

**Vocational Higher Secondary  
Education (VHSE)**

**Second Year**

**COSMETOLOGY AND  
BEAUTY THERAPY**

*Reference Book - Teachers' Version*



Government of Kerala  
Department of Education

State Council of Educational Research and Training (SCERT),  
KERALA  
2016

## **Foreword**

Dear Teachers

This reference book (**Teachers' Version**) is intended to serve as a transactional aid to facilitate classroom transaction and as a ready reference for teachers of Vocational Higher Secondary Schools. It offers some guidelines for the transaction of the course content and for undertaking the practical work listed in the course content. As the curriculum is activity based, process oriented and rooted in constructivism focusing on the realisation of learning outcomes, it demands higher level proficiency and dedication on the part of teachers for effective transaction.

In the context of the Right- based approach, quality education has to be ensured for all learners. The learner community of Vocational Higher Secondary Education in Kerala should be empowered by providing them with the best education that strengthens their competences to become innovative entrepreneurs who contribute to the knowledge society. The change of course names, modular approach adopted for the organisation of course content, work-based pedagogy and the outcome focused assessment approach paved the way for achieving the vision of Vocational Higher Secondary Education in Kerala. The revised curriculum helps to equip the learners with multiple skills matching technological advancements and to produce skilled workforce for meeting the demands of the emerging industries and service sectors with national and global orientation. The revised curriculum attempts to enhance knowledge, skills and attitudes by giving higher priority and space for the learners to make discussions in small groups, and activities requiring hands-on experience.

The SCERT appreciates the hard work and sincere co-operation of the contributors of this book that includes subject experts, industrialists and the teachers of Vocational Higher Secondary Schools. The development of the teachers' version of reference books has been a joint venture of the State Council of Educational Research and Training (SCERT) and the Directorate of Vocational Higher Secondary Education.

The SCERT welcomes constructive criticism and creative suggestions for the improvement of the book.

With regards,

**Dr. J. Prasad**  
Director  
SCERT, Kerala

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## ABOUT THE COURSE

Beauty is a characteristic of a person, animal, place, object or idea that provides a perceptual experience of pleasure or satisfaction. Beauty is studied as part of aesthetics, Sociology, Social Psychology and culture. An "ideal beauty" is an entity which is admired or who possesses features widely attributed to beauty in a particular culture in perfection. The experience of "beauty" often involves an interpretation of some entity as being in balance and harmony with nature, which may lead to feelings of attraction and emotional well being because this can be a subjective experience. It is often said that "beauty is in the eye of the beholder". There is evidence that perceptions of beauty are evolutionally determined and that things, aspects of people and landscapes considered beautiful are typically found in situations likely to give enhanced survival of the perceiving human's genes. Standards of beauty change over times, based on changing cultural values.

'Beauty' means quality or feature that gives pleasure to the mind or senses, and 'Therapy' refers to a healing power or quality. Taken together, the two words describe what beauty therapists are hoping to achieve. Using practical skills and knowledge, they provide a therapeutic treatment for their clients and achieve outcomes that will condition, and enhance facial and body conditions, relax, de- stress and improve their confidence. Beauty therapy is an art by which the total personality of a person can be changed in a positive and attractive way. Men and women have tried every possible way to look attractive. Now in modern world various methods and practices have been developed to improve beauty. Medical field also promotes beautification through cosmetic surgeries. So now the time has come to realize the quality of beauty therapy and services. Regular systematic and authentic work and researches are unavoidable in the field of beauty therapy.

## **JOB ROLES**

**Govt: /Semi Govt : /Private /self employment**

1. Teacher
2. Instructor
3. Lab Technical Assistant
4. Yoga instructor
5. Freelance writer
6. Cosmetologist
7. Make-up artist
8. Manicurist
9. Pedicurist
10. Nail artist
11. Mehendi Designer
12. Personal groomer
13. Sales promoter
14. Beauty Advisor
15. Health Instructor
16. Beauty Parlour proprietor
17. Event Manager
18. Health Club Proprietor

19. Hair stylist
20. Artificial Jewellery Maker
21. Floral designer
22. Make - up consultant
23. Wedding Stylist
24. Bouquet setter
25. Yoga teacher
26. Sell cosmetic products and services

## **MAJOR SKILLS**

### **1. Skill in makeup Artistry**

- Professional makeup skill
- Skill in Mehendi designing
- Making flowers and Bouquet Setting
- Jewel making

