

# SENIOR SCHOOL CURRICULUM

## 2017-18

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### HEALTH AND BEAUTY STUDIES

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#### Introduction

This curriculum on Health Care and Beauty Culture has been developed for a two-year vocational course at +2 stage. It has been so designed that the trainees on completion of the course will be competent to start their own health care and beauty culture clubs, operate and care the equipment used for the purpose. The course intends to impart both theoretical knowledge and practical training most suited for both self and wage employment.

#### Objectives

1. The students after undergoing this course should be able to demonstrate understanding of anatomy and physiology, dietetics in relation to beauty culture and hair dressing.
2. Develop understanding of basic principles, properties, types of various cosmetics application and their effects.
3. To operate, handle and care of the equipment, implements used in beauty culture and hair dressing.
4. To treat the clients efficiently in the area of beautification and care of the body and hair.
5. To diagnose and treat abnormalities, correction of figure faults, skin and hair.
6. To impart basic knowledge of setting up a saloon/manufacturing of cosmetics.
7. To develop knowledge of cosmetics and its preparation for different purposes.
8. To be able to deal with the problems of the clients in case of mishaps or any problem.
9. To be a confident, in display of beauty/hair product and its use.
10. To train the students in practical skills to care in maintaining sound healthy skin and hair.
11. To train the clients in body perfection through yoga exercises.
12. Communicating effectively and clearly to the client while giving treatment.

**CLASS–XI  
ELECTIVE  
BEAUTY & HAIR (745)**

*Time: 2.5 Hours*

*Marks: 50*

**SECTION–I: BEAUTY**

**Unit–I: Skin Care**

**12**

(a) **Facials**

- Structure of skin.
- Types of Skin – Normal/Dry/Oily/Combination.
- Knowledge of material, implements & equipment.

(b) **Facial Massage**

- Basic massage manipulation.
- Preparation of client.
- Procedure for plain facial, precaution and reminder.

(c) **Facials**

- Facial treatment for different skin type – preparation, procedures & precautions.
  - (i) Oily – Galvanic & exfoliation.
  - (ii) Dry – paraffin, gauze facial.
  - (iii) Ageing – Thermo herb.
  - (iv) Face packs and masks according to skin type.
  - (v) Contraindication.

**Unit–II: Superfluous Hair**

**7**

- Factor responsible for unwanted hair.
- Various terminology used for superfluous hair.
- Various methods of hair removal.
- Depilatory method of hair removal.
  - (i) Shaving.
  - (ii) Depilatory cream.
- Epilatory method of hair removal.
  - (i) Threading.
  - (ii) Waxing.
  - (iii) Laser/Thermolysis/Electrolysis (Only basic knowledge).

**Bleaching**

- Theory of bleach
- Patch test of batch.
- Types of bleach.
- Knowledge of raw material/implements.
- Preparation & procedure of bleach.

- Precaution & reminder.

### **Unit–III: Manicure & Pedicure**

9

#### **Nail Malformation**

##### **(a) Nail Disorders**

- Blue nail.
- Bruised Nail.
- Corrugation.
- Hang nail/agnail.
- Hypertrophy/thickening of nails.
- Onychphagy.
- Nail Biting.

(only definitions/knowledge to be given).

##### **(b) Nail Diseases**

- Nail fungus.
- Onychia
- Paronychia.

(only definition/knowledge to be given).

#### **Manicure**

- Types, preparation, procedure/massage technique, material equipments and implements precautions and reminders.

#### **Pedicure**

- Types of pedicure, procedure/massage technique, knowledge of raw material required, equipments/ implements, precaution & reminders.
- Knowledge of footbath.

### **SECTION–II: HAIR**

### **Unit–IV: Anatomy of Hair**

5

- Structure of Hair.
- Types of Hair.
- Hair Growth.

### **Unit–V: Scalp Massage**

3

- Definition of massage.
- Massage manipulation.
- Benefits of massage.
- Trolley setting.
- Procedure of scalp massage.

### **Unit–VI: Shampooing and Conditioning**

4

- Types of shampoo & conditioners.
- Trolley setting for shampoo.
- Preparation of client.
- Procedure of shampoo.
- Precautions and contraindications.
- Mehandi application procedure, benefits and contraindications.

