

**Training Schedule**  
**Beauty Culture (612)**  
**(Theory -30 hrs, Practical - 90 hrs)**

S. No.	Session / Day	Lesson	Theory (1 hrs.)	Practical (3 hrs)	Self study /Assignment	Learning Outcomes
1.	Day 1	<b>Lesson 1</b> <b>Grooming and Personality Development</b>	1.3 Self Analysis <ul style="list-style-type: none"> <li>• Characteristics of a Beautician</li> </ul> 1.4 Grooming <ul style="list-style-type: none"> <li>• Care of your self</li> <li>• Care of gum &amp; teeth</li> <li>• Care of Feet</li> <li>• Removing Body Hair</li> <li>• Skin Care and Cosmetics</li> <li>• Hair Styling</li> <li>• Nail and Hand</li> <li>• Care of Clothing</li> </ul> 1.5 Wardrobe planning	<ul style="list-style-type: none"> <li>• Practical 13</li> <li>• Care of beauty salon</li> </ul> Self analysis for – <ul style="list-style-type: none"> <li>○ Grooming</li> <li>○ General appearance</li> <li>○ Personal hygiene</li> <li>○ Dressing</li> <li>○ Hair and skin</li> <li>○ Nails and hands</li> </ul> <ul style="list-style-type: none"> <li>• Suggestions for overcoming short coming and flaws</li> </ul>	Intext Q 1.1 Visit to a neighborhood salon and study the following of the workers – <ul style="list-style-type: none"> <li>▪ Grooming</li> <li>▪ Personal hygiene</li> <li>▪ Dressing</li> <li>▪ Nails and hand</li> <li>▪ write and submit your observations</li> </ul> Visit and take pictures of a salon you consider to be good and ideal and paste in the file	Undertakes self analysis and evaluates self effectively.  Adopts proper grooming methods to appear professional.  Can select appropriate clothes and plan her wardrobe accordingly.
2.	Day 2		1.6 Public relation and social skills <ul style="list-style-type: none"> <li>• Qualities of a cosmetologist</li> <li>• Relationship with employer</li> <li>• Relationship with customer</li> <li>• Taking appointment</li> </ul> 1.7 Communication <ul style="list-style-type: none"> <li>• Means of oral/verbal communication</li> </ul>	Practical – 13 <ul style="list-style-type: none"> <li>• Project for starting of hair cutting salon for children</li> <li>• Group discussion on -               <ul style="list-style-type: none"> <li>- Qualities of a customer employer and colleagues</li> <li>- Demonstration of telephonic communication</li> </ul> </li> </ul>	Intext Q 1.2 Practice for the following with your family and friends – <ul style="list-style-type: none"> <li>- Taking appointment</li> <li>- Answering the phone</li> </ul>	Maintains good public relations using effective social skills.  Effective oral and written communication skills with the employer customers and

			<ul style="list-style-type: none"> <li>• Telecommunication while answering the phone</li> </ul>			<p>colleagues.</p> <p>Effectively takes care of the beauty salon with regard to cleanliness.</p>
3	Day 3	<b>Lesson – 2</b> <b>Body Perfection</b>	<p>2.3 Meaning of Yoga</p> <p>2.5 Yogic exercise</p> <p>2.6 Precautions</p> <p>2.7 Yoga Asana</p> <ul style="list-style-type: none"> <li>• Sukhasana</li> <li>• Vajra asan</li> <li>• Padmasan</li> <li>• Sarvangasan</li> <li>• Makarasan</li> <li>• Paschimottan asan</li> <li>• Shivasan</li> <li>• Halasan</li> <li>• Shalabhasan</li> <li>• Dhanurasan</li> <li>• Gomukh asan</li> </ul>	<p>Practical – I Body massage</p> <ul style="list-style-type: none"> <li>• Practice for the following asana <ul style="list-style-type: none"> <li>- Sukhasana</li> <li>- Vajra asan</li> <li>- Padmasan</li> <li>- Sarvangasan</li> <li>- Makarasan</li> <li>- Paschimottanasan</li> </ul> </li> </ul>	<p>Intext Q 2.2</p> <p>Practice and teach your family members and friends the asana learned in the class.</p>	<p>Appreciates yoga and its advantages</p> <p>Masters and attains perfection in doing different asana to be healthy.</p>
4.	Day 4		<p>2.4 Posture</p> <ul style="list-style-type: none"> <li>• Visual poise</li> <li>• Standing</li> <li>• Walking</li> <li>• Sitting</li> </ul> <p>2.8 Balance diet</p> <p>2.9 Light yogic exercises</p> <p>2.10 Body massage</p>	<ul style="list-style-type: none"> <li>- Shivasan</li> <li>- Halasan</li> <li>- Shalabhasan</li> <li>- Dhanurasan</li> <li>- Gomukh asan</li> <li>- Demonstration of posture</li> <li>- Demonstration of body massage procedure</li> <li>- Group discussion on balance diet and yogic exercise</li> </ul>	<p>Intext Q 2.1</p> <p>Terminal Question</p> <p>Practice on your family members and friends:</p> <ul style="list-style-type: none"> <li>- Body massage</li> <li>- Correct posture</li> <li>- Make a chart showing a balance diet you will adopt to be healthy</li> </ul>	<p>Differentiates between good and had posture and adopts the correct posture.</p> <p>Appreciates the importance of a balanced diet and take steps to eat a balanced diet.</p>

			2.11 Massage procedure			Masters techniques of correct body massage using stroking, kneading, circle stroking and pressure.