### **2. Skill in Beauty Business Management**

- Setting Beauty Parlour
- Diet Chart Preparation
- Wellness Exercises
- Yogasanas
- Personality Development



## **LEARNING OUT COME OF THE COURSE**

After completing the course the learner

- ❖ will be able to start a beauty parlour
- ❖ will be able to become a makeup artist
- ❖ will be able to create different mehandi design.
- ❖ will be able to become a facial therapist.
- ❖ will be able to analyze skin and hair
- ❖ will be able to recognize the different facial shapes.
- ❖ will be able to create different bouquets
- ❖ will be able to handle the clients
- ❖ will be able to manage beauty saloon
- ❖ will be able to perform different yogasanas
- ❖ will be able to create floral design.
- ❖ will be able to create artificial jewellery



## **COURSE STRUCTURE**

Module No	Module name	No. of periods
3	Make up artistry	340
4	Beauty - Business management	340



## **Syllabus**

### **Module 3: Makeup Artistry**

#### **3.1 Art of Make Up**

- 3.1.1 Introduction
- 3.1.2 Facial Anatomy
- 3.1.3 Corrective make up
- 3.1.4 Types of makeup

#### **3.2 Mehandi Designing**

- 3.2.1 Introduction
- 3.2.2 History of Mehandi
- 3.2.3 Mehandi Cone Preparation
- 3.2.4 Types of Mehandi Designing

#### **3.3 Flower Arrangement and Bouquet setting**

- 3.3.1 Introduction
- 3.3.2 Principles of flower arrangement
- 3.3.3 Flower making
- 3.3.4 Styles in flower arrangement
- 3.3.5 Types of flower arrangement
- 3.3.5 Bouquet setting

#### **3.4 Jewel Making**

- 3.4.1 Introduction
- 3.4.2 Tools and Materials used
- 3.4.3 Types of jewel

## **List of Practicals**

### **MAKE UP ARTISTRY**

#### **3.1 Art of Make up**

- 1) Corrective make up
- 2) Professional make up
  - Natural make up
  - Fashion and ramp make up
  - Media make up
  - Bridal make up (Christian, Hindu, Muslim)
  - Theatre make up
  - Character make up
  - Air brush make up
  - Prosthetic make up

#### **3.2 Mehandi Designing**

- Mehandi Cone Preparation
- Indian Mehandi Design
- Arabic Mehandi Design
- Pakistani Mehandi
- Indo – Arabic Mehandi Designs
- Moroccan Mehandi Designs
- Glitter Mehandi or Zardosi Mehandi
- Mughalai Mehandi Designs
- Bridal Mehandi Designs

#### **3.3 Flower Arrangement and Bouquet Setting**

- Flower Arrangement (Traditional, Oriental, Modern)
- Flower Making
- Using these materials (Socks, Organty, Woolen, Crepe, Finix, Tissue paper, Satin ribbon) making at least 3 flowers each.

### **3.4 Jewel Making**

- Make atleast 3 artificial jewelleries (in each item) using materials available in market.

## **Syllabus**

### **Module 4: Beauty Business Management**

#### **4.1 Beauty Business**

- 4.1.1 Introduction
- 4.1.2 Importance of beauty business
- 4.1.3 Beauty business management
- 4.1.4 Functions of beauty parlour manager

#### **4.2 Health and Wellness**

- 4.2.1 Introduction
- 4.2.2 Dimensions of Health and Wellness
- 4.2.3 Components of Physical Fitness
- 4.2.4 Health & Nutrition
- 4.2.5 Exercise and yoga

#### **4.3 Personality Development**

- 4.3.1 Introduction
- 4.3.2 Definition and characteristics of personality
- 4.3.3 Techniques in personality development
- 4.3.4 Personal Grooming
- 4.3.5 Stress Management

#### **4.4 Beauty Entrepreneurship**

- 4.4.1 Introduction
- 4.4.2 Scope of Entrepreneurship in beauty business
- 4.4.3 Women Entrepreneurs
- 4.4.4 SWOT Analysis in beauty Entrepreneurship

## **List of Practicals**

### **4.1 Beauty Business**

- Décor and layout
- Advertisement posture design
- Mock parlour setting
- Visiting card preparation

### **4.2 Health and Wellness**

- Measuring and evaluating body composition.
- Preparation of fresh juices, salads, sprouted grams etc.
- Exercise for Hip, Arm, Abdomen etc.
- Yogaranas – Suryanamaskar, Savasana, Salabhasana, Gomukasana, Padmasana etc.
- Personality development:- Questionnaire, Ice breaking session, role play case study.
- Postures:- Standing, sitting, walking
- Stress Management:- Stress control techniques, stress reducing exercise

