



**KALINGA
UNIVERSITY**

SCHEME & SYLLABUS FOR

Bachelor of Vocational Studies (B.Voc.)

Beauty & Wellness

(W.e.f. 2025 – 2026)



Kalinga University, Naya Raipur, Chhattisgarh

B.VOC OF BEAUTY & WELLNESS

Semester-01								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW101	Communication Skills	3	3	0	0	30	70	100
BVBW102	Fundamentals of Information Technology	3	3	0	0	30	70	100
BVBW103	Beauty Regime	3	3	0	0	30	70	100
BVBW104	Fundamentals of Beauty	3	3	0	0	30	70	100
BVBW105P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

Semester-02								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW201	Hand and Feet Treatments	3	3	0	0	30	70	100
BVBW202	Environmental Studies	3	3	0	0	30	70	100
BVBW203	Makeup Artistry	3	3	0	0	30	70	100
BVBW204	Hair Designing	3	3	0	0	30	70	100
BVBW205P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

Semester-03								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW301	Advance Makeup Techniques	3	3	0	0	30	70	100
BVBW302	Body Therapy	3	3	0	0	30	70	100
BVBW303	Salon and Customer Care	3	3	0	0	30	70	100
BVBW304	Chemical Hair Procedures	3	3	0	0	30	70	100
BVBW305P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

Semester-04								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW401	Concept of Colour & Bleach	3	3	0	0	30	70	100
BVBW402	Spa Indulgence	3	3	0	0	30	70	100
BVBW403	Basic Ayurveda, Naturopathy and Beauty	3	3	0	0	30	70	100
BVBW404	Hair Trichology	3	3	0	0	30	70	100
BVBW405P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

Semester-05								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW501	Anatomy of Facial Skin	3	3	0	0	30	70	100
BVBW502	Laser Fundamentals and Safety	3	3	0	0	30	70	100
BVBW503	Electrical & Chemical Treatments	3	3	0	0	30	70	100
BVBW504	Pre-Bridal Grooming Plan	3	3	0	0	30	70	100
BVBW505P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

Semester-06								
Course Code	Course Title	Credits	L	T	P	Internal Marks	End Semester Exam Marks	Total Marks
BVBW601	Anatomy of Hair & Scalp	3	3	0	0	30	70	100
BVBW602	Skin Analyzation & treatment Plan	3	3	0	0	30	70	100
BVBW603	Introduction to Fitness with Yoga, Aerobics & Dietetics	3	3	0	0	30	70	100
BVBW604	Permanent Waiving & Hair Wigs	3	3	0	0	30	70	100
BVBW605P	On Job Training/ Internship/Workshop	18	0	0	36	50	150	200
Total		30	12	0	36	170	430	600

SEMESTER-01

COMMUNICATION SKILLS

BVBW101

Course Objective:

- The purpose of this course is to introduce students to the theory, fundamentals and tools of communication and to develop in them vital communication skills which should be integral to personal, social and professional interactions. One of the critical links among human beings and an important thread that binds society together is the ability to share thoughts, emotions and ideas through various means of communication: both verbal and non-verbal. In the context of rapid globalization and increasing recognition of social and cultural pluralities, the significance of clear and effective communication has substantially enhanced.

Course Outcomes:

- The purpose of this course is to introduce students to the theory, fundamentals and tools of communication
- To develop vital communication skills which should be integral to personal, social and professional interactions.
- One of the critical links between human beings.
- An important thread that binds society together is the ability to share thoughts, emotions and ideas through various means of communication: both verbal and non-verbal.
- In the context of rapid globalization and increasing recognition of social and cultural pluralities, the significance of clear and effective communication has substantially enhanced.

Unit 1: 06

- **Introduction:** Theory of communication, types and modes of communication, mediums and channels of communication, barriers to communication, English as a global language, the lingua franca, social influences on English

Unit 2: 06

- **Language of Communication:** Verbal and non-verbal (spoken and written) personal, social and business barriers and strategies intra-personal, inter-personal and group communication, varieties of English, language, accent, dialect, colloquialism, historical influences on English

Unit 3: 06

- **Speaking Skills:** Monologue dialogue group discussion effective communication/ mis-communication interview public speech, regional influences on English, convergence and divergence, linguistic imperialism

Unit 4: 06

- **Reading and Understanding** Close reading, reading analysis of a text - audience and purpose, content and theme, tone and mood, stylistic devices, structure comprehension- analysis and interpretation translation(from Indian language to English and vice-versa) literary/knowledge texts

Unit 5:

06

- **Writing Skills:** Documenting report writing making notes letter writing, writing tabloids, diary entry, open letters, essays, newsletter and magazine articles, skits, short stories, impersonating characters it will enhance language of communication, various speaking skills such as personal communication, social interactions and communication in professional situations such as interviews, group discussions and office environments, important reading skills as well as writing skills such as report writing, note taking etc. while, to an extent, the art of communication is natural to all living beings, in today's world of complexities, it has also acquired some elements of science. it is hoped that after studying this course, students will find a difference in their personal and professional interactions.

References:

- Fluency in English - Part II, Oxford University Press, 2006.
- Business English, Pearson, 2008.
- Language, Literature and Creativity, Orient Blackswan, 2013.
- Language through Literature (forthcoming) ed. Dr. Gauri Mishra, Dr. Ranjana Kaul, Dr. Brati Biswas

FUNDAMENTALS OF INFORMATION TECHNOLOGY BVBW102

Course objective:

- This is a basic course for commerce students to familiarize with computer and its applications in the relevant fields and exposes them to other related courses of IT.

Course Outcomes:

- Gain a foundational understanding of key IT concepts, including hardware, software, and networks.
- Develop proficiency in using common computer applications, such as word processing and spreadsheet software.
- Explore the ethical and security considerations in IT, emphasizing responsible digital behavior.
- Acquire problem-solving skills by applying IT knowledge to real world scenarios.
- Prepare for further studies in IT or related fields by establishing a strong IT knowledge base.

