

CERTIFICATE COURSE IN BEAUTICIAN

(6 Months duration)



**STATE BOARD OF TECHNICAL EDUCATION &
TRAINING**

SANKETHIKA VIDYA BHAVAN, MASAB TANK, TELANGANA, HYDERABAD

CERTIFICATE IN BEAUTICIAN COURSE
SECHME OF INSTRUCTION AND EXAMINATION

SUB CODE	NAME OF THE SUJECT	PERIODS/WEEK		TOTAL PERIODS PER 6 MONTHS	SCHEME OF EXAMINATION			
		Theory	Practicals		Duration Hours	Sessional Marks	End Exam Marks	Total Marks
BC.101	HEALTH AND BEAUTY CARE-1	03	--	50	02	--	100	100
BC.102	HEALTH AND BEAUTY CARE-2	03	--	50	02	--	100	100
BC.103	PERSONAL HYGIENE EXERCISE & YOGA	--	03	75	03	40	60	100
BC.104	BEAUTY CARE	--	03	75	03	40	60	100
	TOTAL	06	06	250	10	--	--	400

BEAUTICIAN COURSE

SUBJECT TITLE : **HEALTH AND BEAUTY CARE-1**
SUBJECT CODE : **BC 101**
PERIODS/WEEK : **03**
PERIODS/YEAR : **50**

S.NO.	MAJOR TOPICS	NUMBER OF PERIODS
01	PERSONAL HYGIENE AND ITS IMPORTANCE	05
02	IMPORTANCE OF YOGA AND EXERCISE	05
03	ROLE OF YOGA AND EXERCISE	10
04	IMPORTANCE OF HEALTH	10
05	IMPORTANCE OF DIET	10
06	RECOMMENDATIONS OF HEALTH & DIET	10
	TOTAL	50

OBJECTIVES: On completion of the study of this subject the student will be able to learn.

1.0 Personal Hygiene And Its Importance:

1.1 The importance of personal Hygiene – skin, hair, eyes, mouth, teeth, nails and feet.

2.0 Importance of Yoga And Exercise:

- 2.1 The difference between yoga and exercise
- 2.2 The types of exercises.

3.0 Role of Yoga And Exercise:

- 3.1 The role of yoga and exercises.

4.0 Importance of Health

- 4.1 The definition and importance of health.

5.0 Importance of Diet

- 5.1 To define balanced diet and its importance.

6.0 Recommendations of Health & Diet

- 6.1 About the recommended diets for normal, overweight and underweight persons.

BEAUTICIAN COURSE

SUBJECT TITLE : **HEALTH AND BEAUTY CARE-2**
SUBJECT CODE : **BC 102**
PERIODS/WEEK : **03**
PERIODS/YEAR : **50**

S.NO.	MAJOR TOPICS	NUMBER OF PERIODS
01	IMPORTANCE OF BEAUTY CARE	05
02	CARE OF FACE BEAUTY	05
03	SELECTION OF TOOLS & EQUIPMENT FOR MAKEUP	10
04	SELECTION OF COSMETICS-FOUNDATION & CREAMS	10
05	FACE & BODY MAKEUP & APPLICATION	10
06	ART OF DRESSING	10
	TOTAL	50

OBJECTIVES: On completion of the study of this subject the student will able to learn.

1.0 **Importance of Beauty Care:**

- 1.1 About the importance of beauty
- 1.2 The preventive measures to maintain beauty.

2.0 **Care of Face Beauty:**

- 2.1 To take care of skin, hair, eyes, mouth, teeth, nails and feet.

3.0 **Selection of Tools & Equipment for Makeup:**

- 3.1 The selection of tools and equipment

4.0 **Selection of Cosmetics-Foundation & Creams:**

- 4.1 The selection of cosmetics – foundation & creams.

5.0 **Face & Body Makeup & Application:**

- 5.1 The preparation of the face and body for make-up.
- 5.2 The application of make-up.

6.0 **Art of dressing:**

- 6.1 The different styles of dressing – North Indian, South Indian, Christian, Musilim, and Bridal dressing.