## **Unit–VII: Hair Cutting**

**10**

### (i) **Principles of Cutting**

- Shape of Head, Sectioning, Elevation, Cutting lines.
- Hair growth patterns.
- Hair Shaping.
- Precision Hair Cutting.
- Elevations.
- Procedure of Hair Cuts.

### (ii) **Wet Styling**

- Roller Setting.
- Blow Drying.

### (iii) **Thermal**

- Pressing Machine.
- Electric Rollers.
- Curling Tongue.
- Crimping Machine.

### (iv) **Styling**

- Factors to be considered before styling (Facial Shape, Profession, Age, Occasion, etc.).
- Judas.
- Plaits/Braids.
- Updoos (Use of accessories).

## **PRACTICAL**

*Time: 2.5 Hours*

*Marks: 50*

### **SECTION–I: BEAUTY**

## **Unit–I: Facials**

**12**

- Basic trolley setting for facial.
- Analysis of Skin.
- Cleansing – superficial (pre-facial).
- Deep Cleansing Treatment.
- Massage manipulations on face, neck and back.

- (f) Use of facial massager.
- (g) Choosing of facial product/face pack/face mask as per the skin type (professional/home remedies).
- (h) Application & Removal.
- (i) Facial treatments for different skin types.
  - Basic trolley setting.
  - Analysis of skin type/skin problem.
  - Procedure for Oily – Galvanic & exfoliation.
  - Procedure for Dry – paraffin, gauze facial.
  - Procedure for Ageing – Thermo herb.
- (j) Precautions and Reminders.
- (k) Contraindications.

## **Unit–II: Superfluous Hair**

**8**

- (a) Judging of brow length.
- (b) Shape of eye brows.
- (c) Method of eye brow shaping.
  - Threading (self, professional).
  - Tweezing.
- (d) Basic Trolley Setting.
- (e) Preparation of Client.
- (f) Procedure of Depilatory methods – Shaving and Depilatory Creams.
- (g) Procedure of Epilatory Methods.
  - Threading.
  - Waxing.
- (h) Precautions and Reminders.
- (i) Contraindications.
- (j) Bleaching.
  - Basic trolley setting for bleach.
  - Patch Test/Pre-Bleach Treatment.
  - Procedure for different types of bleach cream powder.
  - Moisturizing/cold compression (post-bleach treatment).
  - Precautions and Reminders.
  - Contraindications.

## **Unit–III: Manicure/Pedicure**

**8**

- (a) Basic table/counter setting set up.
- (b) Selection of nail shape and shaping of nail.
- (c) Procedure of Plain Manicure.
  - Oil Manicure.

- French manicure.
  - Booth manicure.
  - Spa manicure.
  - Nail Art.
- (d) Procedure for pedicure – paraffin, electric pedicure.
- (e) Hand massage and foot massage techniques.
- (f) Precautions and Reminders.
- (g) Contraindications.

## **SECTION–II: HAIR**

### **Unit–I: Anatomy of Hair 2**

- (a) Analyse the hair/texture/Porosity/Elasticity/Density with help of Dorma Scope/ Magnifying glass.
- (b) analyse the hair by break method, wet and stretch technique.

### **Unit–II: Scalp Massage 4**

- (a) Care of different hair types – Dry, oily, split, damaged, under nourished, chemically treated.
- (b) Selection of Hair Oil and Hair Mask.
- (c) Basic Trolley setting for head massage.
- (d) Procedure of Scalp Massage treatment.
- (e) Precautions and Reminders.
- (f) Contraindications.

### **Unit–III: Shampooing and Conditioning 4**

- (a) Preparing the client for shampooing.
- (b) Procedure.
- (c) Use of conditioners and rinses for different hair types.
- (d) Home remedies and professional remedies for different types of hairs.
- (e) Mehndi application.
- (f) Precautions and Reminders.
- (g) Contraindications.

### **Unit–IV: Basic Hair Cutting & Styling 12**

- (a) Knowledge of cutting tools.
- (b) Cleaning of cutting tools.
- (c) Sectioning of hair according to hair growth patterns.
- (d) Preparation of client.
- (e) Procedures of:
- Trimming, Diagonal Forward and Backward Hair Cuts.
  - Blunt cut, Tapered Cut, Graduation in long and short hair.
- (f) Precaution and Reminders

- (i) **Wet Styling**
  - (a) Procedure of blow drying.
  - (b) Roller setting-on base, off base, half base.
  - (c) Finger Waving/Gel Styling.
- (ii) **Thermal Styling**
  - (a) Setting of basic trolley for thermal styling.
  - (b) Use of cosmetics for thermal styling.
  - (c) Procedures of Thermal Styling using different tools and equipment's-  
Dryers, Pressing Comb, Electric Roller, Curling Tongue, Crimping Machine.
  - (d) Precautions and Contraindications.
- (iii) **Styling**
  - (a) Back combing on the head and on switches.
  - (b) Styling on switches (inter locking, types of rolls, use of spray).
  - (c) Fixing of hair piece on client's head.
  - (d) Braiding – French plait, khajuri and other types of braiding.

**CLASS–XI**  
**ELECTIVE**  
**HOLISTIC HEALTH (746)**  
**THEORY**

*Time: 2.5 Hours*

*Marks: 50*

**Unit–I: Anatomy & Physiology**

**5**

Knowledge of human body and A/P related to cosmetology & holistic health.

- (a) Structures and functions of cell and tissues.
- (b) Basic knowledge of various systems.
  - Skeletal system (Detail study of facial & neck bones).
  - Muscular system (Facial & neck in detail).

**Unit–II: Diet and Nutrition**

**5**

- (a) Definition of health, food and nutrition.
- (b) Function of food – Physiological, Social and Psychological.
- (c) Food nutrients – Function, sources, deficiency and excess – Proteins, carbohydrates, fats, minerals (iodine, iron, calcium, phosphorous, potassium & sodium), Vitamins (water soluble B & C and fat soluble A, D, E & K), water, fibre.
- (d) Food groups, concept of balance diet and meal planning.
- (e) Diet for different age groups, food fads and fast foods.

**Unit–III: Yoga & Body Care**

**15**

Importance of yoga in cosmetology & holistic health.

- (a) Evolution of Yoga.

- (b) Ashtang yoga
- (c) Sukshamvyamyam (1-48).
- (d) Yogic balance diet.
- (e) Basic asanas (sukhasan, padmasan, vajrasana, gomukhaasana, janushishasana, trikonasana, tarasana, katichakrasana, bhujangasana, shalbasana).
- (f) Posture, correct posture (sitting, standing or walking).

#### **Unit–IV: Indian and International Body Therapies**

15

##### **Indian**

- (a) Naturopathy.
  - Basic principles of naturopathy.
  - Elements of body.
  - Treatment of body by.
    - Hydrotherapy.
    - Colour therapy.
    - Mudtherapy.
- (b) Ayurveda.
  - Tridoshas.
  - Threegunas.
  - Prakruti of body.
  - Knowledge of Mukhelpa.

##### **International**

- (a) Massage and its benefits.
- (b) Five scientific movements of massage.
- (c) Elementary knowledge of international massage therapy.
  - Aroma therapy.
  - Deep tissue massage.
  - Lymphatic drain massage.
  - Stone massage.
  - Sports massage.
  - Swedish massage.

#### **Unit–V: Basic Health and Safety**

5

To meet minimum occupational standards.

- Basic hygiene Standards.
- Standard procedures for safety and cleanliness.

#### **Unit–VI: Business Studies**

5

- Finding & keeping staff.
- Book keeping.
- budgeting.



- Marketing.

## PRACTICAL

*Time: 2.5 Hours*

*Marks: 50*

### **Unit-I: Yoga, Ayurveda and Body Care**

**20**

- (a) Practice of sukhshamvyamias.
- (b) Practice of various asanas as given in theory.
- (c) Posture (study of correct posture, sitting, standing, walking).
- (d) Viva – file work and project work.

### **Unit-II: Diet and Nutrition**

**10**

- (a) Display of various food products which contains various nutrients.
- (b) Seasonal diet, display of various diets.
- (c) Diet planning for adolescent girl.
- (d) Diet planning for putting on and reducing for girl (16-19yrs).
- (e) Planning a standard balanced diet for a week.

### **Unit-III: Indian & International Therapies**

**20**

- (a) Patron's consultation.
- (b) Practical demonstration of five classical massage movements and practice of the same with use of various aroma oils and stones in massage.
- (c) Swedish massage demo and practice.
- (d) File/project work.

## CLASS-XI

### **GENERAL FOUNDATION COURSE (501)**

(Common for Health and Beauty Studies and Beauty Services)

*Time: 3 Hours*

*Marks: 100*

#### **Part-I: (Compulsory to all Vocational Courses)**

*Marks: 50*

#### **A. Business Management and Entrepreneurship**

**30**

- (a) **Entrepreneurship Orientation** **5**  
Importance and relevance in real life: Emphasis on self employment.
- (b) **Entrepreneurship Values and Attitudes** **5**  
Innovativeness, Independence, Risk Taking, Analytical ability.
- (c) **Entrepreneurial Motivation** **5**  
Achievement Planning, personal efficacy, entrepreneurial goal setting.
- (d) **Launching of a Business Venture** **15**  
Identification of project, steps in setting up a business, information about various institutions providing assistance, project formulation.

#### **B. Computational Skills**

**10**

- (a) Percentage, ratio & proportion, profit & loss, discount, simple and compound interest, population growth and depreciation of value of articles using logarithm. **6**

(b) Area and volume: rectangle, parallelogram, circle, cube, cone, cylinder & sphere. **4**

**C. Environmental Education** **5**

- (a) Environment and the society.
- (b) Environment properties risks in different economic enterprises, in use of raw materials, in processing / manufacturing and designing.
- (c) Poverty and environment.

**D. Rural Development** **5**

- (a) Agriculture, the back bone of Indian Economy.
- (b) Rural development projects in India including Integrated rural development programme.
- (c) Agro based rural industries.
- (d) Community approach to rural development.

**Part-II**

**Marks: 50**

**Communication** **20**

Meaning: Importance of Communication Methods of Communication. Verbal Communication, Written Communication, Visual Communication, Graphic Presentation Slides.

Essentials of successful Communication.

- Ability to express.
- Ability to rationalise.
- Ability to understand.
- Emotional state of receiver and reaction.

**Personality Development** **30**

To develop confidence, poise & charm.

1. (a) Self confidence and personal charm in terms of etiquettes, behaviour, language, unhurried movements, manners, good sense of humour and effective voice.  
(b) Visual poise and Social poise.
2. Staff Relation-professional approach towards profession.
3. Care of skin techniques used for cleaning, vaporizing, moisturizing, nourishing and toning.
4. Importance and knowledge of make-up and hair.  
(a) Knowledge of cosmetics used for make-up and hair style.  
(b) Procedure of make-up.
5. Self Assessment  
(a) To analyse one's own good and bad points by highlighting strong points and improving weak points for enhancing on'e personality.  
(b) Selection of clothes, designs, pattern, colour in terms of age, body structure, climate, colour of the skin, occasion, professoin.  
(c) Personal Hygiene - Care of hair, skin, use of deodorant, antiperspirant, detail, hygiene, regular bath.

**CLASS-XII**  
**ELECTIVE**  
**BEAUTY & HAIR (745)**

# THEORY

Time: 2.5 Hours

Marks: 50

## SECTION-I: BEAUTY

### Unit-I: Make-Up 5

#### Introduction

- (a) Brief history of Make-up.
- (b) Objectives of make-up application.
- (c) Cosmetics for make-up.
- (d) Make-up brushes and other tools.
- (e) Makeup colour theory.
- (f) Contraindications.
- (g) Health & Safety Precautions.

### Unit-II: Basic Make-Up Application 5

- (a) Client Consultation.
- (b) Determining Skin Type and Colour.
- (c) Preparing the workspace.
- (d) Selecting make-up colours.
- (e) Preparation of Client.
- (f) Preparation for make-up.
- (g) Application of make-up

### Unit-III: Corrective Make-Up 6

- (a) Ideal face proportions and features.
- (b) Analyzing features and face shape.
- (c) Techniques of corrective make-up application for face, eyes, eyebrows, lips, skin tones, wrinkles.

### Unit-IV: Special Make-Up Techniques 9

- (a) Day make-up.
- (b) Evening make-up.
- (c) Bridal make-up.
- (d) Fantasy Make-up.
- (e) Ramp make-up.
- (f) Theatre and Television make-up.
- (g) Photographic Make-up.
- (h) Makeup for mature skin.
- (i) Basic Body Art/Tattooing.

## SECTION-II: HAIR

### Unit-I: Disorder of Hair and Scalp 4

- (a) Hair loss – Types, reason and treatments.

- (b) Canities (grey hair).
- (c) Pediculosis.
- (d) Dandruff.

**Unit–II: Advanced Cutting & Styling**

5

- (a) Study of Facial Shape, Bone Structure, Body Structure, Profession, Age, Occasion.
- (b) Hair Cutting and Styling as per Facial Shape.
- (c) Selection of Tools.
- (d) Procedures for latest trends and cuts (Short and Long both).
- **Advance Hair Styling**
  - (a) Evening Hair styles, party hair style, bridal hair style and ramp hair styles.
  - (b) Styling on Artificial Aids.
- **Permanent Waving/Straightening**

**Unit–III: Permanent Waving**

6

- (a) Meaning of permanent waving.
- (b) Principle of perming.
- (c) Examination of the scalp.
- (d) Perming techniques preparation and procedure wrapping techniques.
- (e) Maintaining the record card & client's history.
- (f) Test curl.
- (g) Factors responsible for failure of perming and their solutions.
- **Straightening/Relaxing**
  - (a) Meaning of relaxing.
  - (b) Principles of relaxing.
  - (c) Examination of the scalp.
  - (d) Strand test of relaxer.
  - (e) Preparation & procedure of relaxing.
  - (f) Record card & client's history.

**Unit–IV: Hair Colouring and Lightening**

5

**Hair Colouring**

- (a) Purpose of hair coloring.
- (b) Law of colors – primary, secondary & complimentary.
- (c) Types of Hair Coloring.

**Temporary, Semi Permanent, Permanent**

- (a) Strand Test.
- (b) Patch Test.
- (c) Procedure of Hair Coloring.
- (d) Precautions and contraindication.

**Unit–V: Bleaching and Lightening**

5

- (a) Definition of bleaching.
- (b) Chemistry of Bleaching.
- **Activating the Bleach**
  - (a) Causes of over Bleach.
  - (b) Choice of Bleach.

## **PRACTICAL**

*Time: 2.5 Hours*

*Marks: 50*

### **SECTION-I: BEAUTY**

#### **Unit-I: Make-Up**

**25**

- **Practice in Facial Make-ups**
  - (a) Trolley setting.
  - (b) Planning the make-up.
  - (c) Blending techniques for colors.
  - (d) Choosing make-up colors as per skin/hair, eye, clothing.
  - (e) Analysis of facial shape before make-up.
  - (f) Practice of make-up under different lights.
- **Corrective and Camouflage Make-up**
- **Special Make-up Techniques**
  - (a) Day make-up.
  - (b) Evening make-up.
  - (c) Bridal make-up.
  - (d) Make-up for mature skin.
  - (e) Theatre and T.V. make-up.
  - (f) Practice in Body Art/Fantasy Make-up.

### **SECTION-II: HAIR**

#### **Unit-II: Disorders of Hair and Scalp**

**3**

- (a) Herbal Treatments for Dandruff.
- (b) Falling Hair.
- (c) Greying Hair.
- (d) Pediculosis groups and work.
  - (i) Labourer.
  - (ii) Sedantory worker.
  - (iii) Pregnant /lacting mother.
  - (iv) Diet for healthy skin and hair.
  - (v) File-projects-charts.

#### **Unit-III: Advanced Cutting & Styling**

**6**

- **Advance Hair Cuts (Short & Long)**  
Hair Cutting and Setting as per:

- (a) Facial Shape.
- (b) Body structure.
- (c) Profession.
- (d) Age.
- (e) Occasion.
- (f) Fashion Trend etc.
- **Advance Hair Styling**
  - (a) Evening Hair styles, party hair style, bridal hair style and ramp hair styles.
  - (b) Styling on Artificial Aids.

#### **Unit-IV: Permanent Waving/Straightening**

6

- **Permanent Waving**
  - (a) Basic preparation of trolley for perming.
  - (b) PH testing knowledge of acidic / alkaline.
  - (c) Hair analysis.
  - (d) Preparing & planning the perm.
  - (e) Strand test.
  - (f) Sectioning & sequence of winding.
  - (g) Winding techniques – basic, spiral, directional, staggered (brick winding), Weave binding, double winding, piggy back winding processing & developing.
  - (h) Testing curl.
  - (i) Neutralization.
  - (j) Practice in other type of perming rods – chop sticks, u-stick, foam rollers etc.
- **Straightening/Relaxing**
  - (a) Preparation of trolley for relaxation.
  - (b) Analysis of Hair.
  - (c) Relaxing method & procedure – kinky/curly/coarse.
  - (d) Strand test for relaxing.
  - (e) Neutralization.
  - (f) Cleansing & conditioning.
  - (g) Contraindications.

#### **Unit-V: Hair Colouring and Lightening**

5

- **Hair Colouring**
  - (a) Selection of color -Study of color depth & tone.
  - (b) Application of different types of colors.
    - (i) Chemical.
    - (ii) Vegetable.
  - (c) Patch test (skin test, color test, priority test, incompatibility test strand test).
- **Bleaching and Lightening**
  - (a) Chemistry of bleaching.
  - (b) Color variants-high lightened, low lightened.

- (c) Tipped, frosted scrunching, comb technique.

**Unit–VI: Preparation of Herbal Cosmetics**

5

- (a) Face Pack.
- (b) Hair Packs.
- (c) Creams.
- (d) Shampoos.
- (e) Hair Oils.
- (f) Nail Polish Remover.
- (g) Depilatory Wax.
- (h) Exfoliating Mask and Scrub.

**CLASS–XII**  
**ELECTIVE**  
**HOLISTIC HEALTH (746)**  
**THEORY**

*Time: 2.5 Hours*

*Marks: 50*

**Unit–I: Anatomy & Physiology**

5

**Brief Study of Various Systems**

- (a) Nervous system.
- (b) Endocrine system.
- (c) Circulatory/lymphatic system.
- (d) Digestive system.
- (e) Excretory system (kidneys).
- (f) Disorders in brief (joint, hormone, basic physiological).

**Unit–II: Diet and Nutrition**

5

- (a) Methods of Cooking and effect on food by dry heat, moist heat and use of oil.
- (b) Technologies to improve the quality of food – germination, fermentation and fortification.
- (c) Body Mass Index (BMI), BMR, expected height and weight for ages.
- (d) Diet for life style related disorders: Obesity, underweight, Hypertension.
- (e) Diet for summer, winter and rainy season.
- (f) Diet for healthy skin and hair.
- (g) Diet for weight loss.
- (h) Sample diet for different age groups.

**Unit–III: Yoga and Health**

15

- (a) Surya namaskar (mantra and exercises 1-12).
- (b) Shat kramas (1-6).
- (c) Bhavshudhi.
- (d) Asana.
  - Suptvajasana.

- Paschimutanasana.
  - Ardhmatsendrasana.
  - Konasan.
  - Matsyasana.
  - Virasana.
  - Makrasana.
  - Sinhasana.
  - Chakrasana.
  - Savasana.
  - Sarvangasana.
  - Halasana.
- (e) Pranayama (1-8).
- (f) Sthulvyamyas.

#### **Unit–IV: Indian and International Body Therapies**

**15**

- (a) Detail knowledge and study of shirodhara.
- (b) Detail study of.
- hydro therapy.
  - colour therapy.
  - mud therapy (lepa).
  - body wrap (hot & cold treatment) to detoxify the body.
- (c) Jacuzzi hydro massage.
- (d) Modern trends in spa, medi–tourism, medi–spa.
- (e) Acupressure massage.
- (f) Shiatsu.
- (g) Reiki.
- (h) Detail knowledge of reflexology massage.

#### **Unit–V: Basic Health and Safety**

**5**

To meet minimum occupational standards.

- Disease caused by Unhygienic practices.

#### **Unit–VI: Business Studies**

**5**

- Planning and establishing of a Spa/salon.
- Spa menu.
- Stock control.
- Communication in Spa & beauty Industry.

### **PRACTICAL**

*Time: 2.5 Hours*

*Marks: 50*



**Unit-I: Yoga and Health**

- (a) History and consultation of patron.
- (b) Demo and practice of sthulvyamya.
- (c) Demo and practice of suryanamaskar.
- (d) Demo and practice of shat karma.
- (e) Practice of all asanas as in theory.
- (f) Practice of mudra and bandha.
- (g) Practice of prayanama as in theory (1-8).
- (h) file-project work.

**Unit-II: Diet and Nutrition****10**

- (a) Various method of cooking to protect nutritive value of food.
- (b) Diet plan for various age groups and work.
  - Labourer.
  - Sedantory worker.
  - Pregnant /lacting mother.
  - Diet for healthy skin and hair.
  - File-projects-charts.

**Unit-III: Indian and International Body Therapies****25**

- (a) Demo and practice of shirodhara.
- (b) Demo and practice of hydro therapy, colour therapy, mud therapy for various ailments (joint pain, high B.P, thyroid, diabetic).
- (c) Body wrap (hot & cold).
- (d) Spa treatments (head to toe).
- (e) Demonstration and practice of reflexology massage.

**CLASS-XII**

**GENERAL FOUNDATION COURSE (501)**  
**(Common for Health and Beauty Studies and Beauty Services)**

*Time: 3 Hours**Marks: 100***Part-I: (Compulsory to all Vocational Courses)***Marks: 50***A. Business Management and Entrepreneurship****30****Management of Business**

Elementary treatment/exposure to basic conceptual frame work of the topic listed below:

- (a) Basic Function. **6**
- (b) Marketing Management. **6**
- (c) Financial Management. **6**
- (d) Production Management. **6**
- (e) Personnel Management. **6**

- B. Computational Skills** **10**
1. (a) Solution of linear equations and their application to problem of commercial mathematics. **5**
  - (b) System of linear equations and in equation in two variables. Applications in formation of simple linear programming problems.
  2. Statistics: Raw data, bar charts and Histogram; Frequency Tables; Frequency Polygon; Ogive; Menu, Median and Mode of ungrouped and grouped data; Standard Deviation; Introduction to Mortality tables; Price Index etc. Introduction to Computers. **5**

- C. Environmental Education & Rural Development** **10**
1. **Environmental Education** **5**
    - (a) Modernisation of agriculture and environment, irrigation, water logging, use of fertilisers, pesticides, soil erosion, land degradation (desertification and deforestation), silting and drying of water resources.
    - (b) Rational utilisation, conservation and regeneration of environmental resources (soil, air, water, plant, energy, minerals).
  2. **Rural Development** **5**  
Principles and goals of rural development, major problems/constraints in rural development in India.

**Part–II**

**Marks: 50**

- I. Meaning of Beauty Culture, personal qualities required/needed for a successful Beautician. **12**
- II. The prerequisites and methodology and procedure for setting up one's own beauty clinic, details of equipment, machinery, furniture and tools. **12**
- III. (a) Name of Equipment (Manual & Electric), slimming equipment. **12**
- (b) Use of Equipment for Body correction, underweights, overweight.
- (c) Precautions & Benefits.
- IV. Project Report - visit to various saloons and institutions. **14**  
Door to door survey (Make a Report).  
Market survey.  
Cosmetics - its make, types & cost.  
– Availability in the market.

**LIST OF RECOMMENDED BOOKS**

1. Beauty and Hair, Student Handbook, Class XI, Published by CBSE.
2. Holistic Health, Student Handbook, Class XI, Published by CBSE.
3. Beauty and Hair, Student Handbook, Class XII, Published by CBSE.
4. Holistic Health, Student Handbook, Class XII, Published by CBSE.

**STANDARD LIST OF TOOLS AND EQUIPMENTS TRADE SKILL – I & II**

S. No.	Trainees Personal Kit	Quantity
1.	Pack & Bleach Brush.	01 No.

<b>S. No.</b>	<b>Trainees Personal Kit</b>	<b>Quantity</b>
2.	Nail Brush.	01 No.
3.	Head Band.	01 No.
4.	Eye Lash curler.	01 No.
5.	Manicure set.	01 No.
6.	Cuticle cutter.	01 No.
7.	Pedicure set.	01 No.
8.	Wax applicator.	01 No.
9.	Spray Bottle.	01 No.
10.	Small Bowls.	01 No.
11.	Make-up brush set.	01 No.
12.	Make-up sponge.	01 No.
13.	Artificial Eye lash set.	01 No.
14.	Black head remover.	01 No.
15.	Towels.	As per requirement
16.	Dye brush.	01 No.
17.	Gloves.	01 No.
18.	Cutting Sheet.	01 No.
19.	Hair cutting scissor.	01 No.
20.	Setting Clips.	As required
21.	Bob pins.	As required
22.	Jura pins.	As required
23.	Open teeth comb.	01 No.
24.	Styling comb.	01 No.
25.	Tail Comb.	01 No.
26.	Switch stand.	01 No.
27.	Plain switch.	01 No.
28.	Swiggle.	01 No.
29.	Plaits.	01 No.
30.	Razor comb.	01 No.
31.	Hair Accessories.	As per requirement

