

BEAUTY & WELLNESS SESSION PLAN 2025-26 (STANDARD XI)

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Jul-25	UNIT-1 INTRODUCTION TO BEAUTY AND WELLNESS INDUSTRY AND BEAUTY THERAPY	Introduction to beauty & Wellness industry. career opportunities & methods within the beauty sector. Knowledge about different services in beauty therapy. 1. Pedicure & Manicure 2. Threading 3. Waxing 4. Bleach 5. Face clean etc.	1. Identify & enlist various Beauty & wellness service Providers. 2. Prepare a project report on Any organization present Locally. There port should Include the following– Size ,Service, Equipment, Manpower.
	UNIT 1: COMMUNICATION SKILLS – III	# Methods of communication Verbal Non-verbal Visual	# Writing pros and cons of written, verbal and non-verbal communication # Listing do's and don'ts for avoiding common body language mistakes
Aug-25	UNIT-1 INTRODUCTION TO BEAUTY AND WELLNESS INDUSTRY AND BEAUTY THERAPY	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 & effective hygiene Practices for beauty services. 6. Prepare and maintain the Treatment work area. 7. Fill up client record cards Appropriately. 8 . Prepare the client for Treatment. 9. Sterilize & disinfect equipment & tools. 10. Segregate & dispose-off waste accordingly.	Demonstration of different services used in beauty therapy 1. Pedicure 2. Manicure 3. Bleach 4. Waxing
	/UNIT 1: COMMUNICATION SKILLS – III	# Communication styles assertive, aggressive, passive aggressive, submissive, etc.	# Observing and sharing communication styles of friends, teachers and family members and adapting the best practices # Role plays on communication styles.
Sep-25	UNIT-1 INTRODUCTION TO BEAUTY AND WELLNESS INDUSTRY AND BEAUTY THERAPY	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. 5. Read the information on the Labels of beauty products. 6. Identify contraindications of Various beauty treatments. 7. Storing & handling of products Tools and equipment safely.	Demonstration of different services used in beauty therapy 1. Threading 2. face cleanup 3. Makeup 4. Hair do 5. Mehendi
	UNIT 1: COMMUNICATION SKILLS – III	# Writing skills to the following: • Sentence • Phrase • Kinds of Sentences • Parts of Sentence • Parts of Speech • Articles • Construction of a Paragraph	Demonstration and practice of writing sentences and paragraphs on topics related to the subject
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		
	UNIT-2 SKIN CARE SERVICES	1. Anatomical structure of the skin . 2. Functions of the skin. 3. Characteristics of the skin and skin Types. 4. Actions of the facial, neck and Shoulder muscles. 5. Effect of the natural ageing process on the skin, facial Muscles and muscle tone. 6. Different types of skin products and methods to apply. 7. Importance of cleansing, toning, and moisturizing. 8. Different types of masks and their effects on the skin.	1. Draw & label the structure of skin. 2. Demonstration of various facial strokes, muscles, pressure points & Lymphatic drainage. 3. Identification of skin types & condition.

Oct-25	UNIT 2: SELF - MANAGEMENT SKILLS – III UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III	# Describe the important factors that influence in team building # Describe factors influencing team work # Meaning and importance of time management – setting and prioritizing goals, creating a schedule, making lists of tasks, balancing work and leisure, using different optimization tools to break large tasks into smaller tasks. # . Introduction to word processing.	Group discussion on qualities of a good team, Group discussion on strategies that are adopted for team building and team work, # Game on time management # Checklist preparation # To-do-list preparation Demonstration and practice of the following: <ul style="list-style-type: none"> • Listing the features of word processing • Listing the software packages for word processing • Opening and exit the word processor • Creating a document
Nov-25	UNIT-2 SKIN CARE SERVICES	1. Face clean-up. 2. Patch test 3. Bleach preparation & application.	1. Perform facial strokes on dummies. 2. Demonstration of performing cleansing process. 3. Analyse skin products according to skin types . 4. Analysing skin and conducting a patch test. 5. Demo for bleach, face mask application blackheads and whitehead process (comedone extractor process). Demonstration and practice of the following: <ul style="list-style-type: none"> • Listing the features of word processing • Listing the software packages for word processing • Opening and exit the word processor • Creating a document
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III	# Software packages for word processing. # Opening and exiting the word processor. # Creating a document	
Dec-25	UNIT-3 MANICURE & PEDICURE SERVICES	1. Understand how to work Safely and effectively when Providing manicure & Pedicure services. 2. Understand how to perform Client consultation, treatment Planning and preparation. 3. Anatomical Structure, Function, characteristics of Nail and the process of nail Growth 4. Anatomy & physiology of Hand & feet. 5. Structure and functions of The lymphatic vessels of The lower leg, foot, hand And arm 6. Knowledge on different Products & tools for Manicure and Pedicure Service. 7. Understand Different Manicure & pedicure Techniques. 8. Understand how to provide Aftercare advice for clients.	1. Identify contra-indications and Contra-actions that affect or Restrict manicure & pedicure Services. 2. Identify nail shape, nail Condition (texture, disease etc) 3. List the type of nail diseases. 4. Identify & name various Important bones & muscles of Hand & feet. 5. Prepare the client for manicure & pedicure services. 6. Identify the products and tools Suitable to carry out the Manicure & pedicure services Exfoliate, cuticle cream Tools: Nail brush, nail file, cuticle Nippers, cuticle knife, emery Boards, nail scissors, nail Clippers etc 7. Demonstration of various Techniques used in manicure & pedicure Services. Techniques like : Filing, buffing, Application of cuticle cream, Removal of cuticle, cuticle pushing and polishing.