BEAUTICIAN COURSE

SUBJECT TITLE (PRACTICALS) : **PERSONAL HYGIENE EXERCISE AND YOGA**

SUBJECT CODE : **BC 103**

PERIODS/WEEK : **06**

PERIODS/YEAR : **75**

S.NO.	MAJOR TOPICS	NUMBER OF PERIODS
01	PERSONAL HYGIENE	10
02	ROLE OF EXERCISE IN BEAUTY CARE	15
03	ROLE OF YOGA IN BEAUTY CARE	10
04	ROLE OF DIET IN BEAUTY CARE	10
05	DIET FOR NORMAL PERSON	10
06	DIET FOR OVER WEIGHT & UNDER WEIGHT PERSON	20
	TOTAL	75

OBJECTIVES: On completion of this subject the student will be able to learn.

1.0 Personal Hygiene:

- 1.1 The importance of personal hygiene – care of skin, hair, eyes, mouth, teeth, nails and Feet

2.0 Role of Exercises In Beauty Care:

- 2.1 The need of exercises.
2.2 The types of exercises.
2.3 To Practice the exercises.

3.0 Role of Yoga In Beauty Care:

- 3.1 The need of yoga.
3.2 The types of yoga.
3.3 To Practice the yoga.

4.0 Role of Diet In Beauty Care:

- 4.1 The importance of diet.
4.2 The importance of fresh fruits and vegetables in diet.

5.0 Diet for normal person:

- 5.1 The preparation of diets for normal child (Boy and Girl).
5.2 The preparation of diets for normal person (man & woman).

6.0 Diet for Over-Weight Person & Underweight Person:

- 6.1 The preparation of diet for overweight Child-Boy and Girl.
6.2 The preparation of diet for overweight Person – Man and Woman
6.3 The preparation of diet for underweight Child-Boy and Girl.
6.3 The preparation of diet for underweight Person – Man and Woman.

TOOLS & EQUIPMENT

Quantity

1. Gas Stove	-	01 no.
2. Cutlery Sets	-	02 nos.
3. Cooper Bottom		
Steel Vessels with lids		
different sizes	-	10 nos.
4. Kadai	-	03 nos.
5. Tavva	-	02 nos.
6. Plastic Containers 1 kg	-	06 nos.
7. Water Drums 25lts	-	02 nos.
8. Refrigerator	-	01 no.
9. Dinner Table linen set	-	01 no.
10. Tred Mill	-	01 no.
11. Knives	-	06 nos.
12. Marble Top Tables	-	02 nos.
13. Sieves	-	04 nos.
14. Micro oven/Electric oven		
(with thermostat)	-	01 nos.
15. Electro Rice cooker	-	01 nos.
16. Tea Set	-	02 nos.
17. Dinner Set	-	02 nos.
18. Glass Tumblers	-	06 nos.
19. Juice Set	-	01-06

REFERENCE BOOKS:

1. E.P. Veeraswamy	-	Indian Cookery	-	Jaico Books.
2. Thangam. E. Philip	-	Modern Cookery for	-	Orient Long man Limited
		Teaching and the Trade(Vol-1 & 2)		Hyderabad,
				year – 1990, 1988
3. Raheena Begum	-	A text Book of food	-	Sterling publishers
		Nutrition and Dietetics.		private Limited,
				year – 1995
4. Sumati.R. Mudambi	-	Fundamentals of foods and Nutrition	-	M.V.Rajgopal
				Wiley eastern Limited,
				year – 1990
5. C. Gopalan	-	Nutitive Value of Indian foods	-	NIN
				Hyderabad, A.P.
6. Shahanaz Hussain	-	Beauty Book	-	Orient L paper Backs k Printers
				A division of vision

Books Pvt. Ltd.

New Delhi.

Year – 1993.

