

# BEAUTY & WELLNESS SESSION PLAN 2025-26 (STANDARD IX)

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: INTRODUCTION TO Beauty and Wellness Industry	1. Introduction to Beauty & Wellness industry 2. Overview of the Beauty and Wellness Industry. 3. Career opportunities in the sector. 4. Introduction to Beauty Therapy services in details and its various aspects. 5. Importance of hygiene and safety in the workplace. 6. Understanding different beauty products and their uses.	1. List of various beauty & wellness service providers. 2. Prepare a project report on any organization present locally. The report should include the following: Size Service Equipment Manpower
	UNIT 1: INTRODUCTION TO Beauty and Wellness Industry, UNIT 1: COMMUNICATION SKILLS – I	Introduction to General Employability skills course Methods of communication Verbal Non-verbal Visual , Activity/Q&A	Demonstration of different services used in beauty therapy like Pedicure & Manicure Threading Waxing Bleach Face cleanup Makeup Hairdo Mehendi
May-25	UNIT 1: INTRODUCTION TO Beauty and Wellness Industry	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.	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 accordinally.
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
25-Jul	UNIT 1: INTRODUCTION TO Beauty and Wellness Industry	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 1: COMMUNICATION SKILLS – I	Meaning of communication Importance of communication skills Elements of communication cycle– sender,ideas,encoding,communication channel, receiver,decoding, and feedback	Activity/Q&A

Aug-25	<b>UNIT 2- MANICURE, PEDICURE &amp; MEHENDI SERVICES</b>	1.Understand how to work Safely and effectively when Providing manicure & Pedicure. 2.Anatomy and physiology of hands and feet. 3.Understand how to perform Client consultation Treatment planning And Preparation of services. 4. Function,characteristics of nail And the process of nail growth	1.Preparation of clients for manicure and pedicure services. 2.Demonstration of various techniques used in manicure.
	<b>UNIT 1: COMMUNICATION SKILLS – I</b>	# Perspectives in communication Factors affecting perspectives in communication Visual perception Language Past experience Prejudices Feelings Environment # Writing skills related to the following: Phrases Kinds of sentences Parts of sentence Parts of speech Use of articles Construction of a paragraph	# Group discussion on factors affecting perspectives in communication # Sharing of experiences on factors affecting perspectives # Sharing experiences on factors affecting communication at workplace # Demonstration and practice of writing sentences and paragraphs on topics related to the subject
Sep-25	<b>UNIT 2- MANICURE, PEDICURE &amp; MEHENDI SERVICES</b>	Identification of nail diseases. Contraindications and contra-actions for manicure and pedicure services. Knowledge on different Products & tools for Manicure and Pedicure Services. Understand different manicure & pedicure techniques. How to provide Aftercare advice.	Demonstration of various techniques used in pedicure. Filing, buffing, cuticle cream application, cuticle removal, and polishing.
	<b>/UNIT 2: SELF-MANAGEMENT SKILLS – I</b>	# Meaning of self-management # Positive results of self-management # Self-management skills # Factors that help in building self-confidence – social, cultural, and physical factors	# Identification of self-management skills # Strength and weakness analysis # Role play exercises on building self-confidence # Use of positive metaphors/ words
	<b>MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025</b>		
Oct-25	<b>Mehendi Services</b>	Importance of the right consistency of mehendi mixture. Procedure to prepare and store mehendi. Importance of skin sensitivity test. Contraindications and contra-actions for mehendi application.	Application of simple mehendi designs
	<b>UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I</b>	# Introduction to ICT Role and importance of ICT in personal life and at workplace # ICT in our daily life (examples) # ICT tools - Mobile, tab, radio, TV, email, etc. Q&A	# Discussion on the role and importance of ICT in personal life and at workplace. # Preparing posters / collages for showing the role of ICT at workplace
Nov-25	<b>UNIT-3 Hair Care</b>	Anatomy and physiology of hair and scalp. Different hair types and their care requirements. Introduction to hair care products and their uses. Understanding hair diseases and their treatments.	Demonstration of basic hair care services. Shampooing, conditioning, and styling techniques.

	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	# Computer system - Central Processing Unit (CPU), memory, motherboard, storage devices # Hardware and software of a computer system # Role and functions of Random Access Memory (RAM) and Read Only Memory (ROM) # Role and functions of Central Processing Unit Procedure for starting and shutting down a computer  Q&A	# Connecting the cables and peripherals to the Central Processing Unit Group discussion on the various aspects of hardware and software Starting and shutting down a computer
Dec-25	UNIT-3 Hair Care	Simple hair dressing services . Carry out hair Styling On Dummies. Identify the type Of hair styling as Per the hair Length & texture.	Demonstration Of hair do's Using different accessories. Demonstration Of hair do's Using different accessories.
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	# Peripherals devices and their uses – mouse, keyboard, scanner, webcam, etc. of a computer system # Primary operations on a computer system – input, process, storage, output, communication networking, etc.	Identification of various parts and peripherals of a computer Demonstration and practice on the use of mouse Demonstration and practice on the use of keyboard Demonstration of the uses of printers, webcams, scanner and other peripheral devices Drawing diagram of computer system and labelling it
Jan-26	WINTER BREAK 1 JAN 2026-15 JAN 2026		
	UNIT 4: ENTREPRENEURIAL SKILLS-I	# Types of businesses – service, manufacturing, hybrid # Types of businesses found in our community Business activities around us # Meaning of entrepreneurship development # Distinguishing characteristics of entrepreneurship # Role and rewards of entrepreneurship	# Prepare posters of business activities found in cities/villages, using pictures # Discuss the various types of activities, generally adopted by small businesses in a local community # Best out of waste # Costing of the product made out of waste # Selling of items made from waste materials # Prepare list of businesses that provides goods and services in exchange for money # Prepare charts showing advantages of entrepreneurship over wages # Group discussions on role and features of entrepreneurship # Lectures/presentations by entrepreneurs on their experiences and success stories # Identify core skills of successful entrepreneur

Feb-26	<b>REVISION</b> <b>UNIT 5: GREEN SKILLS – I</b>	# Introduction to environment, # Relationship between society and environment, ecosystem and factors causing imbalance # Natural resource conservation # Environment protection and conservation # Definition of green economy # Importance of green economy	# Group discussion on hazards of deteriorating environment # Prepare posters showing environment conservation # Discussion on various factors that influence our environment # Discussion on the benefits of green skills and importance of green economy # Prepare a Poster showing the importance of green economy with the help of newspaper/ magazine cuttings
	<b>REVISION</b>		
Mar-26	<b>ANNUAL EXAMINATION 2026</b>		