

**SHORT TERM VOCATIONAL
CERTIFICATE COURSE**

Beauty and Wellness

(6 - Months Duration)

Prepared by

Smt. Shaik Mymoon

Principal, GVJC Qutbullapur,

Medchal Malkajgiri

&

K. Padmavathi

M. Sc. (FT), M-Tech (Textiles)

JL in CGT

MAM Govt. Model Jr. College for Girls, Nampally, Hyderabad.

Course Coordinator:

Dr. R. JYOTHSNA RANI

Principal & Lecturer SIVE,

O/o Director of Intermediate Education, Hyderabad

STATE INSTITUTE OF VOCATIONAL EDUCATION

O/o Director of Intermediate Education, Hyderabad

HYDERABAD, TELANGANA

BEAUTY and WELLNESS

NAME OF THE COURSE: **Beauty and Wellness**

SECTOR : HOME SCIENCE

COURSE CODE : BAW

ENTRY QUALIFICATION: 8th Standard

PRE-REQUISITES: Basic knowledge of self-grooming, punctuality and reliability. The ability to work well under pressure.

TERMINAL COMPETENCE: After completing this course, student will be able to work as a

- Assistant beautician
- Mehndi artist
- Makeup artist
- Beauty therapist by owning a beauty saloon

DURATION:

6Months - (40 Hours: English + Course content: 200 Hours)

Introduction

Beauty and Wellness industry is increasing awareness about health and well-being due to the growing desire among people to look stylish and feel good. This course is a complete set of multiple courses dealing with personal grooming, makeup, skin treatment, hair styling etc.

Objectives:

On completion of the course, the student will able:

- To know the role of health and nutrition
- To learn different fields of beauty therapy
- To maintain/set up a beauty saloon

Skills:

- Be able to handle facials/ hair styling
- Be able to apply mehndi designs
- Be able to do the required makeup

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)

2. Course: 200 hours (06 months)

Duration of Course	Theory		On the Job Training		Total	
	Hours	weightage	Hours	weightage	Hours	weightage
1 Module (06 months)	60	30%	140	70%	200	100%

SYLLABUS

1. HEALTH AND NUTRITION

10 hrs

Definition health and nutrition -Importance of nutritious food - functions and sources of Carbohydrates, proteins, fats, vitamins, minerals and water and their role -Basic food groups - cereals & pulses -vegetables, fats & oils, nuts & seeds, milk and milk products, meat & meat products - balanced diet and its significance in health - Food and nutrients specially related to beauty of skin, nails, hair etc.

2. HEALTH CARE

5 hrs

Personal hygiene and its importance -importance of balanced diet - recommendations for good health and diet - role of exercises, yoga and diet

3. BEAUTY CARE 15 hrs

Importance of beauty care

Hair care

Hair types, hair problems and remedies, oil massage, coloring of hair, conditioning of hair, haircuts, hair styling and tools used for hair care.

Skin care

Skin types, skin problems and their treatment, threading, waxing, manicure, pedicure and tools used for skin care.

Care of face beauty

Cleansing, bleaching, facials and tools used for them.

4. MEHNDI DESIGNING 5 hrs

Introduction, preparation of mehndi pastes and cones, types of mehndi designs, removal of mehndi.

5. MAKE UP 15 hrs

Importance – cosmetics and other materials – types of makeup – procedure for makeup – post makeup

6. SALOON MANAGEMENT 10 hrs

Care of the beauty salon - Budget planning - Maintenance of stock records and client details - Planning for publicity/ advertisements

Practical Sessions: (OJT)

1. Threading and Waxing 25 hrs

Threading of eye brows, lower chin and upper lip

Waxing – cold and hot for hands, legs and under arms

2. Facial Treatments 15 hrs

Cleansing, bleaching, pimple treatment, removal of black heads and white heads, herbal facial, galvanic facial, etc.

3. Hair Care**20 hrs**

Hair problems and their treatments (dandruff, split ends, hair fall), Hair dye (natural and chemical) application, Haircuts (straight cut, U- cut, feather cut etc.), Hair styles (plaits, knots, party style, bridal etc.)

4. Mehndi designing**30 hrs**

Mehndi pastes and cones preparation, types of mehndi designs, application, removal of mehndi (for festivals, parties and bridal mehndi designs).

