style="list-style-type: none"> <li>• Client consultation</li> <li>• Procedure</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions (12 hrs.)</li> </ul>
		<p>14. Trolley setting. (5 hrs.)</p> <p>15. Client consultation and handling. (4 hrs.)</p> <p>16. Draping of client. (05 hrs.)</p> <p>17. Practice of waxing, Threading &amp; Tweezing. (05 hrs.)</p> <p>18. Epilation &amp; depilation the eyebrows. (05 hrs.)</p> <p>19. Allergy test procedure. (05 hrs.)</p> <p>20. Bleaching procedure. (05 hrs.)</p> <p>21. Sterilization and Sanitation. (05 hrs.)</p>	<p><b>Threading, Tweezing and Bleaching</b></p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Definition</li> <li>• Types and methods</li> <li>• Client consultation</li> <li>• Product knowledge</li> <li>• Patch test</li> <li>• Sterilization and Sanitation</li> <li>• Procedure</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions</li> <li>• After care/Home care (06 hrs.)</li> </ul>
<p>Professional Skill 90 Hrs.;</p> <p>Professional Knowledge 18 Hrs.</p>	<p>Carry out manicure and pedicure services. Explain anatomy of nail. Differentiate and identify nail disease nail disorders.</p>	<p>22. Trolley setting. (06 hrs.)</p> <p>23. Client consultation and handling. (06 hrs.)</p> <p>24. Draping of client. (05 hrs.)</p> <p>25. Filling of record card. (06 hrs.)</p> <p>26. Use of tools &amp; equipment. (10 hrs.)</p> <p>27. Procedure. (08 hrs.)</p> <p>28. Practice of Massage:-</p> <ul style="list-style-type: none"> <li>• Hands</li> <li>• Arms</li> <li>• Legs (6 hrs.)</li> </ul> <p>29. Practice in different types of basic nail shapes. (14 hrs.)</p>	<p><b>Manicure and Pedicure</b></p> <ul style="list-style-type: none"> <li>• Anatomy of Nail</li> <li>• Classification and identification of nail diseases and disorders</li> <li>• Purpose of manicure and pedicure</li> <li>• Definition and Types</li> <li>• Tools, equipments &amp; product knowledge</li> <li>• Client consultation</li> <li>• Procedure</li> <li>• Sterilization &amp; Sanitation</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions</li> </ul>

		<p>30. Practice in different types of manicure &amp; pedicure. (15 hrs.)</p> <p>31. Sterilization &amp; Sanitation Nail art</p> <ul style="list-style-type: none"> <li>• Tools knowledge</li> <li>• Product knowledge</li> <li>• Basic nail art techniques: - <ul style="list-style-type: none"> <li>➤ Free hand</li> </ul> </li> </ul> <p>(14 hrs.)</p>	<p><b>Nail Art -</b></p> <ul style="list-style-type: none"> <li>• Precaution after Care, home care</li> </ul> <p>Related product Knowledge (18 hrs.)</p>
<p>Professional Skill 120 Hrs.;</p> <p>Professional Knowledge 24 Hrs.</p>	<p>Carry out facial treatments for common skin problems. Illustrate and explain skin structure.</p>	<p>32. Facial room setting. (6 hrs.)</p> <p>33. Trolley setting/ bed setting (6 hrs.)</p> <p>34. Client consultation and handling. (6 hrs.)</p> <p>35. Client draping. (5 hrs.)</p> <p>36. Skin analysis: -</p> <ul style="list-style-type: none"> <li>• Naked eyes</li> <li>• Magnifying glass</li> </ul> <p>(10 hrs.)</p> <p>37. Filling of record card. (6 hrs.)</p> <p>38. Practice of massage techniques. (15 hrs.)</p> <p>39. Cleaning procedure. (12 hrs.)