5.	Day 5	<b>Lesson 3 Communication Skills</b>	<p>3.3 Human relations</p> <p>3.4 Ethics and values</p> <p>3.5 Time management</p> <p>3.6 Stress management</p> <p>Personality development</p> <p>a) Appearance</p> <p>b) Etiquette &amp; manners</p> <p>c) Communication and confidence</p>	<ul style="list-style-type: none"> <li>• Group discussion on – framing of applicable ethics and values in the work place</li> <li>• Demonstration of etiquette, manners and effective communication.</li> <li>• Listing tips for personality development, time and stress management</li> </ul>	<p>Intext Q 3.1</p> <p>Intext Q 3.2</p> <p>Undertake small group discussion with family and friends with regard to -</p> <ul style="list-style-type: none"> <li>- Ethics and values</li> <li>- Time management</li> <li>- Stress management</li> </ul>	<p>Adopts effective verbal and non verbal means of communication.</p> <p>Listens attentively and gives clear/ accurate information scheduling appointments and taking / passing on messages.</p> <p>Ensures confidentiality of the information received from the client.</p> <p>Undertakes effective consultation and records the details of information to decide on the types of services to be provided.</p> <p>Observes ethical behavior and exhibits appreciation for</p>

						values.
6.	Day 6	<b>Lesson 4 Manicure and Pedicure</b>	<p>4.3 Nails</p> <ul style="list-style-type: none"> <li>• Structure of nail</li> <li>• Disorder and diseases of Nails</li> </ul> <p>4.4 Manicure</p> <ul style="list-style-type: none"> <li>• Tools of manicure</li> <li>• Cosmetic required for manicure</li> </ul>	<p>Make a chart showing:</p> <ul style="list-style-type: none"> <li>• Structure of nail</li> <li>• Shapes of nail</li> <li>• Group discussion on disorder and diseases of nails</li> <li>• Identification and practice of correct use of different tools for manicure and pedicure</li> </ul>	<p>Intext Q 4.1</p> <ul style="list-style-type: none"> <li>• Collect the required tools, equipments and material and prepare a kit for yourself.</li> <li>• Collect picture of tools and equipment of manicure and pedicure and paste it in the file</li> </ul>	<p>Describes the structure of nail and various types /shapes of nails.</p> <p>Lists the disorders and diseases of nail</p> <p>Assembles and uses appropriate tools, equipment and cosmetics required for manicure and pedicure.</p>
7.	Day 7		<p>Procedure of manicure</p> <ul style="list-style-type: none"> <li>• Manicure routine</li> <li>• Manicure for brittle nails</li> <li>• Repairing split or broken nails</li> <li>• Hand and arm massage</li> <li>• Special manicure <ul style="list-style-type: none"> <li>- Hot oil manicure</li> <li>- Electric manicure</li> <li>- Manicure for men</li> </ul> </li> </ul>	<p>Practical – 3</p> <p>Procedure of Manicure</p> <p>Practice the procedure of regular manicure -</p> <ul style="list-style-type: none"> <li>- Hot oil manicure</li> <li>- Electric manicure</li> <li>- Booth manicure</li> <li>- Manicure for men</li> </ul>	<p>Intext Q 4.2</p> <p>Intext Q 4.3</p> <p>Practice different types of manicure on family and friends</p> <p>Practice of hand and feet massage</p>	<p>Undertakes different types of manicure and pedicure.</p> <p>Renders appropriate hand and arm massage and foot and leg massage.</p> <p>Is aware of the causes of disorders and diseases of nails and offers appropriate advice to the client to prevent and control them.</p>
