TRAINING SCHEDULE - HAIR CARE AND STYLING (641)

Total Contact Hours: 240 hrs (PCP(120 hrs) + Self Study (120hrs)
PCP- 120hrs (Theory (30hrs) + Practical (90hrs)

S. No.	Session / Day	Lesson	Theory (1 hrs.)	Practical (3 hrs)	Self study /assignment	Learning Outcomes
1.	Day 1	1. Scope of Hair Styling	 1.1 Job Profile 1.2 Skills, interest and qualities 1.3 Good working practices to be adopted 	Make a chart to show the activities that are expected as part of job profile of an assistant Hair Stylist	 Intext Q-1.1 Intext Q – 1.2 Activity 1.1 Visit different salons and write a report of the job roles of an hair stylist working there 	Appreciates the required skills interests and qualities of an assistant hair stylist
2.	Day 2	Scope of Hair Styling	 1.4 Career opportunities and progression 1.5 Types of hair services provided by an assistant hair stylist 	With the help of a flow chart show the career pathway open to you as an assistant hair stylist	 Intext Q. 1.3 Terminal Exercise Collect pictures of the activities expected of an assistant hair stylist and paste them in the practical file. 	 Identifies and lists the career opportunities and progression in this area of work Knowledgeable about the different types of hair services offered in
3	Day 3	2. Study of Hair	 2.1 Structure of hair Hair Root Hair Shaft 2.1.3 Physical and chemical properties of hair	 Sketch in practical file the Structure of hair The cross sector of hair Practice of identification of stages of hair re-growth cycle: Anagen Catagen 	 Intext Q 2.1 Intext Q 2.2 Practice the drawing done in the class Continue practice of hair re-growth cycle 	the salon • enumerates the characteristics of hair and its chemical composition; • explains and identifies the hair re-growth cycle through visual observation;

4.	Day 4	Study of Hair	2.2 Hair re-growth cycle - Anagen - Catagen - Telegon 2.3 Types of hair Care of different types of hair Characteristics of: -Normal healthy hair -Dry hair or stressed hair -Dry/ Dull hair	 Telegon Identify the three different types of hair and record the characteristics of each type of hair in practical file by visual inspection Prepare hair mask for: 	 Intext Q 2.4 Terminal Exercise Examine the hair of your colleagues to practice the identification of the different types of hair Identify types of hair disorders or disease 	 identifies and lists the types of hair and knows about their characteristics. differentiates between hair disease and hair disorders.
5	Day 5	3 Scaln	-Oily hair 2.4 Hair Diseases and Disorders Disorders: • Alopecia • Canities /Gray hair Trichorrhexis nodosa: • Dandruff Diseases: • Pediculosis Papipil (Head lice) • Tinea Papil (Ringworm)	 Healthy hair Dry hair Curly hair Make a chart listing the different hair diseases and disorders with their causes and criteria for identification. 	by visual observation of people in your home and submit a report	analyzae the scaln and
5.	Day 5	3. Scalp Massage, Shampooi	3.1 Analysis of scalp and hair Procedure of:	Undertake the followingDensity test	Intext Q 3.1Learner to practice to hair analysis	analyzes the scalp and hair

		ng and Condition ing	Density testElasticity testPorosity text	Porosity textElasticity testVisual analysis of hair	procedures at home with family and friends.	
6.	Day 6	Scalp Massage, Shampooing and Conditioning	 3.2 Scalp massage techniques Effleurage Pestrissage Tapoment Friction Vibration 3.3 Procedure scalp massage 3.3.1 Precautions 3.3.2 Benefits 	 Practice of basic massage techniques Procedure of scalp massage Practice of Massage manipulations 	 Intext Q 3.2 Intext Q 3.3 In the practical file record benefits and precautions of scalp massage. Practice Scalp massage at home 	 undertakes the different massage manipulations identifies and uses appropriate tools and equipments for scalp massage
7.	Day 7	Scalp Massage, Shampooing and Conditioning	3.4 Types of Shampoo Characteristic of a good shampoo 3.4.2 Types of shampoo 3.5 Shampooing procedure Preparation of client Precautions	Identifying a good shampoo Practice clint preparation Analysise scalp and choose the required shampoo. Undertake shampooing	 Intext Q 3.4 Intext Q 3.5 Conduct a market survey to study the different types of shampoo, brands and their cost. Practice choosing & shampooing of different types of hair 	 prepares the client for services like massage, shampooing and conditioning adopts the correct procedure for shampooing, conditioning and head massage
8.	Day 8	Scalp Massage, Shampooing and Conditioning	3.6 Hair conditioningTypesProcedurePrecaution	 Procedure of conditioning identify the contra indications of shampooing, conditioning and 	 Intext Q 3.6 Terminal Exercise Conduct a market survey to study different types of 	Appreciates and convinces the client about the importance of hair shampooing, conditioning

