

MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT, MUMBAI-51

1	Name of Course	Certificate Course in Aesthetic Medicine													
2	Course Code	(201141)													
3	Max.No.of Students Per Batch	25 Students													
4	Duration	6months													
5	Type	Part Time													
6	No.Of Days / Week	6 Days													
7	No.Of Hours / Days	4 Hrs													
8	Space Required	Practical Room = 200 Sq feet Class Room = 200 Sq feet TOTAL = 400 Sq feet													
9	Minimum Entry Qualification	Any medical Graduate (MBBS,DDV, MDS, BDS, BAMS, BHMS , BUMS,BNYS,BEMS,BASM,DNYS,ND)													
10	Objective Of Course	<ul style="list-style-type: none"> Learn aesthetic skills needed for the practice of aesthetic medicine. Acquire in-depth knowledge on anatomy & physiology of skin and hair, cosmetic procedures, marketing and medico legal aspects. 													
11	Employment Opportunity	To work at clinics or own & manage their clinics catering to such services.													
12	Teacher's Qualification	Doctor's Certified in Cosmetology, Trichology & Weight Management.													
13	Training System	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3">Training System per Week</th> </tr> <tr> <th>Theory</th> <th>Practical</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>7 Hours</td> <td>18 Hours</td> <td>25 Hours</td> </tr> </tbody> </table>					Training System per Week			Theory	Practical	Total	7 Hours	18 Hours	25 Hours
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14	Exam. System	Sr. No.	Paper Code	Name of Subject	TH/P R	Hours	Max. Marks								
		1	20114111	Basic Aesthetic Medicine	TH 1	3 Hrs	100								
		2	20114112	Advance Aesthetic Medicine	TH 2	3 Hrs	100								
		3	20114113	Lasers Treatment	TH 3	1.5 Hrs	50								
		4	20114114	Advanced Trichology	TH 4	1.5 Hrs	50								
		5	20114121	Aesthetic Medicine	PR 1	2 Hrs	100								
		6	20114122	Advance Aesthetic Medicine	PR 2	2 Hrs	100								
		7	20114123	Lasers Treatment	PR 3	2Hrs	50								
		8	20114124	Advanced Trichology	PR 4	2 Hrs	50								
				Total		18.5 Hrs	600								

Basic Aesthetic Medicine

SESSION 1

Dermatology

- Introduction
- Terminologies
- Anatomy and Physiology of Skin and its Appendages
- Classification and analysis of Skin
Consultation, Etiology, Diagnosis and Management of common skin ailments (Acne, Pigmentation, Dark circles, Stretch Marks etc)

SESSION 2

CHEMICAL PEELS

- Introduction of chemical peels.
- Priming of Skin.
- Classification of peels (AHA,BHA , PHA etc)
- Superficial Peels
- Medium Depth Chemical Peels
- Deep peels
- Combination Chemical Peels
- Pigmentation of the Face·Evaluation and Treatment
- Facial Peels
 1. Classification – Superficial, Medium, Deep
 2. Characteristics- Glycolics/Salicylic/ Fruit Peels/ Jessner/ TCA/Phenol/ Yellow peel/Black acetic acid etc
 3. Basic Understanding of each Different Agent- Indications for
- Use/Contraindications/Mode of Application/Mechanism of Action/ Potentiating Factors/ Adverse Effects

SESSION 3

MEDI-FACIALS

- Iontophoresis
- Deincrustation
- Electroporation
- Ultrasound
High Frequency (Direct, Indirect)

SESSION 4

OTHER BASIC PROCEDURES

- Crystal microdermabrasion
- Diamond microdermabrasion
- Radio cautery (removal of warts, moles, skin tags, DPN etc)
- Electrolysis/thermolysis.
- Non- Surgical Ear Lobe Repair
- Radio Frequency