### **4.4 Beauty Entrepreneurship**

- Model resume
- Interview with women entrepreneur
- Newspaper preparation

## **Module 3: Unit Wise –Learning Outcomes**

### **Unit 1**

#### **(Art of Make up)**

##### *The learner*

- understands and explain about makeup
- identifies different implements & tools used for make up
- understands and identifies different Facial shapes
- identifies different facial muscles.
- do corrective make up properly
- differentiate the types of Professional make-up like -Natural make up, Fashion and ramp make up, Media and Film make up (HD), Theatre make up, Character make up, Air brush make up, Bridal make up, Prosthetic make up

### **Unit 2**

#### **(Mehandi Designing)**

##### *The learner*

- understands mehandi designing.
- recognizes the origin and history of mehandi.
- understands the properties of mehandi
- prepares mehandi cone.
- mix and fill mehandi in mehandi cone.
- do different mehandi design.
- identifies different mehandi designs.

### **Unit 3**

#### **(Flower Arrangement & Bouquet setting)**

##### *The learner*

- gets an idea about flower arrangement
- understands the Principles of flower arrangement
- processes dry materials
- classifies different Style of flower arrangement
- demonstrates different styles of flower
- arranges flowers for different occasions
- sets different types of bouquets

### **Unit 4**

#### **(Jewel Making)**

##### *The learner*

- gets an idea about Jewel making, designing, scope of marketing
- develops proficiency with the tool of Jewel making
- makes different shapes using available materials & tools

## **Module 4: Unit Wise –Learning Outcomes**

### **Unit 1 (Beauty Business)**

#### *The learner*

- gets an idea about beauty business
- knows the importance of beauty business
- manages a business
- plans a parlour.
- identifies location for a parlour
- arranges finance to start a parlour.
- decors and layout a parlour.
- selects a staff.
- advertises and marketmaterials.

### **Unit 2 (Health & Wellness)**

#### *The learner*

- gets an idea about health and wellness
- understands the seven dimensions of wellness.
- defines environmental, physical, spiritual, occupational, intellectual, emotional, social wellness.
- explains the relationship between the dimensions of wellness and positive life style management
- identifies and define the components of physical fitness
- understands diet, nutrition,
- calculates BMI
- gets an idea about exercise benefits, introduction, general guideline and warming up.
- develops a sense of well being and will increase their capacity of mental concentration.
- develops proper breathing habits.
- develops lifelong healthy habits, increases self confidence and measure their own individual success and improvement

### **Unit 3 (Personality Development)**

#### *The learner*

- gets an idea about personality
- defines personality.
- defines describe and put in to practice the different techniques of personality
- gets an idea about personal grooming
- defines and describe stress.
- identifies different sources of stress in life.

- gets an idea about to describe methods and techniques for preventing stress.
- identifies and experiences - different methods of dealing with stress.
- analyses individual stress and demonstrate several stress control techniques
- explains Traits of Personality development
- Know about leadership qualities.
- acquires skill in communication.
- clarifies the concepts related to Performance Appraisal
- gets efficiency in time Management.
- gets motivated.

#### **Unit 4** **(Beauty Entrepreneurship)**

##### *The learner*

- knows about qualities of Entrepreneurs
- identifies the scope of entrepreneurship is beauty business.
- knows the career opportunities
- knows about the success stories of women entrepreneurs.
- analyses the Strength, Weakness, Opportunities and Threats in beauty Entrepreneurship



## **Scheme of work**

### **Module III**

#### **Make Up Artistry**

Month	Name of Units	Periods
June/July	Art of make up	165
August	Mehandi Designing	55
August	Flower Arrangement and Bouquet Setting	70
Sep/Octber	Jewel Making	50

### **Module IV**

#### **Beauty Business Management**

Month	Name of Units	Periods
October	Beauty business	62
November	Health and Wellness	120
Dec/Jan	personality development	86
Feb/March	Beauty Entrepreneurship	72

## Structure of Work

### Module III

#### Make Up Artistry

**Periods:340**

Unit No	Name of Units	Theory	Practical's
3.1	Art of make up	57	108
3.2	Mehandi Designing	15	40
3.3	Flower Arrangement and Bouquet Setting	20	50
3.4	Jewel Making	10	40
<b>Total</b>		<b>102</b>	<b>238</b>

