

Syllabus for Written Examination for Recruitment of Vocational Instructor.

Trade:- Basic Cosmetology.

Syllabus:-

- Hygiene rules, Basic of good grooming, Posture, Wardrobe planning, Motivation, Beauty as a career.
- **Sterilization and Sanitization**- Purpose and Definition of Sterilization and Sanitation, Methods and Procedure of Sterilization and Sanitation, Safety precautions

Threading, Tweezing and Bleaching-

- Purpose and Definition, Types and methods. **Patch test**- Procedure, Contra-actions, Contra-indications, Safety precautions, After care/Home care.

Manicure and Pedicure-

- Definition of Manicure and Pedicure, Difference between Manicure and Pedicure
- Purpose of manicure and pedicure
- Anatomy of Nail, Nail diseases and disorders
- Types of Manicure and Pedicure
- Tools use in Manicure and Pedicure
- Contra-actions and contra-indications

Facials -

- Anatomy of Skin, Skin structure, function of skin, types of skin. Skin analysis
- Common skin problems- Classification- Acne, Blackheads, Whiteheads, Disorders of sweat glands, Disorders of oil glands.
- Meaning of Massage, Types and benefits of massage.
- Types of facials tools, equipments.
- Basic and deep cleansing-procedure,
- Contra-actions • Contra-indications in facial

Temporary removal of Superfluous hair-

- Hair growth cycle, Purpose of removing superfluous hair, Definition and Methods of Epilation and Depilation, Allergy test, Client consultation, Procedure, Contra-actions, Contra-indications, Safety precautions.

Hair-

- Science of Hair, Structure of hair root & hair shaft, Chemical composition of Hair, Hair growth cycle, Types of hair, Hair texture, density, Elasticity & porosity.
- Common hair problems- Dandruff, Hair falling, Split ends, Pediculosis.



- Head Massage, Shampooing, Conditioning & Deep-conditioning- Purpose, Product knowledge, Procedure, Benefits and Precautions.

Hair cutting and Blowdry-

- Facial shapes Knowledge, Sectioning, Elevation/Angles, Length & perimeter, Basics of Blow dry, Tools knowledge, Hair cutting techniques, Safety precautions.

Hair Styling-

- Purpose of hair styling,
- Types of hair styling- **Thermal Styling-** Blow drying, Ironing/ Crimping, Tongs, **Wet styling-** Pin curls, Finger waving, **Roller setting, Artificial Aids-** Cleaning & maintaining of artificial aids, Safety precautions.

Hair Colouring-

- Science of colour, Basic law of colour(colour wheel)
- **Classification of hair colour-** Temporary, Semi-permanent, Permanent
- **Types of hair colour-** Chemical, Vegetable
- **Techniques of hair colouring-** Pre-lightening, Global colour, High lightening.
- Allergy Test procedure, Procedure of applying all types of hair colour, Contra-actions, Contra-indications, Safety precautions

Perming-

- Definition of perming, Knowledge of Bonds, Basic Perm technique, Types of perm rollers
- Scalp analysis, Strand test knowledge & procedure, Step by step procedure of perming, Contra-actions, Contra-indications, Safety precautions, Aftercare/Homecare.

Hair Straitening/Rebonding/Smoothing-

- Definition, Knowledge of Bonds, Scalp analysis, Strand test knowledge & procedure, Step by step procedure of Straightening/Rebonding/ Smoothing, Contra-actions, Contra-indications, Safety precautions, Aftercare/Homecare

Make-up-

- Purpose of make-up, Effects of Light on makeup, Colour theory, Basic facial shapes knowledge, Types of brushes knowledge for make-up, Types of make-up Day time, Evening and Party, Bridal, Procedure of Cleaning/ Toning/Moisturising (CTM).
- **Basic corrective make-up for-** Cheeks/Nose/Lips/Jaws, Make-up removal, make-up tools & equipment, hygiene, Safety precautions

Yoga-

- Yoga and its Components- Purpose of Yoga, Definition, Benefits of yoga, Precautions, Yogic diet,

- Yogic Suksham Vayayam- Procedure of Yogic Suksham Vayayam, Benefits, Precautions Surya Namaskar,
- Yogic Sthool Vayayam-Procedure, Benefits.
- **Yoga for different age groups**- Children, Old citizens, Pregnant women, Benefits, Safety precautions.

Asanas-

- Purpose of Asanas, Definition
- **Asanas for**- Spine stretching, Stress management, Different body ailments.
- Obesity, Diabetics, Joints pain, Hypertension, Thyroid, Benefits of Asanas, Safety precautions.

Tratak-

- Definition of tratak, Procedure, Benefits, Safety precautions,
- **Meditation**- Definition, Procedure, Benefits, Safety precautions.