

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

DIPLOMA IN BEAUTY AND WELLNESS

Subject and Syllabus



2022-23

Syllabus

DIPLOMA IN BEAUTY AND WELLNESS

DURATION:- 2 YEARS

323-COMPUTER CONCEPTS & APPLICATION–

Objective:

1. To understand computer fundamentals.
2. To understand concepts of computer.

Units Prescribed for Theory:

Unit 1 – Introduction to computer fundamentals-Introduction to computer , computer system hardware , computer memory , Input & Output devices

Introduction to free and open sources , Definition of Virus, Types of Virus, Uses of antiviruses.

Unit 2 – Basics of Operating system –Definition of operating system , Objectives, types, and functions of operating system.

Unit 3 – Introduction to HTML-Introduction to HTML , Working of HTML, Creating and loading HTML page , tags

Unit 4 – Use of computer in Commerce- Data processing , files & records , File organization (sequential, direct, random,index)

Computer application in business – Need & Scope.

E-commerce – Introduction , Evaluation of E-commerce , Role of E-commerce , E-commerce categories.

Practical based on the theory units

324-PERSONALITY DEVELOPMENT –

Objective:

1. To understand the importance of motivating employees .
2. To understand management and its advantages.

UNIT – 1 : Conflict Management – Introduction to the conflict , Causes of conflict , Managing conflict in organization

UNIT – 2 : Performance Appraisal –Introduction to the performance appraisal , Vertical appraisal , Horizontal appraisal , 3600 performance appraisal

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Methods of improving techniques of performance appraisal.

UNIT - 3 : Time Management – Time as a resource , Identify important time wasters , Individual time management styles , Techniques of better time management.

UNIT – 4 : Motivation – Introduction to the motivation , Types of motivation , Motivating subordinates
Analysis of motivation

325-SKIN CARE & FACE MAKEUP

Objective:

- 1) To understand Skin anatomy.
- 2) To understand art of makeup.

UNIT – 1 : SKIN ANATOMY – Cell , Cell generation stages , Human body , Skin – Layers of skin , Types of skin , Skin analysis , Skin care treatments

Skin care products , Skin care methods – Natural & Artificial.

UNIT – 2: SKIN TREATMENTS – Pimple treatments, under eye treatment, Dark circle, Pigmentation, Mature skin, Suntan, Open pores, Preparation & Importance of each treatment.

UNIT – 3: DEEP CLEANSING MACHINES – Steamers: - Current, Benefits, Precaution during treatment, Contraindications, Duration of treatment
according to the skin type, Dangers, Sterilization

Brushing Unit: - Current, Benefits, Precaution during treatment, Contraindications, Dangers, Sterilization of brushes.

UNIT – 4 : ART OF MAKEUP – Importance of makeup , Tools used in makeup , Cosmetics used in makeup , Types of foundation , Face powder , Face compact , Canceler, Blusher , Eye shadow.

Lipstick –Selection and application.

Makeup – Party makeup, Nude Makeup, Oily Makeup, Bridal Makeup, Corrective Makeup.

326 HAIR CARE –

Objective:

1. To understand hair anatomy.
2. To understand basics of hair care treatments.

UNIT - I : Structure of Hair, Types of hair, Hair growth cycle, Importance of hair care, factors affecting hair growth. Scalp massage –benefits and methods, materials required and procedure. Shampooing and rinsing-its importance, purpose and function, types of shampoo – their uses and effects, precautions, purpose of rinsing, types of rinses, benefits of rinsing and precautions.

UNIT – II : Hair cut-Knowledge of hair texture, selection of hair cut according to facial shape, occasion, age, profession, body structure, Hair texture. Hair cutting techniques, tools and equipment in hair cuts .Hair cuts – types of basic hair cuts- Trimming, straight cut, U cut, V-cut. Advanced hair cuts – layer cut, blunt cut, tapering , Graduation, bob etc. Use of Hair shaping and cutting implements. sterilization and sanitation.

UNIT – III : Hair styling – knowledge of different hair style as per hair texture, materials used for hair styling, techniques in styling – Rolls, twists, braiding, Roller setting, Blow drying, Comb out techniques, thermal hair styling- Hair dryer, Crimping rods , Straightening rods, Electric rollers Curling rods. . Natural hair pack. Artificial aids – purpose, types, cleaning and maintaining. Hair styling-Basic hairstyle, Model , party styles and bridal styles.

UNIT – IV : Hair conditioning – Types of Hair conditioner – natural, chemical, Henna application. Hair problems and treatments –hair falling, split ends, graying, dandruff, dryness, damaged hair, Baldness, Hair spray – Types, Advantages & Disadvantages, outline of hair drier, hair ironing.

327 SPA THERAPY AND FOOD DIET

Objective:

1. To understand importance of spa therapy and its history.
2. To understand spa as a career.

UNIT- I : Introduction to anatomy and physiology-Elementary knowledge of various system of the body- circulatory, nervous, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems.

UNIT- II : History and introduction to SPA, Types of SPA, Introduction to complementary SPA therapies – Acupressure, Acupuncture, Colon therapy, Chinese medicine, Ear Candling, electropathy, Gem therapy, Herbalism, Homeopathy, Naturopathy, Physiotherapy, Reiki, Tibetan Medicine, Introduction to Med SPA treatments like Botox, Fillers, Liposuction etc.

UNIT – III : SPA products and knowledge – Licensing (Drug Control), Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies of Herbs, Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Facial Products, Preservatives, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, Pre Blended creams, Soaps, Shampoos, lotions.

UNIT – IV : SPA as a career – basic requirements, remuneration/earning, SPA career options, starting own SPA business, job opportunities in India and Abroad, roles and responsibilities of SPA therapist.

Definition of yogasana, Importance and its role in beauty care .Healthy food recipes to Achieve healthy skin, Food for glowing skin, How to prevent age spots, Home remedies for age spots , various tips for beauty care to skin, face, hand, legs, body and hair. Beauty care during weather changes- winter, spring, summer, and autumn

328 PRACTICAL – SKIN CARE, FACIAL AND HAIR CARE

1. Facial-Types of facial (pearl, fruit, golden, silver. Home-made facial).
2. Bleaching.
3. Face pack and Face Massage.
4. Pimple Treatment.
5. Under eye treatment.
6. Pigmentation.
7. Mature skin.

8. Shampooing
9. Basic haircuts
10. Hair setting
11. Henna application.
12. Dye application.
13. Hair coloring

329 PRACTICAL –ADVANCED BEAUTY CARE

1. Hair treatment-Hair fall, Dandruff.
2. Hair curl.
3. Hair straightening.
4. Body massage.
5. SPA therapy.
6. Make up- simple, party, oily, bridal.
7. Basic Corrective make up-for cheeks, lips, and jaw.
8. Make up removal.
9. Bindi deigning.
10. Saree draping-any 3 styles.