Unit-1:

06

- **Computer characteristics:** Speed, storage, accuracy, diligence; digital signals, binary system, ASCII; historic evolution of computers;
- **Classification of computers:** microcomputer, minicomputer, mainframes, supercomputers;
- **Personal computers:** desktop, laptops, palmtop, tablet; hardware & software; von Neumann model.

Unit-2:

06

- **Hardware:** CPU, memory, input devices, output devices.
- **Memory units:** RAM (SDRAM, DDR RAM, RDRAM etc. feature wise comparison only); ROM-different types: Flash memory;
- **Auxiliary storage:** Magnetic devices, optical devices; floppy, hard disk, memory stick, CD, DVD, CD/DVD-Writer;
- **Input devices** - keyboard, mouse, scanner, speech input devices, digital camera, touch screen voice input, joystick, optical readers, bar code reader;
- **Output devices:** Display device, size and resolution; CRT, LCD, LED;
- **Printers:** Dot-matrix, inkjet, laser; plotters, sound cards & speaker.

Unit-3:

06

- **Software:** System software, application software; concepts of files and folders, introduction to operating systems, different types of operating systems: single user, multitasking, time-sharing multi-user; booting, POST;
- **Basic features of two GUI operating systems:** Windows & Linux (Basic desk top management); Programming Languages, Compiler, Interpreter, Databases;
- **Application software:** Generic features of word processors, spread sheets and presentation software; generic introduction to latex for scientific typesetting; utilities and their use; computer viruses & protection, free software, open source.

Unit-4:

06

- **Computer Networks and Internet:** Connecting computers, requirements for a network: server, workstation, switch, router, network operating systems; internet: brief history, world wide web, websites, URL, browsers, search engines, search tips; internet connections: isp, dial-up, cable modem, well, dsl, leased line wireless and Wi-Fi connectivity ; email, email software features (send receive, filter, attach, forward, copy, blind copy); characteristics of web-based systems, web pages, web programming languages.

Unit-5:

06

- **Information Technology and Society:** Indian IT Act, intellectual property rights, issues. application of information technology in railways, airlines, banking, insurance, inventory control, financial systems, hotel management, education, video games, telephone exchanges, mobile phones, information kiosks, special effects in movies.
- **Programming Concepts & Techniques:** Program concept, characteristics of programme, stages in program development, tips for program designing, programming aids, algorithms, pseudo code, notations, design, flowcharts, symbols, rules, compiler & interpreter. introduction to programming techniques, top-down & bottom-up approach, unstructured, & modular programming, cohesion, coupling, debugging, syntax & logical errors, linking and loading, testing and debugging, documentation.

References:

- Programming in C, R.S. Salaria, Khanna Publishing House
- Computer Concepts and Programming in C, R.S. Salaria, Khanna Publishing House
- Handbook of Computer Fundamentals, N.S. Gill, Khanna Publishing House

BEAUTY REGIME

BVBW103

Course Objectives:

- To explain the purpose and application of facials and face mask.
- To follow proper safety and sanitation procedures.
- To develop skills in the manipulation of equipment and materials necessary for facial.
- To demonstrate the use of equipment, implements, cosmetic and material when giving a facial.

Unit 1: 08

- Study and recognition of skin types Classification of skin types, special treatments to different types of skin: acne, open pores, pigmented, matured, wrinkled skin.

Unit 2: 08

- Types of Facials Plain facial, Veg. peels facial, Gauze facial, Ozone facial, Thermo herb facial, Gold & Silver facial.

Unit 3: 07

- Types of Face Masks Ingredients and effects of face masks Clay Masks Natural Masks (Vegetable & Fruits) Thermal Masks Paraffin Wax Masks. Latex Plastic Masks. Peel off Masks. Other Ayurvedic Masks.

Unit 4: 07

- **Equipment needed for facial treatment:** Tools & techniques Maintenance a high standard of hygiene & safety throughout. Contraindications to face masks & facials. Preparation of masks in suitable quantity at appropriate time. How a mask/facial should be applied and why. Face mask to the specific area they suit. Removal of the face mask comfortably, promptly and thoroughly. Recommendation for future treatment plan to incorporate salon & home use of the products.

References:

- David E. Bank and Estelle Sobel, Adams Media Corporation, Beautiful Skin: Every Woman's Guide to Looking Her best at any age.
- Stephanie Tourles, Storey Books, Naturally Healthy Skin: Tips and Techniques for a lifetime of Radiant Skin.
- Dr. Renu Gupta, Skin Care _
- Arlene Mathew, The complete Beauty Book, Varun Publication, Bangalore.
- Kim Johnson, Knopf, Women's Face: Skin Care and Makeup
- Milady's, Text Book of Cosmetology, Milady Publication, America

FUNDAMENTALS OF BEAUTY

BVBW104

Course Objectives:

- Prepare the client and area hygienically and safely, examine the area, plan the treatment, note contra-indications and advice on the most appropriate means of hair removal & bleaching
- Understand the key ingredients in waxing products and the various types and systems available in the market.
- Perform safely, effectively and to commercial standards and timing, a variety of methods of hair removal on a variety of clients.
- Enable student to shape the eye brows

Unit 1:

08

- Eyebrow Shaping and bleaching Eyebrow shaping according to face structure. Use of eyebrow pencil. Tweezing and threading. Judging of brow length. Enhancing the appearance of eyebrows and lashes, techniques of eyebrow shaping, use of false eyelashes, strip and individuals false eyelashes.

Unit 2:

08

- Bleaching-patch test, benefits, equipments and material various types, procedure and contraindications.

Unit 3:

07

- Hair Removal Procedures Various wax treatments available and their benefits including warm, strip wax, hot wax and other waxing systems eg. Rollers and tubes. Hot and warm waxing procedures for areas like legs, underarms, abdomen, arms, bikini lines, face.

Unit 4:

07

- Preparation of wax. Suitable preparation of the work area and client. Hygiene application and disposal of wax. After care, home care treatment. Taking into account the rate and density of the hair growth. Other methods of hair removal to cover the advantage & disadvantage of each. Sterilization of tools.

References:

- Practical workbook for Milady's Standard Cosmetology
- Preparing for the practical exam : Milady's Standard Cosmetology
- Salon fundamental cosmetology textbook: A Pivot Point.
- Salon fundamentals: A resource for you cosmetology career, Pivot Point International.

ON JOB TRAINING/INTERNSHIP/WORKSHOP

BVBW105P

SEMESTER-02

HAND AND FEET TREATMENTS

BVBW201

Course Objectives:

- Prepare client and area hygienically, examine hands and/or feet, plan the treatment, note contra-indications and give advice.
- Perform nail treatments safely, effectively, hygienically and to a commercial standard and time on a variety of clients.
- Optimize opportunities to give information and advice to clients regarding products and services.

Unit 1: 08

- **Equipments & Products Use of the equipment and products for hand and feet:** nail enamel remover, Cuticle cream, Massage cream/oil, Nail strengthener, Hard skin remover for the feet, Base coat, Top coat, Quick dry (spray and paint on), Cuticle oil, Cuticle remover, Buffing paste, Exfoliant for skin of the hands and feet, Nail enamel, Ridge filler.

Unit 2: 08

- **Correct use of the following equipment for nail treatment:** Emery board, Nail clippers, Orange wood stick, Rubber hoof stick, Cuticle knife, Cuticle nippers/Cuticle scissors, Chamois Buffer, Rasp or other hand skin remover. Gel Nails, Refill and After-Care, Temporary nail extension.

Unit 3: 07

- Procedures Nail Shaping Manicure and pedicure, Aroma Manicure and pedicure, De-tan Manicure and pedicure, French Manicure and pedicure

Unit 4: 07

- Recognize the contraindication to manicure and pedicure, safety and hygiene throughout, preventing damage when using all the equipment and the products. Massage of the hands, arms, foot and leg using all the classical massage movements.

References:

- The Miracle of Healing Hands by Waheguru Singh Khalsa, DC Rishi Knot Pub _
- Milday's Standard Cosmetology, Delmar Cengage Learning _
- The Illustrated Guide to Massage and Aromatherapy by Catherine Stuart.

ENVIRONMENTAL STUDIES

BVBW202

Course Outcomes:

- Master core concepts and methods from ecological and physical sciences and their application in environmental problem solving.
- Appreciate the ethical, cross-cultural, and historical context of environmental issues and the links between human and natural systems.
- Apply systems concepts and methodologies to analyze and understand interactions between social and environmental processes.
- Reflect critically about their roles and identities as citizens, consumers and environmental actors in a complex, interconnected world.
- Master core concepts and methods from economic, political, and social analysis as they pertain to the design and evaluation of environmental policies and institutions.

Unit 1:

06

Introduction to Environmental Studies:

- Multidisciplinary nature of environmental studies, Scope and importance; concept of sustainability and sustainable development.

Ecosystems:

- What is an ecosystem? Structure and function of the ecosystem;
- **Energy flow in an ecosystem:** food chains, food webs and ecological succession.
- **Case studies of the following ecosystems:** Forest ecosystem, grassland ecosystem, desert ecosystem, aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2:

06

Natural Resources:

- **Renewable and Non-renewable Resources:** Land resources and land use change; Land degradation, soil erosion and desertification.
- **Deforestation:** Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- **Water:** Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).
- **Energy resources:** Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: **06**

Biodiversity and Conservation:

- **Levels of biological diversity:** genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots, India as a mega--biodiversity nation; Endangered and endemic species of India
- **Threats to biodiversity:** Habitat loss, poaching of wildlife, man--wildlife conflicts, biological invasions;
- **Conservation of biodiversity:** In--situ and Ex--situ conservation of biodiversity.
- **Ecosystem and biodiversity services:** Ecological, economic, social, ethical, aesthetic and Informational value.

Unit-4: **06**

Environmental Pollution:

- Types, causes, effects and controls; Air, water, soil and noise pollution, Nuclear hazards and human health risks
- **Solid waste management:** Control measures of urban and industrial waste. Pollution case studies.

Environmental Policies & Practices:

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture
- **Environment Laws:** Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
- Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Unit-5: **06**

Human Communities and the Environment:

- **Human population growth:** Impacts on environment, human health and welfare. Resettlement and rehabilitation of project affected persons; case studies.
- **Disaster management:** floods, earthquake, cyclones and landslides.
- **Environmental movements:** Chipko, Silent valley, Bishnois of Rajasthan.
- **Environmental ethics:** Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

References:

- Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
- Gadgil, M., & Guha, R. 1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
- Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
- Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
- Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
- Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.
- McCully, P. 1996. *Rivers no more: the environmental effects of dams*(pp. 29--64). Zed Books.
- McNeill, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
- Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
- Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
- Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
- Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
- Rosencranz, A., Divan, S., & Noble, M. L. 2001. *Environmental law and policy in India*. Tripathi 1992.
- Sengupta, R. 2003. *Ecology and economics: An approach to sustainable development*. OUP.
- Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
- Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
- Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
- Warren, C. E. 1971. *Biology and Water Pollution Control*. WB Saunders.
- Wilson, E. O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
- World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.

MAKEUP ARTISTRY

BVBW203

Course Objectives:

- Understand the basics and benefits of a make up applications.
- Recognize various face shapes and plan make-ups to enhance each individual client's needs.
- Perform make-ups safely, hygienically, to time & include corrective techniques on a variety of clients.
- Optimize opportunities to give information and advice to clients regarding products and services.
- Understand the basics and benefits of a make up applications.

Unit 1: 08

- Theory of Makeup Consultation and Makeup Preparation. Ambience of makeup room. Make up colour theory. Benefits of makeup application. Self-Presentation of makeup artist,

Unit 2: 08

- Brush & Base theory. Selecting makeup colours according to skin colour, eye colour, hair colour Use & selection of appropriate makeup products like concealers, foundations and others Contraindications to makeup.

Unit 3: 07

- Basic Makeup Day self-makeup Day party makeup Evening party makeup

Unit 4: 07

- Corrective Makeup As per face shapes Features Nose and Chin shapes Jawline and neck area Eye shapes and Eye brows Lip shapes Wrinkles

References:

- Kevyn Aucoin, Harper Collins, The Art of Make-up _
- Mary Quant, DK Publishing, Classic Makeup and Beauty _
- Kevyn Aucoin, Little Brown and Company, Face Forward _
- Kevyn Aucoin, Little Brown and Company, Making Faces _
- Arlene Mathew, The complete Beauty Book, Varun Publication, Bangalore _
- Milady's, Text Book of Cosmetology, Milady Publication, America

HAIR DESIGNING

BVBW204

Course Objectives:

- To understand the basic elements of hair-cutting and hair designing.
- To give effective head massage
- Prepare the client & area hygienically & safety
- Perform effectively and to commercial standard, a variety of haircuts. Hair styles & treatments

Unit 1: 08

- Hair Care Basic Hair Structure Shampooing and Rinsing

Unit 2: 08

- Scalp Treatments for dandruff, falling hair, hair breakage, extra strength, growth stimulation. Head Massage.

Unit 3: 07

- Hair Styling and Shaping Short Hair Styling: Roller setting, Blow drying Long Hair Styling: Buns and Curls on hair, Art of making Switch, Advance hair styles Braiding: Long and Short Hair

Unit 4: 07

- Terms used in hair shaping. All angle cutting Razor shaping, Layers, Boy-Cut, Club-Cut

References:

- Standard Textbook of Cosmetology; My Lady Publication.
- NVQ Level II and III; U.K. Syllabus
- Hair Dressing I; Leo Pollacine
- Hair Dressing II; Martin Green
- Hair Dressing III; Martin Green, Leo Pollacine
- Note Book on Hair Dressing (Basic and Advance); Compiled by Maya Paranjape
- Habib Jawed, Professional Hair Styling, UBSPD, New Delhi

ON JOB TRAINING/INTERNSHIP/WORKSHOP

BVBW205P

SEMESTER-03

ADVANCE MAKEUP TECHNIQUES

BVBW301

Course Objectives:

- Perform make-ups safely & hygienically
- Perform makeups to time & include various techniques, for a variety of occasions on a variety of clients.
- Perform makeup for media, theater, TV, portfolio & ramp.
- Making students proficient in using advance make up techniques like Air Gun.

Unit 1: 08

- Preparing the face for make-up, Trolley Setting, Makeup Consultancy Chart, use of Air Brush Makeup

Unit 2: 08

- Different make-ups Wet look make up, Engagement make up, Bridal make up, Reception make up, Groom Makeup, Makeup for fashion show

Unit 3: 07

- Advance Make up Portfolio, Glossy Make Up, Ramp Make Up, Black & White Make Up, Fantasy Make Up

Unit 4: 07

- Illusion Make Up Cut Marks, Stitch Marks, Accidental Marks, Burn Marks, Old Age, Blood Coming out of mouth. High standard of hygiene and safety, precautions, Cleaning Tools and Equipment. Make up removal procedure and products.

References:

- Kevyn Aucoin, Harper Collins, The Art of Make-up _
- Mary Quant, DK Publishing, Classic Makeup and Beauty _
- Kevyn Aucoin, Little Brown and Company, Face Forward _
- Kevyn Aucoin, Little Brown and Company. Making Faces _
- Arlene Mathew, The complete Beauty Book, Varun Publication, Bangalore
- Milady's, Text Book of Cosmetology, Milady Publication, America

BODY THERAPY

BVBW302

Course Objectives:

- Improve physical fitness & analyze the figure and posture defects.
- To understand the importance of perfect body postures.
- Impact of massage on the skin & muscles for figure improvement.
- Techniques of heat treatment and its effect.

Unit 1:

08

- **Figure Diagnosis** - Analysis of the figure. Postural defects. The correct standing posture. Body types. Specific figure faults. Manual body assessment. Tests for muscle strength. The underweight client. Common figure faults. Diet-The First Step to Figure Improvement - Food: Definition, Functions and Importance, Methods to increase the nutritive value of food. Nutrients: Proteins, Carbohydrates, Fats. Vitamins -A, D, E, K, B1, B2, B3, C Minerals-Iron, Calcium, Phosphorus, Sodium, Potassium, Iodine; Fiber, Water-sources, functions, effect of deficiency and excess of all the nutrients. Balanced diet: Different food-groups, Role of balanced diet in improving the quality of skin and hair, balanced diet for adolescents and adults. Obesity throughout life. Health hazards of obesity. Calorie controlled and low carbohydrate diets. High protein diets.

Unit 2:

08

- **Figure Improvement Through Exercise** The value of exercise. The skeletal system. The muscular system. Exercise starting positions. General exercise. Correct breathing. Isotonic and isometric exercise. Progressive resistance exercise. Concentric and eccentric muscle work, Relaxation techniques.

Unit 3:

07

- **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. Safety in the clinic. Effects of heat on the body. Contra-indications to general heat therapy. Paraffin wax treatment. Ultra violet treatment. Infrared and radiant heat treatments.

Unit 4:

07

- **Special Reduction Body Treatment** General Treatments Contra-indications, application effects and benefits of treatment. . Vibratory treatments. Galvanic treatments. High frequency treatment direct and indirect. Vacuum Massage Faradic

References:

- Body treatments for the Beauty Therapist; Ann Gallant ISBN 0-85950401
- Body Treatments & Dietetics for the Beauty Specialist; Ann Gallant ISBN 0-859504018

SALON AND CUSTOMER CARE

BVBW303

Course Objectives:

- To increase students understanding of the importance of salon and customer care
- To promote safe hygienic and healthy work practices.
- To develop students communications and interpersonal skills.
- To provide opportunities for students to practice reception skills specific to the service industry.
- To familiarize students with salon planning and design.
- To develop students awareness of professional training and career opportunities within the cosmetic industry.
- Consulting with clients to determine their needs and preferences.

Unit 1: 08

- **Salon professional:** Roles and duties, Work ethics. Importance of maintaining a healthy life style-exercise, image, rest.

Unit 2: 08

- **Reception skills:** Role and duties of a receptionist, enter appointments in an appointment book for various services, answering phone calls, take and record a message for a client or another member of staff, accept different types of payments, complete a gift voucher, display of stock to promote sales.

Unit 3: 07

- **Ergonomic principles:** Foot, leg, hand, wrist, hips, knees, neck, back, shoulder, chest; Ergonomically designed salon equipments availability, benefits, design. Safety: Potential safety hazards found in a hair salon, potentially hazardous substances found in salons, safe and hygienic disposal of waste, safe use of hair equipments, fire preventions and fire fighting equipments, fire evacuation procedure for a salon.

Unit 4: 07

- **Salon Design:** Features of good salon design, furnishing and equipments for a hair salon, layout and décor for a hair salon

References:

- Beauty Therapy, The Official Guide to Level 2 by Lorraine Nordmann, Publisher: Macmillan Useful as a reference text for the teacher/tutor.
- Creating an Excellent Salon by Iris Rigazzi-Traling, Publisher: Holdder & Stoughton Useful as a reference text for the teacher/tutor.

CHEMICAL HAIR PROCEDURES

BVBW304

Course Objectives:

- To understand the basic elements of hair designing.
- Provide color service in accordance with a client's need or expectations.
- To effectively perform hair straightening & hair waving

Unit 1:

08

- **Permanent Waving:** Principle Actions in cold waving Basic Requirements. Scalp and Hair Analysis Curling Rods Chemical Solutions Sectioning and Blocking Patterns for sectioning and blocking Winding or wrapping the hair. Proper use of end papers. Pre-permanent wave shampoo. Test Curls. Applications of Waving Lotion. Neutralization of the Hair.

Unit 2:

08

- **Chemical Hair Relaxing:** Action of Chemical Products Analysis of Patron's Hair Strand Test Chemical Hair Relaxing Process Ammonium Thioglycollate (thio) Relaxer

Unit 3:

07

- **Hair Coloring:** Classifications of Hair Coloring Aniline Derivative Tints Patch Test Preparation for hair Tinting Permanent hair coloring, Semi Permanent Tints, and Temporary colour Rinses.

Unit 4:

07

- **Hair Lightening:** Effects of hair Lighteners Problems in hair Lightening Types of lightening Hydrogen Peroxide and its uses Lightening Virgin hair.

References:

- The Multicultural Client: Cuts, Styles, and Chemical Services. I-56253-178-6
- Scali-Sheahan, Maura. Milady's Standard Textbook of Professional Barber-Styling. 3rd Edition I-56253-366-5
- Ekstom, Candi, and Louise Cotter. Perm Waving Styles. I-56253-312-6
- Padgett, Mark E.A Contemporary Approach to Permanent Waiving. I-56253-101-8
- Zotos Creative Designers. Milady's Perm Techniques. I-56253-172-7
- Arlene Mathew, The complete Beauty Book, Varun Publication, Bangalore.
- Habib Jawed, Professional Hair Styling, UBSPD, New Delhi • Standard Textbook of Cosmetology; My Lady Publication.



ON JOB TRAINING/INTERNSHIP/WORKSHOP

BVBW305P

SEMESTER-04

CONCEPT OF COLOUR & BLEACH

BVBW401

Unit 1:	08
Cosmetology:	
• Introduction of Cosmetology	
• Its Aims and Importance	
Unit 2:	08
Colours:	
• Introduction, Importance and Types of Colours	
• Color key, related to Skin and Hair	
Unit 3:	07
Bleach:	
• Introduction of Bleach	
• Types of Bleach	
• Procedure of Bleach	
Unit 4:	07
Exfoliation:	
• What are Exfoliations	
• Types of Exfoliations	
• Importance of Exfoliations	

SPA INDULGENCE

BVBW402

Course Objectives:

- To discuss the purpose of massage
- To demonstrate the manipulation in massage
- To understand the working and ethics of spa
- Understand the importance of various oils for treatments.
- To explain the scientific basis of Aromatics & Essences.

Unit 1:

08

- **Spa Therapies:** Introduction to Spa, History and origin of the spa, Types, Product, Layout, Importance, System, Principles and classification, Spa House Keeping, Spa etiquettes and grooming, Basics of spa management, Marketing for Spa.

Unit 2:

08

- Swedish Massage, Lomi-Lomi Massage, Deep Tissue Massage, Traditional Thai Massage, Ayurvedic Abhangya, Balinese Massage Javanese Lulur.

Unit 3:

07

- Aroma Therapy History of Aroma Therapy Natural Sources of Essential Oils Basic Chemistry/ Aroma Chemistry In-depth Study of Oil and Methods of Extraction and Yield Blending Objective method & Types of notes.

Unit 4:

07

- **Uses of Essential Oil-** Detail study for oils (21 oils) Carrier Oil Treatment Oils-Therapeutic references, Therapeutic name. Action of Oils Plant Families. Health, Safety and hygiene regulations. Contra Indications.