### Module IV

#### Beauty Business Management

**Periods:340**

Unit No	Name of Units	Theory	Practical's
4.1	Beauty business	30	32
4.2	Health and Wellness	30	90
4.3	Personality development	20	66
4.4	Beauty Entrepreneurship	22	50
<b>Total</b>		<b>102</b>	<b>238</b>

## **Class Room Activities (General)**

1. Group discussion
2. Seminar
3. Project
4. Power point presentation
5. Class test
6. Oral test
7. Demonstration
8. Role play
9. Extemper
10. Case study

## **Practical Activities (General)**

1. Field visit
2. Demonstration
3. Practical Work
4. Identification
5. Processing
6. Preparation
7. Collection
8. Yoga
9. Exercise

## **OVER VIEW – MODULE: 3**

### **MAKE UP ARTISTRY**

An introduction to the basics of makeup artistry and an insight in to the beauty make up industry. On this module the student will learn the key techniques for creating impeccable beauty make up styles and find out what a career as a makeup artist involves. Demonstrations will be followed by the chance to practice on your fellow students and looks covered will include a natural beauty look, a day time look and a smoky eye evening look as well as false lash application. This module also introduces flower arrangements, bouquet setting, mehendi designing and jewel making.

## **OVER VIEW – Unit wise**

### **Unit -3**

#### **UNIT 3.1: ART OF MAKE UP**

Make up is hugely versatile, not only in terms of colours and products, but also in terms of how it is worn. This unit is designed to enhance learner's skill and knowledge to that of a professional. It will give a comprehensive coverage of various make up techniques, air brushing, special effects bridal make up, corrective make up etc.

### **UNIT 3.2: MEHANDI DESIGNING**

The art of henna in hands and feet is known as mehandi designing. This unit introduces Mehandi cone preparation, types of mehandi designs. Indian Mehandi design, Arabic mehandi design, Pakistani mehandi design, moroccan mehandi design, Glitter Mehandi design, Multi coloured mehandi design, Mughlai mehandi design etc.

### **UNIT 3.3: FLOWER ARRANGEMENT AND BOUQUET SETTING**

Flower arrangement is an art and many florists and creative artist take this art very seriously. Magical creations are possible even with simple flowers and even wild flowers. In the unit gives a brief idea about styles and principles in flower arrangement. This unit gives a clear idea about different types of flower arrangement like traditional, oriental and modern.

### **UNIT 3.4: JEWEL MAKING**

This unit is designed to introduce students to the basics of jewellery making and developing proficiency on handling the tools of jewellery making. Artificial jewellery adds charms in one personality and show ones fashion sense.

## Unit Grid

### 3.1 Art of Make Up

Ideas/concepts/ skills	Learning out come	Suggested activity	Assessment
3.1.1 Introduction	The learner will be able to get an idea about Make –up  The learner will be able to identify different implements and tools used for make up	Lecture Discussion Seminar CD's	Oral test written test
3.1.2 Facial Anatomy Facial Shapes Facial muscle	The learner will be able to identify different Facial shapes  The learner will be able to get an idea about different facial muscles.	Lecture Charts Seminar CD's Demonstration	Oral test written test
3.1.3 Corrective Makeup	Learner will be able to do corrective make up properly	Lecture Discussion Seminar	
3.1.4 <b>Professional make-up</b> Natural make up Fashion and ramp make up Media (HD) make up (Film, TV) Theatre make up Character make up Air brush make	Learner will be able to do different types of makeup like .  Professional make-up  Natural make up  Fashion and ramp make up  Media (HD) make up (Film, TV)  Theatre make up  Character make up	Lecture  Charts  CD's  Demonstration  Lecture Discussion  Seminar CD's practical	Oral test  written test

up Bridal make up Prosthetic make up Qualities of makeup artist	Air brush make up Bridal make up Prosthetic make up Qualities of makeup artist		
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### 3.2. Mehandi Designing

Ideas/concepts /skills	Learning out come	Suggested activity	Assessment
3.2.1 Introduction mehandi designing	The learner will be able to get an idea about mehandi designing	Lecture Discussion	Oral test
3.2.2 History of mehandi	The learner will be able to recognize the origin and history mehandi.  Learner will be able to Understand the Properties of mehandi	Lecture Discussion Assignments Seminar	Oral test  Written test
3.2.3 Types of Mehandi Traditional Indian Arabic Zardhoshi Identification Designing Mehandi cone	The learner will be able to do different Mehandi designing  The learner will be able to identify different mehandi designs	Lecture Discussion Demonstration Picture Presentation CD's Power point Presentation	Oral test  Practical test  Written test