5. Makeup**40 hrs**

Simple, glorious and bridal - all types

6. Art of dressing**10 hrs**

Different styles of party dressing -
Indian bridal saree draping techniques

LIST OF EQUIPMENT

1. Medicine sized rollers
2. Ringlet rollers
3. Perm rollers
4. Warier clips
5. Tail combs
6. Hair combs brush (for blow- drying)
7. Spam and water bottles
8. Eye liner and lips brushes
9. Facial streamer
10. Hair dryer
11. Hood hair dryer
12. massager(vibrator)
13. Epigone

14. High frequency equipment
15. thinning
16. cutting scissors
17. straightening rollers
18. facial screen
19. cupboards
20. facial glows
21. Medium sized towels
22. Test tubes
23. Wooden scrapper
24. Test tube holder
25. Book case
26. Fridge with chowk
27. Transformer
28. Weight machine
29. Hair razor
30. Black head remover
31. Tanzic comb
32. Head bands
33. Hair cutting cape
34. Switch stand
35. Foot mounting
36. Pillow
37. Small looking lens
38. Geyser
39. Sance pan
40. Waxing knife
41. Foot scalpel

Qualifications of Teaching Faculty:

1. Graduation from any recognized university with an aggregate of 55% marks and one who completed Beautician/ Beauty & Wellness Certificate Course

Division of Marks:

Theory: 100 Max. Marks

1. Communicative English: 20 marks
2. Short Questions: 6 x5m = 30 marks
3. Long Questions: 4x10 = 40 marks
4. Multiple Choice Questions: 10x1=10 marks

Practical: 100 Max. Marks

1. External: 40 marks
2. Record/ Mini Project & Viva: 10 marks
3. Internship (OJT): 50 marks

**STATE INSTITUTE OF VOCATIONAL EDUCATION
O/o DIRECTOR OF INTERMEDIATE EDUCATION,
TELANGANA, HYDERABAD
SHORT TERM VOCATIONAL CERTIFICATE COURSE**

REGD. NO:

TIME: 3 HRS

MAX MARKS: 100

**BEAUTY AND WELLNESS
MODEL QUESTION PAPER (THEORY)**

**SECTION- A
COMMUNICATIVE ENGLISH 20MARKS**

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks.** **6X5M=30 MARKS**

1. Write the importance of diet in beauty care.
2. Write any three facial problems and their treatment.
3. Explain hair structure and its care.
4. Write a note on creams and lotions.
5. What is the importance of makeup?
6. How do you prepare mehndi cone?

SECTION- C

Note: a) Answer any **FOUR** questions.

b) Each question carries **10 Marks.** **4X10M=40 MARKS**

1. What is balanced diet? Explain role of vitamins in beauty care.
2. Write any four asanas and their use.
3. Explain any four types of mehndi designs.

4. List out the types of makeup and write about any two procedures.
5. How do you plan your budget? Explain.
6. Explain the following skin care techniques.
 - a. Cleansing
 - b. Application of Toners and Fresheners
 - c. Moisturizing

SECTION-D

10X1=10 Marks

1. Which of the following are not the characteristics of a Beauty Therapist?

- a. Having knowledge about products
- b. Good body language
- c. Clean personal appearance
- d. Being in a hurry

2. What are the current Beauty and Wellness Industry trends?

- a. Changed consumer psyche
- b. Emerging unisex salons
- c. International beauty brands
- d. All of these

3. centers offer pro-active services aimed at relaxing the body and the mind.

- a. Fitness and Slimming
- b. Alternate Therapy
- c. Rejuvenation Centers
- d. None of the above

4. Sterilization involves.....

- a. Wiping
- b. Baking
- c. Steaming

d. All of these

5. The basic sanitation practices in a salon involves

- a. Ventilated rooms
- b. Safe drinking water
- c. Cleans towels and gowns
- d. All of these

6. Which of the following is a disinfectant?

- a. Lysol
- b. Alcohol
- c. Salt
- d. Both a) and b)

7. Cleaning of combs involves

- a. Removal of hair from combs and brushes.
- b. Immerse combs and brushes completely into a bowl of soapy water for several minutes.
- c. Clean each comb separately with a small brush
- d. All of these

8. A client record card is a card that contains

- a. Client information
- b. Directions to the salon
- c. Product information
- d. All of the above

9. When the client has left the treatment area, which of the following things need to be done?

- a. Towels washed
- b. Products tidied away and disposables thrown away
- c. Worktops and trolleys disinfected and tools sterilized
- d. All of the above

10. Some of the common equipment for manicure and pedicure includes.....

- a. Nail brush
- b. Nail scissor
- c. Cuticle cleaner
- d. All of the above

**STATE INSTITUTE OF VOCATIONAL EDUCATION
O/o DIRECTOR OF INTERMEDIATE EDUCATION, TELANGANA.
NAMPALLY, HYDERABAD.
SHORT TERM VOCATIONAL CERTIFICATE COURSE**

**BEAUTY and WELLNESS
MODEL QUESTION PAPER (PRACTICAL)**

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.** **4X10=40MARKS**

1. Write the detail procedure of facial? Demonstrate it.
2. Explain types of mehndi motifs and apply any one of the motifs.
3. What is the purpose of hair coloring? Why is a strand test and patch test done before hair coloring? Explain.
4. What is Makeup? Mention the tools required for simple day makeup.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks