

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2022-2023

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### **BEAUTY AND WELLNESS (CODE-407)**

**JOB ROLE: ASSISTANT BEAUTY THERAPIST**

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**CLASS – IX**

#### **COURSE OVERVIEW:**

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This course is designed for the students to learn about and perform the basics of beauty therapy and maintain hygiene and safety at workplace. The students would gain knowledgeable about various beauty products and will be able to perform basic depilation, manicure, pedicure and basic face care services. They will be able to assist Beauty Therapist in providing advanced services. The students will be trained in the correct usage and handling to perform the skin treatments safely.

#### **SCHEME OF UNITS**

This course is a planned sequence of instructions consisting of units meant for developing employability and vocational competencies of students of Class IX opting for skill subject along with general education subjects. The unit-wise distribution of hours and marks for class IX is as follow:

## BEAUTY AND WELLNESS (Code - 407)

CLASS – IX (SESSION 2022-2023)

Total Marks: 100 (Theory-50+Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical 200		MAX. MARKS for Theory and Practical100
<b>Part A</b>	<b>Employability Skills</b>			
	Unit 1 : Communication Skills-I	10		2
	Unit 2 : Self-Management Skills-I	10		2
	Unit 3 : Information and Communication Technology Skills-I	10		2
	Unit 4 : Entrepreneurial Skills-I	15		2
	Unit 5 : Green Skills-I	05		2
	<b>Total</b>	<b>50</b>		<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>	<b>Theory Periods (In Hours)</b>	<b>Practical Periods (In Hours)</b>	<b>Marks</b>
	Unit 1 : Introduction to Beauty and Wellness Industry	10	20	20
	Unit 2 : Manicure, Pedicure, Mehendi Services	10	20	
	Unit 2 : Manicure, Pedicure, Mehendi Services	10	20	20
	Unit 3 : Hair Care	10	35	
	<b>Total</b>	<b>40</b>	<b>95</b>	<b>40</b>
<b>Part C</b>	<b>Practical Work</b>			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	<b>Total</b>			<b>35</b>
<b>Part D</b>	<b>Project Work/Field Visit</b>			
	Practical File/ Student Portfolio			10
	Viva Voce			05
	<b>Total</b>			<b>15</b>
		<b>200</b>		<b>100</b>

## **DETAILED CURRICULUM/ TOPICS**

### **Part-A: EMPLOYABILITY SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Communication Skills-I	10
2.	Unit 2: Self-management Skills-I	10
3.	Unit 3: Basic ICT Skills-I	10
4.	Unit 4: Entrepreneurial Skills-I	15
5.	Unit 5: Green Skills-I	05
	<b>TOTAL</b>	<b>50</b>

**NOTE:** Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

### **Part-B – SUBJECT SPECIFIC SKILLS**

- UNIT 1 – Introduction To Beauty & Wellness Industry And Beauty Therapy
- UNIT 2 – Manicure, Pedicure & Mehendi Services
- UNIT 3 – Hair Care

#### **UNIT 1: INTRODUCTION TO BEAUTY & WELLNESS INDUSTRY AND BEAUTY THERAPY**

<b>S. No.</b>	<b>LEARNING OUTCOMES</b>	<b>THEORY</b>	<b>PRACTICAL</b>
1	<b>Identify various career opportunities &amp; methods within the beauty sector.</b>	1. Introduction to Beauty & Wellness industry	1. Identify & enlist various beauty & wellness service providers 2. Prepare a project report on any organization present locally. The report should include the following: <ul style="list-style-type: none"><li>• Size</li><li>• Service</li><li>• Equipment</li><li>• Manpower</li></ul>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
2	<b>Identify different services in beauty therapy</b>	1. List different services in beauty therapy <ul style="list-style-type: none"> <li>• Pedicure &amp; Manicure</li> <li>• Threading Waxing</li> <li>• Bleach</li> <li>• Face cleanup</li> <li>• Makeup Hairdo</li> <li>• Mehendi</li> <li>•</li> <li>•</li> </ul>	1. Demonstration of different services used in beauty therapy
3	<b>Prepare and Maintain work area</b>	1. Various set ups for treatment work area. 2. Different sterilization and disinfection process 3. Method to prepare client record cards 4. Pre- & post treatment preparation for clients 5. Waste Disposal methods 6. Safe	1. Prepare and maintain the treatment work area 2. Fill up client record cards appropriately 3. Prepare the client for treatment 4. Sterilise & disinfect equipment & tools 5. Segregate & dispose-off waste accordingly.
4	<b>Maintain Health &amp; Safety at Work Area</b>	1. Understand the manufacturer's instructions related to equipment and product use and cleaning. 2. Contra- indications related to beauty treatments. 3. Knowledge of applicable legislation relating to the workplace 4. Norms for storing & handling products, tools and equipment safely to meet with the manufacturer's instructions	1. Read the information on the labels of beauty products 2. Identify contraindications of various beauty treatments 3. Storing & handling of products, tools and equipment safely.