3.2.4 Mehandi cone preparation	The learner will be able to Prepare Mehandi cone	Lecture Discussion Demonstration Picture Presentation	Practical test Written test Picture album
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### 3.3. Flower Arrangement and Bouquet setting

Ideas/concepts /skills	Learning out come	Suggested activity	Assessment
3.3.1 Introduction	The learner will be able to get an idea about flower arrangement	Lecture	Oral test
3.3.2 Principles of flower arrangement	The learner will be able to understand the  Principles of flower arrangement	Oral test CD's	written test Lecture
3.3.3 Flower making Materials used in Flower arrangement Collecting and processing of dry Materials	The learner will be able to process dry materials	Lecture Discussion Collection of materials Practical	Oral test written test

<p>3.3.4</p> <p>Styles in flower arrangement</p>	<p>The learner will be able to classify different Styles of flower arrangement</p> <p>The learner will be able to demonstrate different styles of flower arrangement</p>	<p>Lecture</p> <p>Video's</p> <p>Demonstration</p> <p>Lecture</p> <p>Assignments</p>	<p>written test</p> <p>Practical test</p> <p>Oral</p> <p>written test</p> <p>Seminar</p>
<p>3.3.5</p> <p>Types of flower arrangement</p>	<p>The learner will be able to arrange flowers for different occasions.</p>	<p>Lecture</p> <p>Demonstration</p> <p>Charts</p>	<p>Practical</p> <p>Oral test</p>
<p>3.3.6</p> <p>Bouquet setting</p>	<p>The learner will be able to set different types of bouquets.</p>	<p>Lecture</p> <p>Demonstration</p>	<p>Practical</p> <p>Oral test</p>

### 3.4. Jewel Making

Ideas/concepts/ skills	Learning out come	Suggested activity	Assessment
3.4.1 Introduction	The learner will be able to get an idea about  Jewel making, designing, scope of marketing	Lecture Discussion Picture	written test  Practical
3.4.2 Tool and Material used	The learner will be able to develop proficiency with the Tool of Jewel making	Lecture  Discussion	Written test
3.4.3 Types of jewelry	The Learner will be able to make different shapes using available materials.	Picture album  Assignments	Seminar

## **Assessment activities**

### **Module-3**

1. Written Test
2. Oral test
3. Demonstration
4. Practical Test
5. Identification
6. Preperation
7. Collection
8. seminar

## **List of items in portfolio**

Bridal Makeup

Natural make

Party make up

HD Make up

Air Brush make up

Fashion and Ramp Make up

Theatre/Stage makeup

Character makeup

Eye Make ups

False eye lash fixing

corrective make ups

Mehandi cone prepration

Mehandi designing

Flower making

Bouquet setting

Jewel making

## **Extended activities**

### **Activity 1**

The student may be given opportunities to interact with (different types of make up artists from different field, personalities from visual medias, celebrities, stage show makers, event managers, portfolio makers etc. This will enable the students know more about different types of make up cosmetics, uses, application etc.)

### **Activity 2**

Mehandi designing competition.

### **Activity 3**

Newspaper preparation on make ups, Hairstyles, Mehandi, Jewels etc.

### **Activity 4**

Ask students to prepare materials in the topic and discuss in the class.

## **OVER VIEW – MODULE: 4**

### **BEAUTY BUSINESS MANAGEMENT**

Beauty Business has very deep roots in history. Throughout history, people have sought ways to make themselves more noticeable and more beautiful. The beauty world is therefore a growing and developing field. Beauty Industry encompasses sales of cosmetics, perfumes and product for skin and hair care.

Management in Beauty business is the process of decision making and control over the staff. Beauty Business Managers are often responsible for planning, scheduling staff members, training new front desk workers and determining budgets. Most of these professionals possess good communication and customer service skills.

## **OVER VIEW – Unit wise**

### **Unit -4**

#### **UNIT 4.1 - BEAUTY BUSINESS**

The beauty therapy and salon business sector is blooming. The beauty therapy sector is highly competitive and is increasingly seeking staff who have not only a diverse range of practical skills but also have a knowledge and understanding of planning, marketing, human resources and finance. This course will give a strong foundation for a variety of future careers in beauty therapy including managing a salon or spa, starting your own business or being employed in a sales and marketing roles for a beauty product company.