References:

- The Illustrated Guide to Massage and Aromatherapy by Catherine Stuart.
- Milday's Standard Cosmetology, Delmar Cengage Learning
- Tanushree Podder, The Magic of Massage, Pustak Mahal, Delhi
- Clare Maxwell-Hudson, "The complete Book of Massage, 1st ed., New York, random House.
- Sharma, Rajiv, Massage for Good Health, Diamond Pocket Books (P) Ltd. _ Baiz Rodolfe, Healing Power of Essential Oils, Twin Lakes, Wisconsin.
- D. Milli Austin, Healing Bath: Using Essential Oil Therapy to Balance Body Energy, Inner Tradition, Vermont

BASIC AYURVEDA, NATUROPATHY AND BEAUTY

BVBW403

Course Objectives:

- To provide basic knowledge about the various beauty treatments in Ayurveda.
- To give insight into various naturopathy treatments related to beauty.
- To help student gain basic knowledge about the process and benefits of Shirodhara & Potli Massage.

Unit 1: 08

- **Principles of Ayurveda:** Beauty treatment in Ayurveda:- Skin treatment for Acne, Sunburns, Hyper-pigmentations, Freckles, Dark under eyes circles, Blemishes, Stretch marks, Scars and Anti ageing. Ayurvedic treatment for Hair fall, Pre-mature Graying, Baldness, chemically (damaged) coloured hair. Ayurvedic Massage therapy- Abhyanga, Hot Stone Massage. Ayurvedic steam bath.

Unit 2: 08

- **Beauty and Naturopathy:** Basic knowledge about Naturopathy. Various treatments with nature cure such as: Earth (Mud Therapy), Air therapy, Diet therapy (Fasting), Water therapy (Steaming etc.). Fire therapy

Unit 3: 07

- **Shirodhara:** Potli and Indian Head Massage : Purpose, History, Benefits, Essential steps, Treatment , preparation, Safety precautions/Do's & Don'ts, After care.

Unit 4: 07

- **Indian Head Massage:** Purpose, History, Benefits, Essential Steps, Treatment Preparation, Safety, Precautions, After Care/Home Care. Potli Massage: Purpose, History, Benefits, Essential steps, Treatment preparation, Safety , precautions/Do's & Don'ts, After care

References:

- Prof. Holger Hannemann. Magnetic Therapy: Balancing your energy flow for self healing
- Andrew Salter, The Conditioned Reflex Therapy Classic Book on Assertiveness that began Behavior Therapy Published
- Diane Buchman, Blanche Fried, The Complete Book on Water Therapy
- Ruth Sova, The Water way to Mobility and Pain free.

HAIR TRICHOLOGY

BVBW404

Course Objectives:

- Understand different types of hair loss and their causes.
- Various options for hair loss treatments.
- Recognize hair and scalp disorders commonly seen in the salon and know which can be treated there.

Unit 1: 08

- Introduction to Trichology and the Trichological Sciences Anatomy & Physiology of the Human Hair and Scalp: Structure and Function

Unit 2: 08

- **Hair Loss conditions and their causes:** Alopecia Areata (patchy hair loss), Alopecia Totalis & Universalis , Androgenic Alopecia in males and females (genetic hair loss) , Anagen and Telogen Effluviums (hair shedding) , Cicatrice Alopecia (scarring hair loss)

Unit 3: 07

- **Hair fiber disorders:** Traction Alopecia (hair breakage) , Genetic and congenital hair fibre problems Scalp disorders: , Folliculate scalp breakouts , Seborrhea Dermatitis (scalp flaking) Other hair & scalp conditions: Trichotillomania (hair pulling) , Hirsutism (too much body hair)

Unit 4: 07

- **Salon Treatments for Hair Loss & Scalp Problems Trichology Consultation:** Recognizing different hair loss and scalp conditions.

References:

- George Thomas Jackson, "A Practical Treatise on the Diseases of the Hair and Scalp" Cambridge Scholars Publishers.
- Rodney Dawber R P R Dawber, "Diseases of the Hair and Scalp (English) 3rd Edition", Blackwell Science Inc.
- Stephen Williams, "Hair Loss: Erase The Embarrassment With Helpful Tips To Keep Your Hair Healthy From Scalp To Tip", Stephen Williams Publishers.
- Diane B. Eisman and Eugene H. Eisman, Pocket Books UK, 2000, The Bald Truth: The First Complete Guide to Preventing And Treating Hair Loss.

ON JOB TRAINING/INTERNSHIP/WORKSHOP

BVBW405P

SEMESTER-05

ANATOMY OF FACIAL SKIN

BVBW501

Unit 1:	08
Cells (Study in brief only):	
• Basic structure	
• Growth & Reproduction	
Unit 2:	08
Skin:	
• What is skin	
• Structure of skin	
• Types of skin	
Unit 3:	07
Disorders of the Skin:	
• Disorders of Sebaceous Glands	
• Disorders of Sweat Glands	
Unit 4:	07
Care of Facial Skin:	
• Skin Analysing	
• Treatments of all Skin Types with the help of Home Remedies	

LASER FUNDAMENTALS AND SAFETY

BVBW502

Course Objectives:

- To acquaint the students with latest cosmetic laser techniques.
- To acquaint the students with safety procedures while using lasers.
- To acquaint the students indications & contradictions applicable to use of laser.
- To acquaint the students with bioethics.
- To acquaint the students with medico-legal aspects.

Unit 1:

08

- Introduction to Lasers History, Laser Physics & Vocabulary Type of Laser Laser & Skin Interaction, Laser Chromospheres, Choosing Appropriate Settings, Available aesthetic laser technologies in the world.