</p> <p>40. Practice in facial with the help of different equipments: -</p> <ul style="list-style-type: none"> <li>• Magnifying lamp</li> <li>• Wood Lamp</li> <li>• Vapor zone</li> <li>• High Frequency</li> <li>• Brushing Unit</li> <li>• Galvanic</li> <li>• Ultrasonic</li> <li>• Vacuum &amp; Spray</li> <li>• Faradic Current (36</li> </ul>	<p><b>Facials</b></p> <ul style="list-style-type: none"> <li>• Anatomy of Skin:-</li> <li>• Skin structure</li> <li>• Functions of skin</li> <li>• Types of skin</li> <li>• Classification &amp; identification of common skin problems: - <ul style="list-style-type: none"> <li>➤ Acne</li> <li>➤ Blackheads</li> <li>➤ Whiteheads</li> <li>➤ Disorders of sweat glands</li> <li>➤ Disorders of oil glands</li> </ul> </li> <li>• Meaning of Massage</li> <li>• Types and benefits of massage</li> <li>• Client consultation</li> </ul> <p><b><u>Skin analysis</u></b></p> <ul style="list-style-type: none"> <li>• Tools, equipments &amp; product knowledge</li> <li>• Basic and deep cleansing</li> <li>• Procedure</li> <li>• Contra-actions</li> <li>• Contra-indications</li> </ul>

		hrs.) 41. Application of different types of packs & masks according to skin type. (18 hrs.)	<ul style="list-style-type: none"> <li>• Safety precautions (24 hrs.)</li> </ul>
Professional Skill 90 Hrs.;	Carry out hair treatment for common hair problems. Illustrate and explain structure of hair.	42. Trolley setting. (6 hrs.) 43. Client consultation and handling. (4 hrs.) 44. Client Draping. (6 hrs.) 45. Scalp analysis. (3 hrs.) 46. Procedure of head massage. (12 hrs.)	Structure of hair, Science of Hair Structure of hair root & hair shaft Chemical composition <ul style="list-style-type: none"> <li>• Hair growth cycle</li> <li>• Types of hair</li> <li>• Hair texture, density, Elasticity &amp; porosity</li> </ul> Head Massage, Shampooing, Conditioning & Deep-conditioning <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Product knowledge</li> <li>• Procedure</li> <li>• Benefits</li> <li>• Precautions</li> </ul> (12 hrs.)
Professional Knowledge 18 Hrs.		47. Trolley setting. (10 hrs.) 48. Client consultation and handling. (10 hrs.) 49. Scalp analysis. (10 hrs.) 50. Client Draping. (6 hrs.) 51. Practice in using gadgets:- <ul style="list-style-type: none"> <li>• High frequency</li> <li>• Infra red lamp</li> <li>• Scalp steamer</li> </ul> (10 hrs.) 52. Sterilization & Sanitation. (03 hrs.) 53. Safety precautions /Do's & Dont's. (6 hrs.) 54. After care. (4 hrs.)	<b>Common hair problems:-</b> <ul style="list-style-type: none"> <li>• Dandruff</li> <li>• Hair falling</li> <li>• Split ends</li> <li>• Pediculosis</li> <li>• Grey hair</li> <li>• Dry &amp; Chemically damage Hair</li> </ul> (06 hrs.)
Professional Skill 150		Create basic haircuts using	55. Trolley setting. (06 hrs.) 56. Client consultation and

<p>Hrs.;</p> <p>Professional Knowledge 30 Hrs.</p>	<p>special cutting techniques.</p>	<p>handling. (10 hrs.)</p> <p>57. Client Draping (06 hrs.)</p> <p>58. Hair &amp; Scalp analysis. (06 hrs.)</p> <p>59. Practice of holding scissors and comb together. (08 hrs.)</p> <p>60. Practice in different types of cuts: -</p> <ul style="list-style-type: none"> <li>• One-length cut</li> <li>• Diagonal cut</li> <li>• Graduated cut</li> <li>• Layering</li> </ul> <p>(30 hrs.)</p> <p>61. Special cutting techniques as—</p> <p>a) Precision hair cutting. (20 hrs.)</p> <p>b) Notching (20 hrs.)</p> <p>c) Elevation. (20 hrs.)</p> <p>62. Practice of different techniques for blow drying. (20 hrs.)</p> <p>63. Sterilization &amp; Sanitation. (04 hrs.)</p>	<ul style="list-style-type: none"> <li>• Sectioning</li> <li>• Elevation/Angles</li> <li>• Length &amp; perimeter</li> <li>• Basics of Blow dry</li> <li>• Tools knowledge</li> <li>• Hair cutting techniques</li> <li>• Safety precautions</li> </ul> <p>(30 hrs.)</p>