			Contra- indications	 scalp massage. Record the effect of shampooing and conditioning in the practical file 	conditioners and brands.Write a reports of the survey in practical file	and head massage.
9	Day 9	4. Thermal Hair Styling	4.1 Thermal Styling4.2 Equipment, tools and material used in thermal styling	 Identification and learning the techniques of proper handling of tools of the thermal hair styling Practice the identification and procedure of use of hair styling cosmetics Practice preparation of trolley for different thermal hair styling. 	 Collect pictures of thermal hair styling tools and paste them in practical file Market survey for tools and materials used in thermal hair styling Intext Q 4.1 Intext Q 4.2 	 identifies equipment, tools and material used in thermal hair styling prepares the client for thermal hair styling
10.		Thermal Hair Styling	 4.3 Procedure of thermal hair styling Blow drying Blow drying of curly hair 	Practical 7 Practice of the Procedure of blow drying Practice the procedure of blow drying of curly hair	 Intext Q 4.3 Intext Q 4.4 The learner to continue the practice for blow drying, and blow drying of curly hair at home on family and friends 	 assists in the different types of thermal hair styling like Blow Drying, Roller Setting, Curling and Straightening; observes the prescribed
11.	Day 11		4.3.2 Procedure of crimping 4.3.3 Procedure of hair pressing	Practical – 8 Practical - 9 Practice of Hair crimping procedure Practical procedure for	 Intext Q 4.5 Practice for crimping and hair pressing at 	precautions in thermal styling

				hair pressing		
12.	Day 12		 4.3.4 Procedure of using curling rod Types of Curl 4.3.5 Procedure of using electric rollers Curl basis size Volume Based Full Based Half Based Off Base 	Practice the procedure of using curling rod Practical -10 Practical -11 Practical of base curl Procedure of using Electrical rollers	 Practice for curling rod Practice various curl basis size Practice for using electric rollers 	
13.	Day 13		4.4 Client preparation4.5 Precautions and ensuring good results	 Practice of setting up a trolley for thermal hair Crimping Pressing electric rollers Preparing clients for thermal hair styling 	 Practice for crimping Pressing Electric rollers Curling rod 	 Assists in the different types of thermal hair styling like Crimping, pressing, curling.
14.	Day 14		 4.6 Care and handling of thermal hair styling tools Heating Iron Flat Iron 4.7 Contra indication and contra-actions 	 Visual analysis of hair and scalp for contra-actions and indications Practice of proper handling and storing of tools equipment 	 Intext Q 4.6 Terminal Exercise Practice of hair and scalp analysis for contra indication and contra-action 	 suggests after care to clients of thermal styling; identifies and lists the contra-indications and contra-actions of thermal hair styling and advises the client accordingly
15.	Day 15	5. Basic Hair Cutting	5.1 Factors that influence hair	• Sketching of different shapes of	Intext Q 5.1Practice sketching	 concerned with the impact of factors like

	and Styling	cutting services: • Analysis of hair & scalp 5.2 Study of head • Type – Broad, long, medium • Shapes – normal, receding bumpy, flat 5.2.1 Areas of head 5.2.2 Lines or Angles	head and practice of their identification through visual inspection	 and pasting practical file Sketching of different Lines and angles Practice of hair and scalp analysis 	shape of the head, face, body and texture of hair in hair styling and hair cutting.
16.	Day 16	 5.3 Facial shapes 5.4 Body types and impact Skin and straight Curing and full Petite Fall and athletic 	 Sketching of facial shapes Identification of body types through visual inspection 	 Intext Q 5.2 Practice for visual identification of facial shapes and bodies types Collect pictures of facial shapes of body types and paste in practical file 	 Identifies various facial shapes
17.	Day 17	 5.5 Importance of hair texture in cutting 5.6 Sectioning 5.7 Elevation 5.7.1 Cutting line for different elevation Low High Medium 	 Practice of the procedure of sectioning Practice of the procedure of elevation Make chart of elevation 	 Intext Q 5.3 Intext Q 5.4 Practice of sectioning and elevation Make chart showing the four section of head. 	adopts the correct procedure of hair sectioning.
18.	Day 18	5.8 Tools, Equipments	• Practice of	• Intext Q 5.5	

		and material Brushes Combs Scissors/shears Trimming scissors Razors Clippers Styling iron Hair dryer 5.9 Finishing products 5.10 Preparation of client	Identification and proper handling of tools equipments and finishing products • Practice of preparing the clients	 Intext Q 5.6 Market survey of different tool, and finishing products available with their cost and brand 	identifies and correctly holds and handles haircutting and shaping tools and instruments.
19.	Day 19	 5.11 Basics of hair cutting Holding of scissors & comb Cutting up process Removing neck hair 5.12 Hair cutting techniques 	 Practice of the techniques of hair cutting Practice of the procedure of trimming Practice the procedure of U cut 	 Practice trimming and U cut Identification the sign that your hair needs trimming 	 prepares the client for cutting and styling. assists in the different types of hair cuttings and hairstyles.
20.	Day 20	Blunt cutLayer cut	 Procedure of blunt cut Procedure of layer cut 	 Intext Q 5.7 Practice of blunt cut and layer cut on family members and friends. 	 Undertakes the various cutting and styling procedures.
21.	Day 21	 5.13 Basic hair styles Back combing French plant Braiding 	 Procedure of back combing Procedure of French plaint 	Practice continued	procedures.