BEAUTICIAN COURSE

SUBJECT TITLE : BEAUTY CARE (PRACTICALS)
SUBJECT CODE : BC 104
PERIODS/WEEK : 06
PERIODS/YEAR : 75

S.NO.	MAJOR TOPICS	NUMBER OF PERIODS
01	THREADING	05
02	WAXING	05
03	MANICURE	05
04	PEDICURE	05
05	BLEACHING	05
06	FACIAL TREATMENTS	05
07	HAIR TREATMENTS	05
08	HAIR CUTS	05
09	HAIR STYLES	05
10	MEHANDI	05
11	MAKE-UP	15
	TOTAL	75

OBJECTIVES: **On completion of this subject the student will be able to learn.**

1.0 Threading & Waxing:

- 1.1 The practicing in threading of eye-brows, lower chin, upper lip, hands and legs.
- 1.2 The method of waxing cold and hot was – hands, Legs and under arms.

2.0 Manicure & Pedicure::

- 2.1 The practicing of manicure.
- 2.2 The practicing of pedicure

3.0 Bleaching (powders & creams) & Facial Treatments:

- 3.1 The tips and hints to follow while practicing bleaching application with powders and creams – neck, upper lip and chin and hands and legs.
- 3.2 The practicing of herbal facial
- 3.3 The galvanic treatment.
- 3.4 The pimple treatment.

4.0 Hair Treatments & Hair Cuts:

- 4.1 Dandruff treatment
- 4.2 The use of Conditioners natural and chemical
- 4.3 About the Split ends.
- 4.4 About to baby cut, boy cut, step cut, ‘U’ cut and blunt cut etc.,

5.0 Hair Styles:

- 5.1 The hair dyeing (Herbal & Chemical)
- 5.2 The hair styles for different occasions and ages – French knot, French plait, Air hostess knot, Plait decorated with beads and flowers etc.,

6.0 Mehandi & Make-up:

- 10.1 The types of mehandi for hands and legs. Indian, Arabic styles for festivals, parties and bridal.
- 10.2 To do Party make-up
- 10.3 To do Bridal make-up, South Indian, North Indian, Christian and Muslim.
- 10.4 To do Formal and Informal make-up.

TOOLS AND EQUIPMENT

Quantity

1. Beauty chair	:	01 no
2. Facial Table (4')X6'X3'	:	01 no
3. Hair Dryer	:	02 nos.
4. Wax Heater	:	01 no
5. Water sprayer (500 ml)	:	02 nos.
6. Plastic Buckets (10 lts)	:	04 nos.
7. Plastic Mugs (1 lt)	:	06 nos.
8. Enamel Bowls (small)	:	06 nos.
9. Plastic Tubs (10 lts)	:	04 nos.
10. Dressing Table and Stool	:	01 nos.
11. Long Mirror 6'X4'	:	01 nos.
12. Water Heater (Instant) 5 lts Capacity	:	01 nos.
13. Galvanic set	:	01 nos.
14. Pedicure set	:	02 nos.
15. Manicure set	:	02 nos.
16. Massager	:	01 nos.
17. Vaporiser	:	01 nos.
18. Rollers (Curlers) sets	:	02 nos.
19. Rexine Aprons	:	06 nos.
20. Tail Combs	:	06 nos.
21. Combs	:	06 nos.
22. Hair brushes	:	04 nos.
23. Facial brushes	:	04 nos.
24. Henna Brushes	:	04 nos.
25. Dyeing Brushes	:	04 nos.
26. Portable wash basins (fiber)	:	04 nos.
27. Facial Bands	:	06 nos.
28. Polythene Hair caps	:	06 nos.
29. Tweezers (for Eyebrows)	:	06 nos.
30. Fiber Faces with nylon hair (for hair styles)	:	04 nos.

REFERENCE BOOKS:

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|--------------------|---|-----------------------------|---|-------------------------------|
| 1. Shahnaz Hussain | - | Beauty Book | - | Orient L Paper Backs, Kay |
| Printers | | | | |
| 2. Linda Sonnatag | - | The hair style | - | New Delhi – 1993 |
| Book.London–1992. | | | | Tiger Books International pic |
| | | | | Hair care and Beauty |
| 3. Blossom Kochhar | - | Hair, skin, Beauty care | - | UBS Publishers |
| | | | | Distributors limited – 1993. |
| 4. Astene Mathur | - | The Complete Beauty Book | - | Vasan book Depot – 1991. |
| 5. Kiran Patel | - | A unique book on hair style | - | S.R. Gala. |