8.	Day 8		<p>4.5 Pedicure</p> <ul style="list-style-type: none"> <li>- Tools of pedicure</li> </ul>	<p>Practical -3 Procedure o</p> <p>pedicure</p>	<p>Intext Q 4.4</p> <p>Identify family members</p>	

			<ul style="list-style-type: none"> <li>- Foot problems</li> <li>- Athlete foot</li> <li>- Corns and calluses</li> <li>- In grown toe nails</li> <li>- Procedure of pedicure</li> <li>- Massage of feet</li> </ul>	<p>Practice the identification of foot problems of</p> <ul style="list-style-type: none"> <li>- Athlete foot</li> <li>- Corns and calluses</li> <li>- Ingrown nails</li> <li>- Practice of pedicure and massage of feet and legs</li> </ul>	<p>and others for any diseases and disorders of feet.</p> <p>Practice for pedicure on family and friends</p>	
9	Day 9	<b>Lesson 5</b> <b>Mehendi Application</b>	<p>5.3 Use and making of Mehndi paste</p> <p>5.4 Mehndi application styles</p> <ul style="list-style-type: none"> <li>- Rajasthani</li> <li>- Marwadi</li> <li>- Arabian</li> <li>- Sticker</li> <li>- Tattoo</li> </ul>	<p>Practice of</p> <ul style="list-style-type: none"> <li>- Mehndi cone making</li> <li>- Mehndi paste making</li> </ul> <p>Practice of mehndi application in</p> <ul style="list-style-type: none"> <li>- Rajasthani style</li> <li>- Marwadi style</li> <li>- Sticker mehndi</li> <li>- Tattoo mehndi</li> </ul>	<p>Intext Q 5.1</p> <p>Practice for the following</p> <ul style="list-style-type: none"> <li>- Cone making</li> <li>- Henna paste making</li> <li>- Application of different styles of Mehndi</li> <li>- Collect pictures of motifs and designs used in different styles of mehndi and paste them in your practical file</li> </ul>	<p>Explain what is <i>henna</i> and appreciates its use.</p> <p>Effectively makes henna cone and paste.</p> <p>Distinguishes between different styles of <i>mehndi</i> and chooses appropriate motifs and designs for each style.</p> <p>Confidently applies different style of <i>mehndi</i></p>
10.	Day 10	<b>Lesson 6</b> <b>Science of Skin and Hair</b>	<p>6.3 Skin</p> <ul style="list-style-type: none"> <li>• Layers of the skin</li> </ul> <p>6.4 Common skin problem</p> <ul style="list-style-type: none"> <li>• Skin disorders – <ul style="list-style-type: none"> <li>- Acne</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Make a chart showing the structure of skin labeling each layer</li> <li>• Group discussion on some common skin disorders and diseases, their causes and</li> </ul>	<p>Intext Q 6.1</p> <p>Intext Q 6.2</p> <p>Terminal Q</p> <ul style="list-style-type: none"> <li>• Through intensive observation learn to</li> </ul>	<p>Explains and sketches the structure of skin showing its different layers.</p> <p>Identifies the different types of</p>

			<ul style="list-style-type: none"> <li>- Black heads/comedones</li> <li>- White heads milia</li> <li>- Steatoma</li> <li>- Asteatosis</li> <li>- Seborrhea</li> <li>- Hyper hydrosis</li> <li>- Prickly heat or milia Rubra</li> <li>• Diseases <ul style="list-style-type: none"> <li>- Eczema</li> <li>- Allergy</li> </ul> </li> <li>• Types of skin</li> </ul>	<p>treatment</p> <ul style="list-style-type: none"> <li>• Make a chart showing different types of skin</li> </ul>	<p>identify the following skin disorders –</p> <ul style="list-style-type: none"> <li>• Acne</li> <li>• Black heads</li> <li>• White heads</li> <li>• Steatoma</li> <li>• Asteatosis</li> <li>• Seborrhoea</li> <li>• Hyperhydrosis</li> <li>• Prickly heat</li> </ul>	<p>skin.</p> <p>Identifies skin disorders and diseases through visual observations.</p>
11.	Day 11	<b>Lesson 7</b> <b>Hair and its Care</b>	<p>7.3 Hair</p> <ul style="list-style-type: none"> <li>• Composition of hair</li> <li>• Division of hair</li> <li>• Hair structure</li> <li>• Hair growth</li> </ul> <p>7.4 Types of hair</p> <ul style="list-style-type: none"> <li>• Diseases, disorders, causes and remedies of hair <ul style="list-style-type: none"> <li>- Oily hair</li> <li>- Dry hair</li> <li>- Split ends</li> <li>- Dandruff</li> <li>- Non –contagious and non infectious condition of scalp</li> <li>- The main infections and infestations of skin and scalp</li> </ul> </li> </ul>	<p>Group discussion on diseases and disorders of hair listed below –</p> <ul style="list-style-type: none"> <li>- Oily hair</li> <li>- Dry hair</li> <li>- Split ends</li> <li>- Dandruff</li> </ul> <p>Practice the identification of non contagious, Non infectious and infectious diseases of skin and scalp</p>	<p>Intext Q 7.1</p> <ul style="list-style-type: none"> <li>- Through visual inspection identify the hair growth cycle of friends and family</li> <li>- Practice the identification of - <ul style="list-style-type: none"> <li>- Oily hair</li> <li>- Dry hair</li> <li>- Split ends</li> </ul> </li> </ul>	<p>Explains hair and its composition and scalp.</p> <p>Explain hair re-growth cycle.</p> <p>Identifies different types of hair, their related problems and remedies.</p> <p>Uses visual observation to identify some non contagious, non infectious, infectious diseases or disorders of and scalp.</p>
12.	Day 12		<ul style="list-style-type: none"> <li>• Scalp massage</li> <li>• Shampooing</li> </ul>	<p>Conduct a market survey to study the brands and cost of</p>	<p>Intext Q 7.2</p>	<p>Undertakes massage, shampooing and</p>

			<ul style="list-style-type: none"> <li>• Types of shampoos</li> <li>• Conditioning</li> <li>• Types of conditioners</li> </ul>	shampoos and conditioners available in the local market Practice of procedure of scalp massage	Identify the types of hair of your friends and family members and suggest the appropriate shampoo and conditioner that they can use.	conditioning of hair Identifies different type of shampoos and conditioners available and uses effectively in relation to the types of hair of the client
13.	Day 13	<b>Lesson 8</b> <b>Superfluous</b> <b>Hair removal</b>	8.3 Causes of superfluous hair 8.4 Methods of hair removal <ul style="list-style-type: none"> <li>- Epilating</li> <li>- Depilation</li> </ul> 8.5 Epilation <ul style="list-style-type: none"> <li>- Tweezing</li> <li>- Threading</li> <li>- Waxing</li> <li>- Eye brow plucking</li> </ul>	Practical – 2 Removal of Superfluous hair - <ul style="list-style-type: none"> <li>• using chemical depilatories</li> <li>• bleaching</li> <li>• Eye brow shaping using thread</li> <li>• Practice for threading</li> <li>• Demonstration of waxing</li> </ul>	Intext Q 8.1 Intext Q 8.2 Identification of the causes of superfluous hair of your family and friends Practice the following <ul style="list-style-type: none"> <li>• Tweezing</li> <li>• Threading</li> <li>• Waxing</li> </ul>	enumerates the causes of superfluous hair lists different method of removing superfluous hair Observes the prescribed precautions while removing superfluous hair. Undertakes methods of hair removal by depilation using abrasive paper, pumice stone, shaving and depilatory creams.
14.	Day 14		8.6 Bleaching and eyebrow shaping <ul style="list-style-type: none"> <li>- Types of bleach</li> </ul>	<ul style="list-style-type: none"> <li>• By using cold wax</li> <li>• By using hot wax</li> </ul> Eye brow shaping	Intext Q 8.3 Practice for the following <ul style="list-style-type: none"> <li>- Patch test</li> </ul>	Undertakes bleaching using powder or paste bleach and creams

			<ul style="list-style-type: none"> <li>- Allergic test/patch test</li> </ul> <p>8.7 Eyebrow shaping</p> <ul style="list-style-type: none"> <li>- Methods and measuring the brows</li> <li>- Depilation</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>• Practice of allergy/patch test</li> <li>• Practice of hair removal by Depilatory creams and shaving</li> </ul>	<ul style="list-style-type: none"> <li>- Bleaching</li> <li>- Shaping of eyebrows</li> <li>- Depilatory creams</li> <li>- Shaving</li> </ul>	<p>bleach</p> <p>Conducts allergic patch test before bleaching</p> <p>Shapes eyebrows in relation to shape of the face using tweezing and threading</p>
15.	Day 15	<b>Lesson 9 Facial and Massage</b>	<p>9.3 Benefits of massage</p> <p>Type of massage</p> <ul style="list-style-type: none"> <li>• Petrissage</li> <li>• Effleurage</li> <li>• Tapotement</li> <li>• Friction</li> <li>• Vibration</li> <li>• Joint manipulation</li> </ul>	<p>Demonstration and practice of following types of massage</p> <ul style="list-style-type: none"> <li>- Petrissage</li> <li>- Effleurage</li> <li>- Tapotement</li> <li>- Friction</li> <li>- Vibration joint</li> <li>- Joint Manipulation</li> </ul>	<p>Practice for the following</p> <ul style="list-style-type: none"> <li>- Petrissage</li> <li>- Effleurage</li> <li>- Tapotement</li> <li>- Friction</li> <li>- Vibration</li> </ul>	<p>Lists the advantages of facial massage.</p> <p>Effectively undertakes the different types of massage.</p>
16.	Day 16		<p>9.4 Facial massage</p> <ul style="list-style-type: none"> <li>• Facial massage routine</li> </ul>	<p>Plain facial</p> <p>Practice for facial massage procedure</p> <p>Observing the prescribed massage routine</p>	<p>Intext Q 9.1</p> <p>Practice facial massage routine on family and friends</p>	<p>Observes the suggested massage routine of facial massage.</p>
<b>16</b>	<b>DAY 16</b>		<p>9.5 Packs and Masks</p> <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Types of face masks</li> </ul> <p>9.6 Face pack for dry skin</p> <ul style="list-style-type: none"> <li>- Golden touch</li> <li>- Olivia</li> <li>- Brown velvet</li> </ul>	<p>Practical- 6</p> <p>Facial for dry skin</p> <ul style="list-style-type: none"> <li>• Undertake the making and using of different types of masks and packs</li> </ul>	<p>In text Q- 9.2</p> <p>Have small group discussions on the types of masks and packs being used by all and record the procedure of making them in your practical file</p>	<p>Makes and uses different types of face pack and masks for different types of skin.</p>
<b>17</b>	<b>Day17</b>	<b>Lesson 10</b>	<p>10.3 Cosmetics used in make</p>	<ul style="list-style-type: none"> <li>• Conduct a market survey to</li> </ul>	<ul style="list-style-type: none"> <li>• Collect the</li> </ul>	<p>Explains what make-</p>

		<b>Makeup</b>	<ul style="list-style-type: none"> <li>- up</li> <li>- Foundation</li> <li>- Cheek colour</li> <li>- Lipstick and lip colour</li> <li>- Eye shadow</li> <li>- Eye brow colure</li> <li>- Mascara</li> <li>- Face powder</li> <li>- Other useful material</li> </ul>	<p>study the different brands and the cost of makeup cosmetics available.</p> <ul style="list-style-type: none"> <li>• Demonstrate the procedure of using different cosmetics of makeup.</li> </ul>	<p>makeup cosmetics and prepare a kit for yourself</p>	<p>up is and enumerates its types.</p>
<b>18</b>	<b>Day 18</b>		<p>Makeup and cosmetics</p> <ul style="list-style-type: none"> <li>- Foundation</li> <li>- Rouge</li> <li>- Application for Long narrow face</li> <li>- Wide round face</li> <li>- Dark shadows under the eye</li> <li>- Eye shadow</li> <li>- Mascara</li> <li>- lipstick</li> </ul>	<p>Day and evening makeup</p> <ul style="list-style-type: none"> <li>• Practice the application of rouge, foundation, eye shadows, powder, mascara and lipstick for different shapes of faces.</li> </ul>	<p>Intext Q- 10.1</p> <p>Practice for the following</p> <ul style="list-style-type: none"> <li>- Foundation</li> <li>- Rouge</li> <li>- Eye shadow</li> <li>- Powder</li> <li>- Mascara</li> <li>- Lipstick</li> </ul>	<p>Identifies and uses the cosmetics and other material for makeup</p>
<b>19</b>	<b>DAY 19</b>		<p>10.4 Type of makeup</p> <ul style="list-style-type: none"> <li>- Day makeup</li> <li>- Evening makeup</li> <li>- Bridal makeup</li> <li>- High fashion or Trend makeup</li> <li>- Corrective makeup</li> </ul>	<p>Practice and demonstrate the following types:</p> <ul style="list-style-type: none"> <li>- Bridal makeup</li> <li>- High fashion or trend make up</li> <li>- Corrective make up</li> </ul>	<p>Terminal Question</p> <p>Practice on friends and family members:-</p> <ul style="list-style-type: none"> <li>- Day makeup</li> <li>- Evening makeup</li> <li>- Bridal makeup</li> <li>- High fashion or Trend makeup</li> <li>- Corrective makeup</li> </ul>	<p>Undertakes, day makeup, evening makeup, high trend or fashion makeup and bridal makeup of clients</p> <p>Undertakes corrective makeup to help keep minimize poor features of the client</p>
<b>20</b>	<b>Day20</b>	<b>Lesson 11 Hair Cutting Tools</b>	<p>11.3 Hair cutting, shaping instruments and their uses:</p> <ul style="list-style-type: none"> <li>• Tools and equipment</li> <li>a) Scissor or shears</li> </ul>	<ul style="list-style-type: none"> <li>• Practical -8 Hair cutting and shaping</li> <li>• Practice and demonstrate the correct use of tools and</li> </ul>	<p>Intext Q- 11.1</p> <p>Collect pictures of cutting and shaping tools and paste in the practical file</p>	<p>Identifies different hair cutting and shaping instruments.</p>

			<ul style="list-style-type: none"> <li>b) Thinning shears and scissors</li> <li>c) Razor</li> <li>d) Clippers</li> <li>e) Hair shaping combs <ul style="list-style-type: none"> <li>• Basic sectioning or hair cut</li> </ul> </li> </ul> <p>11.4 Designing a hair style 11.5 Hair texture</p>	<p>equipment for shaping of hair</p> <ul style="list-style-type: none"> <li>• Practice sectioning for hair</li> </ul>	<ul style="list-style-type: none"> <li>• Practice and master the using of tools of styling and cutting</li> </ul>	<p>Uses tools and equipments of hair cutting and shaping appropriately.</p> <p>Undertakes basic sectioning for a hair cut</p>
21	Day 21		<p>11.6 Facial structure</p> <ul style="list-style-type: none"> <li>- Long face</li> <li>- Round face</li> <li>- Square face</li> <li>- Heart shaped face</li> <li>- Pear shaped face</li> <li>- Rectangular face</li> </ul> <p>Problem features:</p> <ul style="list-style-type: none"> <li>- prominent nose</li> <li>- Heavy face line or chin</li> <li>- high or receding forehead</li> <li>- Personality of client</li> </ul>	<ul style="list-style-type: none"> <li>• Make a chart showing the different types of faces and suggest at least one hair style for each shape of face</li> </ul>	<p>Intext Q- 11.2 Terminal question</p> <ul style="list-style-type: none"> <li>• Through visual observation practice the identification of different shapes of face of different people.</li> <li>• Collect pictures of celebrities having shapes of faces and pasting the practical file</li> </ul>	<p>Suggests hair styles/ hair cut to the client in relation to their hair texture, facial structure and personality.</p>
22	Day 22	<b>Lesson-12 Techniques of Hair Cutting</b>	<p>12.3 Types of cut</p> <ul style="list-style-type: none"> <li>- Blunt cut</li> <li>- U cut</li> <li>- Boy cut</li> <li>- Step cut</li> </ul> <p>12.4 Techniques of hair cutting</p> <ul style="list-style-type: none"> <li>- Holding of scissor and comb</li> <li>- Cutting process</li> <li>- Lifting and cutting process</li> </ul>	<p>Sectioning and hair cutting procedures</p> <ul style="list-style-type: none"> <li>- Blunt cut</li> <li>- U cut</li> <li>- Boy cut</li> <li>- Step cut</li> <li>- Trimming <ul style="list-style-type: none"> <li>• Demonstrate the correct method of holding and using the combs and scissors for cutting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Practice holding and using combs and scissor for cutting</li> </ul> <p>Practice for the following hair cuts</p> <ul style="list-style-type: none"> <li>- Blunt cut</li> <li>- U cut</li> <li>- Boy cut</li> <li>- Step cut</li> </ul>	<p>Differentiates between the different hair cutting techniques.</p> <p>Holds the scissors and combs appropriately during the cutting process.</p> <p>Undertakes lifting and cutting process, tapering, club</p>

						cutting, razor, cutting and lining out.