#### **UNIT 4.2 - HEALTH AND WELLNESS**

Health and wellness are often used interchangeably, but they have slightly different meanings. Health is more of a medical term and describes the physical and mental state of a person. Wellness on the other hand, is defined as the overall process of maintaining a general state of good health. This unit introduces seven dimensions of wellness, physical fitness, health and nutrition, exercise and yoga.



### **UNIT 4.3 - PERSONALITY DEVELOPMENT**

Everyone of us has our own distinctive personality. The behaviour of an individual is directed by his/her personality. Personality is the composite sum of individual psychological traits, characteristics, motives, habits, attitudes, beliefs and our looks. This unit introduces definition and characteristics of personality, techniques in personality and personal grooming.

### **UNIT 4.4 - BEAUTY ENTREPRENEURSHIP**

Like any other business Organization Beauty Saloon is also an important business enterprise. In this unit discussed about the scope of Entrepreneurship in beauty business. Women Entrepreneurs and SWOT Analysis in Beauty Entrepreneurship.

## Unit Grid

### 4.1 Beauty Business

<b>Ideas/Concepts Skills</b>	<b>Learning Outcome</b>	<b>Suggested Activity</b>	<b>Assessment</b>
4:1:1 Introduction	The learner will be able to get an idea about beauty business	Lecture. Discussion	Oral test
4:1:2 Importance of Beauty Business.	The learner will be able to know the importance of beauty business	Lecture. Discussion	Written test Oral test
4:1:3 Beauty Business Management	The learner will be able to manage a business	Lecture. Discussion	Oral test Written test
4:1:4. Function of Beauty Parlour manager. Parlour Planning Identification of location Arrangements of Finance Décor and layout Staffing Advertising and sale promotion Marketing	The learner will be able to plan a parlour. The learner will be able to identify location for a parlour The learner will be able to arrange finance to start a parlour. The learner will be able to decor and layout a parlour. The learner will be able to select a staff. The learner will be able to advertise and market	Lecture. Discussion Parlour layout. Seminar. CD's Parlour setting prepare visiting card Prepare Advertisement	Oral test Written test Practical Test.

## 4.2 Health and wellness

Ideas/ Concepts Skills	Learning Outcome	Suggested Activity	Assessment
4.2.1 Introduction, Definition and meaning of health	The learner will be able to get an idea about health and wellness	Lecture. Discussion Seminar	Oral test Written test
4:2.2 Dimensions of health and wellness  1. Environmental 2. Physical 3. Spiritual 4. Occupational 5. Intellectual 6. Emotional 7. Social	The learner will be able to understand the seven dimensions of wellness.  The learner will define environmental, physical, spiritual, occupational, intellectual, emotional, social wellness.  The student will explain the relationship between the dimensions of wellness and positive life style management	Lecture. Discussion Chart	Written test Oral test
4.2.3 Ten recognized general physical skills.  Five components of physical fitness	The learner will be able to identify and define the components of physical fitness.	Lecture. Discussion  Seminar	Oral test Written test
4.2.4 Nutrition and Diet • Diet • Nutrition	The learner will be able to understand diet, nutrition, learner will be able to	Lecture. Discussion	Oral test Written test

<ul style="list-style-type: none"> <li>• Balance Diet</li> <li>• Body Composition.</li> </ul>	<p>calculate BMI</p>	<p>Preparation of fresh juices, salads, sprouted grams etc.</p> <p>Measuring and evaluating body composition</p>	
<p>4.2.5 Exercise</p> <p>Exercise</p> <p>Introduction and benefits, general guidelines</p> <p>Warming up and cooling down</p>	<p>The learner will be able to get an idea about exercise benefits, introduction, general guideline and warming up.</p>	<p>Lecture.</p> <p>Discussion</p> <p>Seminar</p> <p>Demonstration</p>	<p>Oral test</p> <p>Practical Test</p> <p>Written test</p>
<p>4.2.6</p> <p>Yoga</p> <p>Introduction, benefits and meaning of Yoga</p> <p>Yogasanas.(different Types)</p>	<p>The learner will be able to develop a sense of well being and will increase their capacity of mental concentration.</p> <p>The learner will be able to develop proper breathing habits.</p> <p>The learner will be able to develop life long health habits, increases self confidence and measure their own individual success and improvement</p>	<p>Lecture.</p> <p>Discussion</p> <p>CD's</p> <p>Demonstration.</p>	<p>Oral test</p> <p>Practical Test</p> <p>Written test</p>