<p>Professional Skill 90 Hrs.;</p> <p>Professional Knowledge 18 Hrs.</p>	<p>Demonstrate basic yogic exercises for stamina building and correcting body posture.</p>	<p>64. Stamina building exercises. (30 hrs.)</p> <p>65. Deep breathing exercises. (10 hrs.)</p> <p>66. Practice in Suksham Vayayam. (10 hrs.)</p> <p>67. Practice in Surya Namaskar. (15 hrs.)</p> <p>68. Practice in all Sthool Vayayam. (15 hrs.)</p> <p>69. Practice in doing</p>	<p><b><u>Yoga and its Components</u></b></p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Definition</li> <li>• Benefits</li> <li>• Precautions</li> </ul> <p>Yogic diet (06 hrs.)</p> <p><b><u>Yogic Suksham Vayayam</u></b></p> <ul style="list-style-type: none"> <li>• Procedure</li> <li>• Benefits</li> <li>• Precautions</li> </ul> <p><b><u>Surya Namaskar Yogic Sthool Vayayam</u></b></p> <ul style="list-style-type: none"> <li>• Procedure</li> </ul>

		Meditation. (10 hrs.)	<ul style="list-style-type: none"> <li>• Benefits</li> </ul> <p><b><u>MEDITATION</u></b></p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Procedure</li> <li>• Benefits</li> <li>• Safety Precautions</li> </ul> <p>(12 hrs.)</p>
Professional Skill 120 Hrs.;	Demonstrate day, evening, party & bridal makeup and explain effects of light on makeup.	70. Trolley setting. (06 hrs.) 71. Client consultation and handling. (06 hrs.) 72. Client Draping. (06 hrs.) 73. Skin analysis. (05 hrs.) 74. Selection of cosmetics & implements. (10 hrs.) 75. Practice in CTM procedure. (12 hrs.) 76. Practice in different types of make- <ul style="list-style-type: none"> <li>• Day time</li> <li>• Make up for special occasion</li> <li>• Bridal make up (35 hrs.)</li> </ul> 77. Corrective make-up for cheeks, nose, lips, jaws eyes and eyebrows. (35 hrs.) 78. Sterilization & Sanitation. (05 hrs.)	<p><b>Make-up</b></p> <ul style="list-style-type: none"> <li>• Skin Structure</li> <li>• Purpose</li> <li>• Effects of Light on makeup</li> <li>• Color theory</li> <li>• Basic facial shapes knowledge</li> <li>• Product knowledge</li> <li>• Types of make-up Day time</li> <li>• Evening and Party</li> <li>• Bridal</li> <li>• Procedure of CTM</li> <li>• Basic corrective make-up for: -               <ul style="list-style-type: none"> <li>➤ Cheeks</li> <li>➤ Nose</li> <li>➤ Lips</li> <li>➤ Jaws</li> <li>➤ Eyes</li> <li>➤ Eyebrows</li> </ul> </li> <li>• Make-up removal</li> <li>• Tools &amp; equipment hygiene</li> <li>• Safety precautions</li> </ul> <p>(24 hrs.)</p>
Professional Skill 120 Hrs.;	Create traditional hair styles & hair designing with artificial aids and thermal gadgets.	79. Trolley setting. (6 hrs.) 80. Client consultation and handling. (8 hrs.) 81. Scalp and Hair analysis. (6 hrs.)	<p><b>Hair Styling</b></p> <ul style="list-style-type: none"> <li>• Knowledge of Facial Shapes.</li> <li>• Purpose</li> <li>• Types of hairstyling</li> </ul>

<p>Knowledge 24 Hrs.</p>		<p>82. Selection of Styling products &amp; implements. (10 hrs.)</p> <p>83. Practice in different types of traditional hair styling techniques:-</p> <ul style="list-style-type: none"> <li>• Rolls</li> <li>• Braids</li> <li>• Interlocks</li> <li>• Twisting styles (30 hrs.)</li> </ul> <p>84. Practice in different techniques of hair styling :-</p> <ul style="list-style-type: none"> <li>• Thermal styling</li> <li>• Roller Setting</li> <li>• Artificial Aids (30 hrs.)</li> </ul> <p>Artificial Aids -</p> <p>85. Practice of latest and modern hair style. (25 hrs.)</p> <p>86. Sterilization &amp; Sanitation. (05 hrs.)</p>	<p>a) Thermal styling b) Roller Setting c) Artificial Aids</p> <p><b>Thermal Styling</b></p> <ul style="list-style-type: none"> <li>• Blow drying</li> <li>• Ironing/ Crimping</li> <li>• Tongs</li> </ul> <p><b>Wet styling</b></p> <ul style="list-style-type: none"> <li>• Roller setting</li> <li>• Artificial Aids</li> <li>• Cleaning &amp; maintaining of artificial aids</li> <li>• Safety precautions (24 hrs.)</li> </ul>