	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III, UNIT 4: ENTREPRENEURIAL SKILLS- III	<p># Concept and pattern of cooperative system of milk procurement and pricing of milk. Marketing of milk in India</p> <p>Numbering and bullet Creating table Find and replace Page numbering. Printing document. Saving a document in various formats. #Values in general and entrepreneurial values #Entrepreneurial value orientation with respect to innovativeness, independence, outstanding performance and respect for work</p>	<p>. Demonstration and practicing the following:</p> <ul style="list-style-type: none"> • Editing the text • Word wrapping and alignment • Changing font type, size and face • Inserting header and footer • Removing header and footer <p>. Using autocorrect option Insert page numbers and bullet Save and print a document Listing of entrepreneurial values by the students # Group work on identification of entrepreneurial values and their roles after listing or reading 2-3 stories of successful entrepreneur. # Exhibiting entrepreneurial values in Ice breaking, rapport building, group work and home assignments.</p>
WINTER BREAK 1 JAN 2026-15 JAN 2026			
Jan-26	UNIT-4 DEPILATION SERVICES	<p>Waxing 1. Equipment, materials, products, Techniques and treatment planning for waxing. 2. Anatomy and physiology of skin that Relates to waxing treatment. 3. Contra-indications & contra-actions that effect or restrict waxing treatments. 4. Understand how to work safely and Effectively when providing waxing -Treatments to the clients. 5. Various techniques associated with and Working temperatures for the different Types of hot wax and warm wax. 6. Method of application and removal of Waxing products in relation to the Direction of hair growth. 7. Advantages, disadvantages and Limitations of facial waxing and suitable Alternative facial hair removal Procedures e.g. sugaring, tweezing, Shaving, depilatory creams, electrical Depilatory, abrasive mitts, depilation, Intensive pulse light, laser.</p>	<p>Waxing 1. Conduct skin test to check For reaction. 2. Assess the hair growth Pattern. 3. Demonstrate pre & post and preparation of client for Waxing. 4. Demonstration of the Process for warming the wax. Perform waxing process as Per requirement.</p>
	UNIT 4: ENTREPRENEURIAL SKILLS- III	<p># Attitudes in general and entrepreneurial attitudes # Using imagination/ intuition # Looking for economic opportunities</p>	<p>Preparing a list of factors that influence attitude in general and entrepreneurial attitude Take up a product and suggest how its features can be improved</p>
Feb-26	UNIT-4 DEPILATION SERVICES	<p>Threading - 1. Types of tools and materials used for Threading – e.g. scissors, disposable Eyebrow brush etc. materials: thread 2. Types of products suitable for pre and post-threading services . 3. Different types of threading techniques Shape and proportion of the eyebrows in Relation to facial features and existing Eyebrow shape. 4. Method to carry out the threading Techniques. 5. Aftercare procedures and considerations For threading services.</p>	<p>Threading - 1. Select Threading Tools, Materials and equipment. 2. Demonstration of threading Process for hair removal. 3. Application of pre- & post Products during threading.</p>
	UNIT 5: GREEN SKILLS – III	<p>Main sectors of green economy- Ewaste management, green transportation, renewal energy, green construction, water management. Policy initiatives for greening economy in India. Stakeholders in green economy.</p>	<p>Writing a two-page essay on important initiatives taken in India for promoting green economy. Preparing posters on green Sectors/Areas: cities, buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water, forests and fisheries.</p>
REVISION			

	REVISION
Mar-26	ANNUAL EXAMINATION 2026