23	Day 23		<ul style="list-style-type: none"> <li>• Tapering</li> <li>- Point tapering</li> <li>- Club cutting</li> <li>- Tapering scissors</li> <li>- Razor cutting</li> <li>- Lining out</li> <li>- Sectioning of hair</li> <li>- Removing of neck hair</li> </ul>	Practice of the following <ul style="list-style-type: none"> <li>- Tapering</li> <li>- Tapering</li> <li>- Point tapering</li> <li>- Club cutting</li> <li>- Tapering scissors</li> <li>- Razor cutting</li> </ul>	<ul style="list-style-type: none"> <li>• Intext Q- 12.1</li> </ul> Practice for the following <ul style="list-style-type: none"> <li>- Tapering</li> <li>- point tapering</li> <li>- razor cutting</li> <li>- lining out</li> <li>- section</li> <li>- removing neck hair</li> </ul>	<p>Sections the hair appropriately in relation to the hair cut.</p> <p>Removes neck hair using clippers and scissors.</p>
24	DAY 24		12.5 Hair cutting summary 12.6 Hair care products <ul style="list-style-type: none"> <li>- Styling gel</li> <li>- Hair wax</li> <li>- Mousse</li> <li>- Texturiser</li> <li>- Hair spray</li> <li>- Hair shampoo</li> <li>- Hair conditioners</li> <li>- Hair colours</li> </ul>	Practice of the following <ul style="list-style-type: none"> <li>- Sectioning of hair</li> <li>- Removal of neck hair</li> <li>- Make a char describing the technique and the method of various technique of hair cutting</li> </ul>	Intex Q- 12.2 Terminal Question Undertake a market survey to find out the different brands of hair care products available in your market	Lists and effectively uses different hair care products
25	Day25	<b>Lesson 13 Hair Styling</b>	13.3 Principles of design <ul style="list-style-type: none"> <li>• Cosmetics used in setting and styling</li> <li>- Setting Lotion</li> <li>- Hair spray</li> <li>- Types of styling</li> <li>- Roller setting</li> <li>- Blow drying</li> <li>- Back combing</li> <li>- Curling and straightening with curling rod</li> </ul>	Practical- 9 Styling <ul style="list-style-type: none"> <li>- Roller setting</li> <li>- Blow drying</li> <li>- Sectioning procedures</li> <li>- Procedure of strengthening hair, curling hair by electric rod using hair styling and setting cosmetics</li> </ul>	Continue practice of <ul style="list-style-type: none"> <li>- Roller setting</li> <li>- Blow drying</li> <li>- Back combing</li> <li>- Curling and straightening with curling rod</li> <li>- Practice for using setting and spray</li> </ul>	<p>Styles hair in relation to hair texture, density, length and shape of the hair.</p> <p>Uses cosmetics for styling and setting correctly.</p> <p>Undertakes blow drying, back combing / back brushing, curling and straightening effectively.</p>

26	Day 26		<p>13.4 Back Combing</p> <ul style="list-style-type: none"> <li>• Methods of back combing</li> <li>• Teasing method</li> <li>• Back brushing</li> <li>• Removal of back combing and back brushing</li> </ul> <p>13.5 Casual hairstyles</p> <ul style="list-style-type: none"> <li>- French braid plait</li> <li>- fish plait</li> </ul> <p>Four and five parting plait</p>	<p>Practical – 9</p> <p>Types of braids</p> <ul style="list-style-type: none"> <li>- Four strand braids</li> <li>- Strand plait</li> <li>- French plait</li> </ul> <p>Practice of the following</p> <ul style="list-style-type: none"> <li>- Back combing</li> <li>- Teasing method</li> <li>- Back Bushing</li> </ul>	<p>Intext Q- 13.1</p> <ul style="list-style-type: none"> <li>• Practice for back combing and teasing</li> <li>• Practice for some casual hair styles on family and friends</li> </ul>	Effectively dresses hair using finishing cosmetics
