

Total number of printed pages : 2

NB-T/B&W(V)

2020

Beauty & Wellness (Vocational)

Total marks : 50

Time : 2 hours

General instructions :

- i) *Approximately 15 minutes is allotted to read the question paper and revise the answers.*
- ii) *All questions are compulsory except Q. nos.18 to 23 where general option is given.*
- iii) *The question paper consists of 23 questions.*
- iv) *Marks allocated to every question are indicated against it.*

N.B: *Check that all pages of the question paper are complete as indicated on the top left side.*

1. Choose the correct answer from the given alternatives: 10x1=10

- i. Animal products like milk, meat, egg, cheese etc. are a source of
 - (a) Carbohydrates
 - (b) Proteins
 - (c) Minerals
 - (d) Fats
- ii. Normal intake of water per day ranges between
 - (a) 8 - 10 glasses
 - (b) 6 - 8 glasses
 - (c) 4 - 6 glasses
 - (d) 2 - 4 glasses
- iii. It is frequently made by mixtures of sugar, syrup and zinc oxide and is also called as honey wax.
 - (a) Hot wax
 - (b) Sugar wax
 - (c) Warm wax
 - (d) Chocolate wax
- iv. A regular manicure with some extra pampering of warm wax massage with mittens to keep hands soft and hydrated.
 - (a) European manicure
 - (b) French manicure
 - (c) Spa manicure
 - (d) Luxury manicure
- v. It is a tool to smooth off the free edges and shape the nail.
 - (a) Cuticle cutter
 - (b) Emery board
 - (c) Cuticle pusher
 - (d) Pumice stone
- vi. What type of bleach is good for tanned sensitive skin?
 - (a) Oxy bleach
 - (b) Protein bleach
 - (c) Gold bleach
 - (d) Cream bleach
- vii. This massage is a light, continuous movement applied in a slow and rhythmic manner over the skin.
 - (a) Petrissage
 - (b) Friction
 - (c) Effleurage
 - (d) Vibration
- viii. It makes the hair healthy, strong, thick and silky.
 - (a) Waxing
 - (b) Henna
 - (c) Conditioner
 - (d) Hair mask

- ix. What is known as 'liquid tools'?
 - (a) Hair spray
 - (b) Gel
 - (c) Foam
 - (d) Styling lotions
- x. Bullion beads are used to create or enhance
 - (a) nail thickness
 - (b) nail treatment
 - (c) nail designs
 - (d) nail beds

Answer the following questions in one word or one sentence:

- 2. What does the term Ayurveda mean? 1
- 3. What is manicure? 1
- 4. Write one benefit of pedicure. 1
- 5. Which is the largest organ in our body in surface area and weight? 1
- 6. Name any two types of bleach. 1
- 7. What is the main purpose of hair rinse? 1
- 8. What is thinning shear? 1
- 9. Write any two career options in Beauty & Wellness sector. 1

Answer the following questions in 20-50 words:

- 10. What is nutrient? State any two classifications of nutrient. 1+1=2
- 11. Mention any four benefits of hands reflexology. 2
- 12. What is regular pedicure? 2
- 13. Write any two important roles of skin. 2
- 14. What is normal skin? Give an example. 1+1=2
- 15. What is conditioner? Why is it used? 1+1=2
- 16. Mention any two hair cutting tools and write their uses. 1+1=2
- 17. Write any four benefits of vocational career in Beauty & Wellness sector. 2

Answer any four from the following questions in 60-100 words:

- 18. What is naturopathy? Write any three principles of naturopathy. 1+3= 4
- 19. Briefly explain: 2+2=4
 - i) threading
 - ii) waxing
- 20. Mention any four tools required for pedicure and write their uses. 2+2=4
- 21. Explain any four types of skin. 4
- 22. Lists any four hairdo styling materials and write their uses. 2+2=4
- 23. Mention any four procedures for rhinestone application in nail art. 4