Advanced Aesthetic Medicine

SESSION 5

ADVANCE PEELS

- Superficial Peels
- Medium Depth Peels
- Deep Peels
- Special Peels

SESSION 6

MICROMESOTHERAPY

- Indications
- Contraindications
- Advantages
- Procedure
- Results of Skin Needling
- Indications of Using Different Needle Lengths
- Products used in Micromesotherapy
- Mesotherapy
- Mechanism of Action
- Benefits
- Methods
- Uses
- Steps
- Number of Sessions Required

SESSION 7

HYDRAPEEL

- Introduction
- Benefits
- Indications
- Contraindication o Procedure
- Post-Procedure

SESSION 8

BOTULINUM TOXIN

- The Product
- Indications
- Facial Anatomy in Detail
- Mode of Action
- Appropriate Doses/ Dilutions
- Markings and Injection technique
- Side Effects and Complications: Allergic/ Regional
- Duration of Action
- Safety and Toxicity
- Storage and Transport

SESSION 9

DERMAL FILLERS

- Introduction to dermal fillers
- Pharmacology
- Types of Dermal Fillers (Restylane, Perlane, Juvederm etc.)
- Patient selection for dermal fillers
- Side Effects and Complications
- Recommendations
- Combination Therapies
 1. Botox and Fillers
 2. Botox and Skin Resurfacing
 3. Light Therapy and Skin Resurfacing

SESSION 10

GLUTATHIONE

- What is Glutathione
- Importance of glutathione
- Benefits of glutathione
- Glutathione in skin lightening therapy
- Melanin Synthesis Pathway
- Mode of action
- Glutathione IV injection procedure

SESSION 11

MESOTHERAPY

- For Skin rejuvenation
- For Hair Rejuvenation
- Products and protocols
- Different Injection Techniques
- Stem cell Therapy

Lasers Treatment

SESSION 12

LASERS

- Introduction to Laser
Terminologies in
Laser Types of
Lasers
- IPL:
 1. Permanent Hair Reduction
 2. Photo Rejuvenation
 3. Pigment Reduction
 4. Vascular Treatment
- 5. Acne Treatment

- Diode / NdYAG:

Permanent Hair Reduction by Laser

- Fractional CO2 :

1. Removal of Warts, Moles, Skin Tags
2. Removal of Nevus
3. Scar Reduction
4. Skin Resurfacing
5. Stretch marks reduction

• Q Switch Nd:Yag:

1. Tattoo Removal
 2. Pigment Reduction
 3. Freckles
- Latest Advancements in Lasers.

PRODUCT KNOWLEDGE

- Serums
- Stem cell serums
- Masks—Detan/hydrating/collagen etc
- Sunscreens and Sunblocks

Advanced Trichology

SESSION 13

HAIR / TRICOLOGY

- Anatomy and Physiology of Hair & Scalp
- Theory of Hair Cycle
- Hair Analysis and other Lab. Investigations
- Trichoscope

SESSION 14

HAIR DISORDERS AND MANAGEMENT

- Hair and Scalp Disorders
- Cicatricial Alopecia
- Androgenetic Alopecia
- Female Pattern Baldness
- Alopecia Areata

- Telogen Effluvium
- Hirsutism
- Dandruff
- Pre Mature Greyin

SESSION 15

HAIR CARE AND MANAGEMENT

- Scalp Stimulation therapy
- Hair growth treatments
- Hair volume enhancement treatment
- Hydrating therapy for chemically damaged hair
- Nutritional Therapy
- Hair Shampoos
- Hair Conditioners
- Hair Cosmetics
- Food & Nutrition for Hair
- Shaft Repair Therapy
- Hair Care
- Elasticity Improvement
- Laser Hair Stimulation
- No Needle Meso & Stem cell Therapy

SESSION 16

PRP

- Platelet biology
- What is PRP
- Different growth factors and their function
- PRP devices and processing PRP
- Centrifugation single spin & double spin method
- Creation and activation of PRP
- Indications of PRP
- Contraindication of PRP
- PRP in hair Restoration therapy