27	Day 27		<p>13.6 Formal style</p> <ul style="list-style-type: none"> <li>• Types of rolls</li> <li>- Even numbers</li> <li>- Odd numbers</li> <li>• Interlocks</li> <li>- Even numbers</li> <li>- Odd numbers</li> <li>• Elaborate style with braids</li> <li>• Bridal style with front setting</li> </ul> <p>13.7 setting and blow drying</p> <p>13.8 dressing hair</p> <ul style="list-style-type: none"> <li>• How to apply lacquer</li> </ul>	<p>Practical-9</p> <p>Different judas, rolls and interlocking. Bridal hair styles</p> <ul style="list-style-type: none"> <li>• Artificial aids in hair styling</li> <li>• Bun rolls</li> <li>• Interlocks, 3,7,9,4,8.10</li> <li>• Practice of applying lacquer</li> </ul>	<ul style="list-style-type: none"> <li>- Intext Q- 13.2</li> <li>- Practice for formal hair style like rolls, interlock and bridal hair styles</li> <li>- Visit neighborhood salon and study different method being used by them for setting hair styles and write a report of your observation</li> </ul>	Undertakes casual and formal hair styles confidently
28	Day 28	<b>Lesson 14 Colouring and Perming</b>	<p>14.3 Study of colour</p> <ul style="list-style-type: none"> <li>- primary colours</li> <li>- secondary colours</li> </ul> <p>14.4 Definition and classification of hair colouring and tinting</p> <ul style="list-style-type: none"> <li>• Classification</li> <li>- Vegetable Dye</li> <li>- Chemical Dye</li> </ul>	<p>Practical-11</p> <p>Hair colouring</p> <ul style="list-style-type: none"> <li>• Skin test</li> <li>• Application of henna</li> <li>• Make a chart showing primary and secondary colours</li> </ul>	<ul style="list-style-type: none"> <li>• Visit the neighbourhood market and find out the different brands of chemical and vegetable dyes available.</li> <li>• In the practical fill tabulate between</li> </ul>	<p>Explains the meaning of colouring and perming.</p> <p>Classifies hair colouring techniques.</p>

					<p>these two</p> <ul style="list-style-type: none"> <li>Practice for henna application</li> </ul>	
<b>29</b>	<b>DAY 29</b>		<ul style="list-style-type: none"> <li>Vegetable hair colours</li> <li>Chemical hair colours</li> <li>Procedure</li> <li>Precautions</li> <li>Type of hair dye</li> <li>Synthetic organic dye</li> <li>Material required and procedure of henna dye</li> </ul>	<p>Sectioning and procedure of hair dye</p> <ul style="list-style-type: none"> <li>Make a chart showing the advantages and disadvantages of using Vegetable dye, Metallic dye and Synthetic dye</li> </ul>	<p>Intext Q – 14.1</p> <p>Practice for chemical, metallic and synthetic hair dyes</p> <ul style="list-style-type: none"> <li>List in your practical file some popular chemical dyes available in the market</li> </ul>	<p>Masters the procedure of hair colouring</p> <p>Undertakes the sectioning for colouring and perming of hair</p> <p>Observes the prescribed precautions of colouring and perming</p>
<b>30</b>	<b>Day30</b>		<p>14.5 Perming and straightening</p> <ul style="list-style-type: none"> <li>Hair analysis</li> <li>Sectioning of pattern <ul style="list-style-type: none"> <li>Straight back pattern</li> <li>Rod selection and wrapping</li> </ul> </li> <li>Wrapping material required procedure</li> <li>Precautions</li> <li>Perming</li> <li>Softening</li> <li>Molding</li> <li>Fining</li> <li>Straitening of hair</li> <li>-Wet setting</li> <li>- Dry setting</li> </ul>	<p>Practical- 12</p> <p>Hair perming</p> <ul style="list-style-type: none"> <li>Practice for the following <ul style="list-style-type: none"> <li>Straight back pattern</li> <li>Rod selection</li> <li>Wrapping</li> <li>Wet setting</li> <li>Dry setting</li> <li>Molding</li> <li>Fixing</li> <li>Softening</li> </ul> </li> </ul>	<p>Intext Q- 14.2</p> <p>Practice for:</p> <ul style="list-style-type: none"> <li>Sectioning of hair</li> <li>Straight back pattern</li> <li>Rod selection</li> <li>Wrapping and other techniques taught in the class.</li> </ul>	<p>Differentiates between the technique of perming and straightening.</p> <p>Undertakes the procedure of strengthening of hair.</p>