### 4.3 Personality Development

Ideas/ Concepts Skills	Learning Outcome	Suggested Activity	Assessment
4.3.1 Introduction	The learner will be able to get an idea about personality	Lecture. Discussion	Oral test Written test
4.3.2 Definition and characteristics of personality	The learner will be able to define personality. Learner will be able describe the characteristics of personality.	Questionnaire Lecture Discussion	Oral Test written test
4.3.3 Tips in personality Development	Learner will be able to define, describe and put is to practice the different techniques of personality	Public speaking games on team work, ice breaking session	
4.3.4 Personal Grooming	Learners will be able to get an idea about personal grooming	Lecture. Group discussion, theory cum, practical class, Role play, Case studies, Extempore	Oral test Practical Test Written test
4.3.5 Stress management. Introduction to stress. What are stressors. Stress and unhealthy worry. Stress in the work place Dealing the frustration. Stress control and anger techniques. Stress reducing exercise	Learner will be able to define and describe stress. Learner will be able to identify different sources of stress in life. Learner will be get an idea about to describe methods and techniques for preventing stress. Learner will be able to identify and experiences – different methods of dealing with stress. Learner will be able to analyze individual stress and demonstrate several stress control techniques	Lecture Method, Relaxation techniques  Stress control techniques. Practicals	Practical Test Seminar Written Test

## 4.4 Beauty Entrepreneurship

Ideas/ Concepts Skills	Learning Outcome	Suggested Activity	Assessment
4.4.1 Introduction Qualities of Entrepreneurs.	The learner will be able to know about qualities of Entrepreneurs	Discussion Lecture	Oral Test Written Test
4.4.2 Scope of entrepreneurship in beauty business. Career opportunities	The learner will be able to identify the scope of entrepreneurship in beauty business.  The learner will be able to know the career opportunities	CD'S Model Resume.	Oral Test Written Test
4.4.3 Women entrepreneurs Success story	The learner will be able to know about the success stories of women entrepreneurs.	Discussion Lecture	Oral Test Written Test
4.4.4 SWOT Analysis in beauty entrepreneurship Strength, Weakness, Opportunities, Threats Model Project.	Learner will be able to analyse the strength, weakness opportunities and treats in beauty entrepreneurship	Model project preparation	Oral Test Written Test

## **Assessment activities**

### **Module-4**

1. Seminar
2. Written Test
3. Oral test
4. Demonstration
5. Practical Test
6. Identification
7. Preperation
8. Collection

## **List of items in portfolio**

Health recipies

Exercises

Yogasanas

Model Layout



## **Extended activities**

### **Module-4**

#### **Activity 1**

Prepare a personal resume.

#### **Activity 2**

Students of the class may be divided in to different groups and each group maybe assigns to set up model parlour with the help of available cosmetics furnitures, equipments, etc and the group and individual performance is evaluated.

#### **Activity 3**

A seminar conducted on the topic “The point to consider to start a beauty parlour and how to run it successfully” and paper is presented.

#### **Activity 4**

Ice breaking session.

#### **Activity 5**

Game on team work – leadership

#### **Activity 6**

Communication skill development

## **ON THE JOB TRAINING**

OJT is an essential part of vocational education to impart techniques scheduled as per the modules in related industries. As there is no government organisation as on the job training centre its done in private parlours. Students acquire practical skill about skin, face and hair care while understanding the human anatomy and learning about the tools of cosmetology.

## STANDARD LIST OF PRACTICAL MATERIALS

<b><u>COSMETOLOGY AND BEAUTY THERAPY</u></b>		
<b><u>STANDARD LIST</u></b>		
<b><u>Sl. No.</u></b>	<b><u>Non – Consumable</u></b>	<b><u>Quantity</u></b>
1	Eye lashes curler (Small, medium, big)	1 No (each)
2	Moisture tester	2 Nos
3	Warts remover	1 No
4	Air brush	3 Nos
5	Infra red lamp	2 Nos
6	Beauty trolleys	2 Nos
7	Magnifying lamp	2 Nos
8	Ultrasonic machine	2 Nos
9	Elliptical bicycle	1 No
10	Rower	1 No
11	Swiss ball	1 No
12	Dum bells	1 No
13	Wire cutters	2 NO
14	Round nose pliers	2 No
15	Chain nose pliers	2 No
16	Flat nose pliers	2No
17	Crimp tool	2 No
18	Juicer	1 No
19	Vessels	5 No
20	Knife	5 No
21	Glasses	6 Set
22	Spoons	2 Set
23	Tray	2 No
24	Induction cooker	1 No
25	Yoga mat	15 No
26	Tread mill	1 No
27	Exercycle	1 No
28	Orbitrack	1 No
29	Twister	1 No