## UNIT 2: MANICURE, PEDICURE & MEHENDI SERVICES

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Perform Manicure &amp; Pedicure Services</b>	<ol style="list-style-type: none"> <li>1. Understand how to work safely and effectively when providing manicure &amp; pedicure services</li> <li>2. Understand how to perform client consultation, treatment planning and preparation</li> <li>3. Anatomical structure, function, characteristics of nail and the process of nail growth</li> <li>4. Anatomy &amp; physiology of hand &amp; feet.</li> <li>5. Knowledge on different products &amp; tools for manicure &amp; pedicure services.</li> <li>6. Understand different manicure &amp; pedicure techniques,</li> <li>7. Understand how to provide aftercare advice for clients</li> </ol>	<ol style="list-style-type: none"> <li>1. Identify contra-indications and contra-actions that affect or restrict manicure &amp; pedicure services</li> <li>2. Identify nail shape, nail condition (texture, disease etc)</li> <li>3. List the type of nail diseases.</li> <li>4. Identify &amp; name various important bones &amp; muscles of hand &amp; feet</li> <li>5. Prepare the client for manicure &amp; pedicure services.</li> <li>6. Identify the products and tools suitable to carry out the manicure &amp; pedicure services -Exfoliant, enamel remover, nail enamels, cuticle cream Tools: pedicure clipper, foot scrapper, nail brush, nail file, cuticle nippers, cuticle knife, emery boards, nail scissors, nail clippers</li> <li>7. Demonstration of various techniques used in manicure &amp; pedicure services. Techniques: Filing, buffing, application of cuticle cream, removal of cuticle, cuticle pushing, polishing.</li> </ol>

<p>2.</p>	<p><b>Carry out application of simple Mehendi designs</b></p>	<ol style="list-style-type: none"> <li>1. Importance of right consistency of mehendi mixture</li> <li>2. Contra indications and contraactions for mehendi application</li> <li>3. Procedure to prepare and store mehendi</li> <li>4. Importance of skin sensitivity test</li> <li>5. Simple design elements used in mehendi design Risks of using sub-standard products</li> <li>7. Factors impacting customer comfort and satisfaction while undergoing the process of mehendi application</li> <li>6. Aftercare procedures for mehendi services</li> </ol>	<ol style="list-style-type: none"> <li>1. Demonstration for preparation of mehendi</li> <li>2. Procedure for skin sensitivity test</li> <li>3. Demonstration of simple mehendi designs</li> <li>4. Identify various parts of the body commonly used for mehendi application</li> <li>5. Preparation of tools and product for mehendi application- Mehendi cones, oils, etc.</li> <li>6. Demonstration for mehendi removal after drying</li> </ol>
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**UNIT 3: HAIR CARE**

<b>S. No.</b>	<b>LEARNING OUTCOMES</b>	<b>THEORY</b>	<b>PRACTICAL</b>
1.	<b>Provide simple hair dressing services to produce common hair dos</b>	<ol style="list-style-type: none"><li>1. Factors that influence hair services - hair cut/style, texture, length, density, growth patterns, skin tone, face shape, lifestyle, existing curls etc.</li><li>2. hair and hair shaft structure</li><li>3. Hair and scalp conditions</li><li>4. Various styles of dressing hair – Plait ,twists, braids, knots, chignon, pleat, rolls, ringlets, smooth blow dry, curly blow dry, tonging, ,straightening, wet/dry setting, added hair</li><li>5. Different types of hair accessories - Pins, clips, false hair, parandas, nets, veils, fresh flowers(gajra),etc.</li><li>6. Range and suitability of styling products, tools and equipment and the resultant effects of using these</li><li>7. Range and application of finishing products physical effects of styling on hair structure</li></ol>	<ol style="list-style-type: none"><li>1. Carry out hair styling on dummies.</li><li>2. Identify the type of hair styling as per the hair length &amp; texture.</li><li>3. Demonstration of hair do's using different accessories.</li></ol>