22.	Day 22		 French roll juda Bridal hair style Bridal coiffure 5.14 Precautions 5.15 Contra indications 	 Procedure of braiding Procedure of French roll juda Procedure of bridal hair style Procedure of bridal coiffure Identification of contra indications by visual inspection 	 Intext Q 5.8 Intext Q 5.9 Terminal exercise Practice continued 	 observes the prescribed precautions and suggests after care advice. identifies the contra indications in hair styling and cutting and advises the client accordingly.
23.	Day 23	6. Chemical Hair Treatments	6.1 Chemical hair treatments 6.2 Tools equipment and material 6.3 Hair analysis 6.4 Client consultation	 Identification and practice of correct handling of tools and equipments Practice of hair analysis Practice of client consultations 	 Intext Q 6.1 Intext Q 6.2 Practice continued Designing performa for client consultation 	 explains the different chemical treatments of hair carried out in a salon; undertakes hair analysis, client consultations and patch test
24.	Day 24		6.5 Preparation6.6 Patch test6.7 Sectioning6.8 Wrapping techniques	 Procedure of patch test Procedure of sectioning Procedure of wrapping techniques 	 Intext Q 6.3 Intext Q 6.4 Practice continued 	 successfully undertakes the various sectioning patterns of hair adopts the correct
25. 26.	Day 25 Day 26		6.9 Permanent waving on curling6.10 Straightening6.11 Hair colouring	 Procedure or permanent waving Procedure of permanent straightening Procedure of 	 Intext Q 6.5 Practice continued Intext Q 6.6 	 wrapping techniques; assists in permanent waving services;

			 6.12 Techniques of hair colouring 6.13 Precautions 6.14 Contra indication and contra actions 	Practice of identification of contra indication and action through visual inspection	 Intext Q 6.7 Terminal exercise Practice continued 	 assists in hair straightening procedures; assists in hair colouring procedures; observes prescribed precautions in chemical hair treatments; enumerates the contraindications and contraactions of chemical hair treatments and advises the client accordingly.
27.	Day 27	Health and Safety in Beauty Industry	 7.1 Ensuring health hygiene and safety 7.2 Products & procedure to sterilized 7.3 Applicable laws, rules and regulation 	 Procedure of disinfection Procedure of sterilization Visit to the local municipal office to study the laws, rules and regulation for safety in the salon 	 Intext Q 7.1 Intext Q 7.2 Visit to the neighborhood salon to study the licenses required for running a salon and writing a report of the observation Practice of the methods of sterilization and disinfection 	 Explains the terms like health, hygiene and safety; adopts the correct procedure to sterilize and disinfect the tools and equipment used in hair styling and cutting; observes the applicable laws, rules and regulation for safety in the salon;
28.	Day 28		 7.4 Disposal of waste and environment protection 7.5 Follow manufactures instructions 7.6 Contra indication 	 Practice of safe disposal of waste Make a chart to show the handling and storage procedures of tools & products 	 Intext Q 7.3 Intext Q 74 Terminal exercise Practice of identification of contra indication by 	 adopts the correct practices with regard to disposal of waste and environment protection; follows the manufacturer's instructions while using, cleaning and storing

29.	Day 29	Client care and communication	7.7 Safe use and stores of tools, equipment products 8.5 Effective communication telephonic 8.5.1 Communication 8.2 Behaving and communicating professionally 8.3 Managing and meeting client expectations	 Practice through role play – Effective communication with clients and other Effective telephonic communication with client and others Effective professional Behavior Meeting clients expectation 	 Intext Q 81. Intext Q 8.2 Intext Q 8.3 Intext Q 8.4 Intext Q 8.5 Practice continued 	products, tools and equipment; • identifies contraindications of hair styling and hair cutting and advises the client accordingly. • handles, stores and uses products, tools and equipment safely to meet with manufacturer's instructions □ adopts and uses appropriate communication skills □ behaves in a professional manner with clients and with others in the workplace □ effectively manages and meets client expectation □ uses effective consultation techniques to identify treatment and services to be offered. □ provides clear recommendations to the
30.	Day 30		8.4 Effective consultation 8.5 Client confidentiality 8.6 Providing dean recommendation and	 Effective consultation techniques demonstrations Designing a consultation proforma 	 Intext Q 8.6 Intext Q 8.7 Terminal exercise Visit to nearby salons to study the records and files maintained 	client after consultations ensures client confidentiality plans and manages the

getting feedback 8.9 Maintain reach files and documents	Practice of filling and safe keeping of different records files and documents	by themPractice continued	salon routines and procedures; prepares, files and organizes service feedback and fills registers/ records/files/documents;
			 successfully records information and uses it for the benefit of the salon.