Unit 2:

08

- **Laser Safety:** contraindications/Eye Protection/ Flammable Liquids and Gases/ Smoke/ Hazard/ Access and Signage Patient psychology and Expectation

Unit 3:

07

- Advance laser and their indications Intense pulsed light Pre-and post treatment do's and don's Skin rejuvenation Skin resurfacing Skin tightening Permanent Hair Reduction Treatments of Acne scaring Comparison between laser Management and complications of laser and IPL Considerations for laser equipment purchase

Unit 4:

07

- Important considerations How to market your practice and build your customer base Medico-legal aspects of cosmetic dermatology Ethics in cosmetic practice What do buy and where to buy

References:

- The laser guide book; Jeff Hecht. New York McGraw- Hill.
- Principles of laser, Orazio Svelto, New York Plenum.
- Understanding laser: an entry level guide. Jeff Hecht. New York IEEE press.
- Introduction to laser & their application: Donald C O'shea, W. Russell Callen & William IT. Rhodess, Reading Mass: Addisun Wesley Publishing Co.

ELECTRICAL & CHEMICAL TREATMENTS

BVBW503

Course Objectives:

- Explain and discuss the electrical currents used in beauty therapy.
- Understand the safety and preparatory procedures for these treatments, including contraindications.
- Perform hygienically, successfully and safely, to a commercial standard and time, each treatment, to suit each individual client, on a variety of clients.
- Explain the physiological and psychological effects and the aftercare advice for each treatment.

Unit 1: 08

- **Chemical Peels:** Introduction to Peels, Superficial, Medium, Deep, Augmented Peels, Characteristics, AHA superficial peeling, Peeling for melasma, wrinkles, acne & fair skin, Peeling for skin rejuvenation. Equipment, commercially and effectively used for facial treatments.

Unit 2: 08

- **Electrical Treatments:** Neuromuscular electrical stimulation (faradic current), Infrared, High Frequency, Vacuum suction, Mechanical brush cleaner, Galvanic facial (iontophoresis and deincrustation), Ultra Violet, Steam (with and without ozone), Mechanical Massagers.

Unit 3: 07

- **Care & storage of electrical equipments:** sterilization of equipment, high standard of hygiene & safety selection of appliance, equipment to suit the client's need,

Unit 4: 07

- Physiological and psychological effect of the electrical and chemical treatment, treatment time, benefits and contraindications of the treatment. Precautions (before & after). Record keeping pertaining to the treatment.

References:

- Unfolding revolution of chemical peels by Sita Paudal
- Manual of Chemical Peels; Superficial & medium depth, Mark G. Rubin. Lippincott William & Wilkins: ISBN-13:978- 0397515066
- Textbook of Chemical Peels (1st Edition): Philippe Depicz, E-book ISBN: 9780203347416
- Step by Step chemical Peels: Khungar Niti: J.P. Digital: ISBN: 9783184485301

PRE-BRIDAL GROOMING PLAN

BVBW504

Course Objectives:

- To enable the students to develop practical skills in giving pre-bridal services.
- To enable the students in framing pre-bridal packages according to the requirements and budgets.
- To enable the students to design the services in a given time frame.
- To inculcate unique selling points in students through blogs, rehearsals and photo shoots.

Unit 1:

08

- **Face:** Eyebrow grooming, facial for nourishing the skin, IPL treatment to reduce hair growth, if required. **Body:** Diet consultation and Gym enrolment for figure correction, Body waxing, bleaching and polishing treatment, Aromatherapy for deep massage. **Hand & Feet care:** Manicure & Pedicure, Nail art, professional mehndi designing, artificial nails if desired.

Unit 2:

08

- **Hair:** Improving the quality of hair, treatment for dandruff prone/ damaged hair, treatment/ hair colour for gray hair, hair spa and different hair styles for different ceremonies. **Spa:** Weekend indulgence

Unit 3:

07

- **Pre - Bridal Packages:** Designing pre - bridal/bridal packages for different prices, Designing wedding blogs and inviting reviews. Fixing bridal makeup team, hair designing team & treatment team. **Dress rehearsal:** Trial make over sessions & draping according to different cultures & themes.

Unit 4:

07

- Deciding on hair accessories, bridal jewellery & cosmetics, Photo shoots & head shoots session for bride before & after makeup, designing of short term make up courses for brides to be, Wedding wishes

References:

- Rar Morris "Express Makeup"
- Bobby Brown "Makeup Manual".
- Makeup Makeovers: Expert secrets for stunning transformation. Robert Jones.
- Making Faces: Kevyn Aucoin.
- JemmaKidds "Make up Masterclass" Beauty Bible of Professional Techniques & Wearable Look.

ON JOB TRAINING/INTERNSHIP/WORKSHOP

BVBW505P

SEMESTER-06

ANATOMY OF HAIR & SCALP

BVBW601

Unit 1:	08
Hair Anatomy:	
• What is Hair	
• Composition of Hair	
• Structure & Division of Hair	
Unit 2:	08
Hair Growth:	
• Growth and cluster of Hair	
• Hair cycle	
• Hair Analysis	
Unit 3:	07
Disorders of the Hair & Scalp:	
• Disorders of the Hair	
• Diseases of the Hair	
Unit 4:	07
Treatments:	
• Treatments with the home remedies	
• Making of Hair care products with home ingredients	

SKIN ANALYZATION & TREATMENT PLAN

BVBW602

Course Objectives:

- Learn to analyze skin and make a skin analyzation form
- Understand how to make a treatment plan using suitable products and machines
- Learn the importance of post-treatment home care routine

Course Outcomes:

- Student will be able to understand skin analysis and making a treatment plan

Unit 1:

08

- Make a skin Analyzation Form.
- How to fill the Information in this Form.
- Points to be considered while Analysing the skin.

Unit 2:

08

- Make a Treatment Plan.
- Consider a variety of products while making a Treatment plan.

Unit 3:

07

- Set a Combination of Machine and Products according to Skin Type. Consider Indications and Contraindications.

Unit 4:

07

- Implementation of the Treatment Plan successfully. Post care. Advice Home Care to the Clients.