## **TOOLS & EQUIPMENTS**

<b>S. No.</b>	<b>Description Name</b>	<b>Quantity</b>
1.	Tray.	20 No.
2.	Manicure Bowls/ Pedicure Tubs.	20 No. each
3.	Vibro Massagers.	4 No.
4.	Wax Heater with Thermostat with double bowl.	06 No.
5.	Manicure Tables with lamps.	6 No.
6.	Stools for Manicure.	20 No.
7.	Complete Facial Machine Latest.	03 No.
8.	Vapozone Electronic.	02 No.
9.	UV Sterlizer.	04 No.
10.	Facial beds.	06 No.
11.	Hot plate.	02 No.
12.	Heater.	02 No.
13.	Heat Convector.	02 No.
14.	Air Conditioner Split 2 ton with Stabilizer.	02 No. each Lab.
15.	Mirror Panel.	20 No.
16.	Saloon Chairs.	12 No.
17.	Hot Towel Cabinet.	02 No.
18.	Refrigerator.	02 No.
19.	Faculty Table Chair.	02 No.
20.	Manicure Trolley.	06 No.
21.	Facial Trolley.	06 No.
22.	Make- up colour mixing plate.	04 No.
23.	Equipment Trolley.	06 No.
24.	Professional Massager.	02 No.
25.	Muscle Stimulator.	02 No.
26.	Geyser 25kts.	02 No. each
27.	Immersion Rod 1500 wts.	04 No.
28.	Pedistation.	06 No.
29.	UV lamps 36w with timer for nails.	06 No.
30.	Wash Units (Basins).	04 No.
31.	Galvanic.	02 No.

<b>S. No.</b>	<b>Description Name</b>	<b>Quantity</b>
32.	Almirah.	06 No.
33.	Display Board.	06 No.
34.	Hair Rollers (small, medium, and large).	12 dz. Each
35.	Perming Rollers (Ladder perm, star perm, chopsticks, wood perm, circle rod).	12 dz. Each
36.	Ringlette Rollers (small, Medium and large.	12 dz. Each
37.	Plain Bun.	20 No.
38.	Hair Clipper Mechanical.	12 No.
39.	Cutting Scissor.	12 No.
40.	Thinning Scissor.	12 No.
41.	Hair Dusting soft brush.	12 No.
42.	Wigs with skin parting/woven on net.	12 No.
43.	Hair extension kits (Temporary) may be purchased as required after two years.	20 No.
44.	Neck Tray.	12 No.
45.	Dye Bowl.	12 No.
46.	Colour Scale.	02 No.
47.	Crimpling Tongue.	6 No.
48.	Curling Rod.	6 No.
49.	Pedestal Hood Hair dryer.	3 No.
50.	Hand Hair Dryer Heavy duty.	12 No.
51.	Hair Clipper Electrical.	6 No.
52.	Diffuser.	6 No.
53.	Scalp Steamer electronic.	2 No.
54.	Electric roller Set (20 rollers in 3 sizes).	3 No.
55.	Shampoo station with chair.	4 No.
56.	Dummy Head on stand with slip on.	20 No.
57.	Front wash basin.	4 No.
58.	Infrared Lamp.	4 No.
59.	Sterilizing Unit Wet.	2 No.
60.	Sterilizing Unit Dry.	2 No.
61.	Dressing Out chairs.	20 No.
62.	Trolleys.	12 No.

<b>S. No.</b>	<b>Description Name</b>	<b>Quantity</b>
63.	Student Lockers with 12 cabinets.	04 No.
64.	Saloon Chairs.	12 No.
65.	Curtains for lab.	As per requirement
66.	Back View Mirror.	12 No.
67.	Hair Curler Set.	01 No.