<p>Professional Skill 210 Hrs.;</p> <p>Professional Knowledge 42 Hrs.</p>	<p>Demonstrate hair coloring, perming, straightening, rebonding &amp; smoothening.</p> <p>Explain the knowledge of bonds.</p>	<p>87. Trolley setting. (6 hrs.)</p> <p>88. Client consultation and handling. (8 hrs.)</p> <p>89. Scalp and hair analysis. (6 hrs.)</p> <p>90. Selection of Color. (10 hrs.)</p> <p>91. Allergy test procedure. (10 hrs.)</p> <p>92. Practice in different types of hair coloring techniques</p> <p>a) Global color b) High lightening (20 hrs.)</p> <p>93. Practice latest techniques :-</p> <ul style="list-style-type: none"> <li>• Frosting</li> <li>• Crunching</li> <li>• Weaving</li> </ul>	<p><b>Hair Coloring</b></p> <ul style="list-style-type: none"> <li>• Knowledge of Hair Structure</li> <li>• Science of color</li> <li>• Basic law of colour (colour wheel)</li> <li>• Classification of hair color <ul style="list-style-type: none"> <li>➤ Temporary</li> <li>➤ Semi-permanent</li> <li>➤ Permanent</li> </ul> </li> <li>• Types of hair color <ul style="list-style-type: none"> <li>➤ Chemical</li> <li>➤ Vegetable</li> </ul> </li> <li>• Techniques <ul style="list-style-type: none"> <li>➤ Pre-lightening</li> <li>➤ Global color</li> <li>➤ High lightening</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>• Slicing After care. (6 hrs.)</li> </ul> <p>94. Sterilization &amp; Sanitation (4 hrs.)</p>	<ul style="list-style-type: none"> <li>• Numbering system</li> <li>• Product Knowledge</li> <li>• Allergy Test procedure</li> <li>• Procedure of applying all types of hair color</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions</li> </ul> <p>(12 hrs.)</p>
		<p>95. Trolley setting. (7 hrs.)</p> <p>96. Client consultation and handling. (8 hrs.)</p> <p>97. Client draping. (6 hrs.)</p> <p>98. Scalp and hair analysis. (12 hrs.)</p> <p>99. Strand test procedure. (16 hrs.)</p> <p>100. Procedure &amp; precautions. (15 hrs.)</p> <p>101. Sterilization &amp; Sanitation. (6 hrs.)</p>	<p><b>Perming</b></p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Knowledge of Hair Structure</li> <li>• Knowledge of Bonds</li> <li>• Basic Perm technique</li> <li>• Types of perm rollers</li> <li>• Client consultation</li> <li>• Scalp analysis</li> <li>• Product knowledge</li> <li>• Strand test knowledge &amp; procedure</li> <li>• Step by step procedure of perming</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions</li> <li>• Aftercare/Homecare</li> </ul> <p>(18 hrs.)</p>
		<p>102. Trolley setting. (7 hrs.)</p> <p>103. Client consultation and handling. (8 hrs.)</p> <p>104. Client draping. (6 hrs.)</p> <p>105. Scalp and hair analysis. (12 hrs.)</p> <p>106. Strand test procedure. (16 hrs.)</p> <p>107. Procedure &amp; precautions. (15 hrs.)</p> <p>108. Sterilization &amp; Sanitation. (6</p>	<p><b>Straightening/ Rebonding/ Smoothening</b></p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Knowledge of Hair Structure</li> <li>• Knowledge of Bonds</li> <li>• Client consultation</li> <li>• Scalp analysis</li> <li>• Product knowledge</li> <li>• Strand test knowledge &amp; procedure</li> </ul>



		hrs)	<ul style="list-style-type: none"> <li>• Step by step procedure of Straightening/Rebonding / Smoothing</li> <li>• Contra-actions</li> <li>• Contra-indications</li> <li>• Safety precautions</li> <li>• Aftercare/Homecare</li> </ul> (12 hrs.)
Professional Skill 60 Hrs.;  Professional Knowledge 12 Hrs.	Create bindi, heena & temporary tattoo designing, drape saree in different styles.	109. Indian traditional beauty concepts. (60 hrs.) <ul style="list-style-type: none"> <li>• Bindi designing</li> <li>• Henna designing</li> <li>• Temporary Tattoo making.</li> <li>• Saree draping (4 styles)</li> </ul>	<b><u>Indian traditional beauty concepts</u></b> Safety precautions related to practical topics <ul style="list-style-type: none"> <li>• Contra-actions</li> <li>• Contra-indications</li> </ul> (12 hrs.)
<b>Project Work/Industrial Visit</b>			