References:

- Basic Beautician Course Book by Suwarna Gugle.
- Advance Skin Analysis by Florence Barret – Hill
- Milady Text Book
- Body Treatments And Dietetics For The Beauty Therapist by Ann Gallant

INTRODUCTION TO FITNESS WITH YOGA, AEROBICS & DIETETICS

BVBW603

Course Objectives:

- Learn about good posture, yoga, gym and aerobics
- Gain knowledge about a balanced diet and nutrition
- Study weight management and healthy lifestyle

Course Outcomes:

- Student will be well-informed about the various facets of a healthy lifestyle

Unit 1:

06

Body Perfection

- Understanding the importance of good posture. Different exercises and activities to improve the posture.
- Definition of good posture, Natural construction and function of human body, Description of feet, knees, pelvic, abdominal, rib cage, shoulders, ears, chin, poor posture and how to correct it, posture while standing, sitting walking and evaluation of body defects

Unit 2:

06

Yoga:

- Introduction to Yoga and Ashtang yoga, its advantages, qualities of yoga, Importance of yoga in modern living, Yogic asanas, Light yogic exercises, their methods and benefits, Bhava shudhi or pure thought meditation, All exercises of Surya Namaskar, Purification of body through six purification process (Shatkarmas)
- Different types of Asanas specially for women e.g. to improve the state of Menstrual Cycle. Post-delivery Asanas.
- Meditation: Importance and practice
- Understanding Chakras Importance of Pranayama
- Yoga for overall development of inner and outer personality

Unit 3:

06

Aerobics and Gym:

- Introduction of aerobics, Importance, Diet, Strength training through aerobics, moves and techniques, Freestyle aerobics, Aerobics gymnastics, workout routines, Workout tips, Abs and Core Exercises, Arm Exercises, Back Exercises, Chest Exercises, Leg Exercises, shoulder Exercises, Athletes workouts.
- Importance of gyms in modern time. Role of the Gym exercises in improving muscle tone. Understanding different machine, their uses and benefits for the body.
- Contraindication to Gym Exercise and Aerobics., Importance of regularity. Co-relate Gym, Aerobic exercise with diet.

Unit 4:

Dietetics:

- What is vegan diet. Effects and benefits of vegan diet. Introduction : Definition of dietetics Basic ingredients of normal diet-Study of proteins, carbohydrates, fats, minerals, salt, vitamins and water, Beauty diet, food containing vitamins and its method of preparation to prevent its destruction Balanced Diet – Different Aspects: Definition of calories, to calculate a diet in terms of calories, Calorie needs for different age groups, Diet chart based on high food value and low cost, diet to maintain normal health, A balanced diet, vegetarian and non-vegetarian, Diet for reducing or putting on weight, Diet to be taken during summer, winter and rainy season.
- Understanding the importance of four-square meal. What is intermittent diet Effect of food: Effect of food on various systems of the human body, Types of food having good effect on the important organs of the body.
- Malnutrition: Malnutrition and associated diseases, Effect of ill-balanced diet on health, Effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail Ghrelin Hormone and its effects

Unit 5:

Introduction to Health and Wellness

- Achieving Personal Health Mind-Body Communications to Maintain Wellness Seven dimension of wellness(Social, Emotional, Spiritual, Environmental, Occupational, Intellectual, physical) Managing Stress and Mental Health Eating and Exercising Toward a Healthy Lifestyle Movement and Physical Activity for Health Understanding and Preventing Disease Understanding Drug Use and Abuse
- Making Healthy Choices

Weight Management Strategy

- Weight Related Term , Relation of Body Composition to Health , Body Fat Distribution Pattern and modifying Body Composition , Inappropriate Methods of Weight Loss and Female Athlete Triad
- Understanding the muscle loss and fat loss. Intermittent diet weight loss. Frequent intake of food for weight loss Role of sugar in weight loss Introduction to bariatric surgery and liposuction
- Indications contraindication after effects and benefits of these surgeries.

References:

- Yoga: The Path to Holistic Health, by B. K. S. Iyengar 2)Yoga Anatomy, by Leslie Kaminoff and Amy Matthews
- The Science of Yoga: The Risks and the Rewards, by William Broad Yoga as Medicine, by Yoga Journal
- Teaching Yoga: Essential Foundations and Techniques, Textbook by Mark Stephens Aerobics Instructor Manual: The Resource for Fitness Professionals Hardcover – September, 1993 by Robert Goldstein, Richar T. Cotton
- Wellness Coaching for Lasting Lifestyle Change - Second Edition Paperback – June 16, 2014. by Michael Arloski
- Don't Loose Your Mind Loose Your Weight by Rujuta Diwekar
- Indian Super Foods by Rujuta Diwekar
- Effortless Weightloss by Dr Jagannath Dixit

PERMANENT WAVING & HAIR WIGS

BVBW604

Unit 1:	08
Knowledge of Permanent Waving (Perming):	
• Chemistry of Permanent Waving	
• Chemical Changing in Waving	
• Safety Precaution for Permanent Waving	
Unit 2:	08
Procedure of Permanent Waving:	
• Scalp Analysis	
• Knowledge of PH testing level of acidic/ alkaline	
• Procedure of Permanent Waving	
Unit 3:	07
Wigs & Hair pieces:	
• Wig Materials	
• Wig Construction	
• How to attach Hair pieces	
• Cleaning of Wigs & Hair Pieces	
Unit 4:	07
Hair Nutrition:	
• General Hair and Scalp Treatments	
• Making of Masks and Packs with home ingredients	

ON JOB TRAINING/INTERNSHIP/WORKSHOP

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KALINGA UNIVERSITY

KALINGA UNIVERSITY, KOTNI , NEAR MANTRALAYA, NAYA RAIPUR - 492101, CHHATTISGARH

CALL: 9907252100