<b><u>Sl. No.</u></b>	<b><u>Consumable</u></b>	<b><u>Quantity</u></b>
1	Cleanser	3 bottle (500 ml)
2	Tonner	2 bottle (500 ml)
3	Moisturizer	2 bottle (500 ml)
4	Make up primer	2 bottle (500 ml)
5	Concealer	2 Nos
6	Stick foundations	10 Nos
7	Loosen powder	500 gm
8	Eye shadows	4 set
9	Cake eyeliner or eye gel	10 Nos
10	Mascara	5 Nos
11	Lipstick	10 Nos
12	Lip gloss	3 Nos
13	Rouge	5 Nos
14	Finishing Spray	3 Nos
15	Bindi	5 set
16	Bindi gum	2 Nos
17	False eyelashes	10 set
18	Face wash	4 Nos
19	Mehandi cone	10 Nos
20	Liquid foundation	10 Nos
21	Pan cake	4 Nos
22	Make up sponge	15 Nos
23	Cotton	3 rolls
24	Powder puff	6 Nos
25	Eye brow pencil	3 Nos
26	Eye brow brush	15 Nos
27	Eye liner brush	10 Nos
28	Lip liner	5 Nos
29	Lip brush	5 Nos
30	Make up brushes	5 set
31	Rouge brush	4 Nos
32	Water sprayer	5 bottle
33	Safety pins	2 packet (big)
34	Silver wire/ golden wire	500 gm
35	Green tape	40 Nos
36	Thread (No. 100)	25 Nos
37	Scissors – small	15

38	Organdy cloth (various colours)	3 metre each
39	Aluminium wire	500 gm
40	Socks various colour	25 packets
41	Pipe various colour	30 set
42	Building wire	2 rolls
43	Beeds (different colour & size)	500 gm
44	Brown tape	5 rolls
45	Steen wire	1 kg
46	Finix paper	5 Nos each
47	Green crape paper (various colours)	20 Nos each
48	Glue	20 Nos
49	Fish wire tape (various colours)	5 rolls
50	Thin copper wire	1 role
51	Satin cloth (various colour)	2 metre each
52	Fresh flowers (various colours)	10 Nos each
53	Fresh leaves (various)	2 bundle each
54	Crystal headed pin	2 set
55	Hair spray	2 bottle
56	Fevicol	250 gm (tube)
57	Satin ribbon (various colours)	1 role each
58	Thermocol	2 cover
59	Plastic cover	2 roles
60	Bangles (frame)	10 Nos
61	Embroidery thread (various colours)	3 Nos
62	White pearls	25 gm
63	Needle	25 Nos
64	Elastic thread	2 roles
65	Vegetables	500 gm
66	Fruits	1 kg
67	Sugar	1 kg
68	Salt	1 kg
69	Green gram	500 gm
70	Solar wood (various colour)	5 nos
71	Soft wood	5 nos
72	Pots	10 nos
73	Flower vase	5 nos
74	Baskets (Big, small, medium)	5 nos – each
75	Oasis	60 nos
76	Artificial fillers	500 gm
77	Golden colour pins	2 packets
78	Golden colour thread	1 role
79	Black thread	1 role

80	Slide	2 sets
81	Hair clips	2 sets
82	Make up remover	2 bottles
83	Eye make up remover	2 Nos
84	Professional hair brushes	1 set
85	Vanki	3 sets
86	Crown & net (Christian bride)	3 sets
87	Net (Muslim bride)	3 sets
88	Chutty	4 nos
89	Matty	4 nos
90	Dust brush	2 nos
91	Towel	20 nos
92	Turkies	15 nos
93	Hip chain	3 nos
94	Artificial jewellery	2 sets
95	Chart paper	30 nos
96	Marker	5 set
97	Sketch pen	5 set
98	Pencil	2 set
99	Erasor	1 packet
100	Sharpener	1 set

## **LIST OF REFERENCES**

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[www.fpawomenshealth.com](http://www.fpawomenshealth.com)