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BEAUTY AND WELLNESS

(Vocational Course)

Full Marks : 30

Time : 1 hour

The figures in the margin indicate full marks for the questions

General Instructions :

- (i) The candidates are advised to attempt all sections A, B, C and D.
- (ii) Section D have 3 internal choices.
- (iii) Question Nos. **1** to **8** are multiple choice questions, marked as (a), (b) and (c) out of these only one is the correct answer and each question carry 1 mark.
- (iv) Question Nos. **9** to **12** carry 1 mark each.
- (v) Question Nos. **13** to **15** carry 2 marks each.
- (vi) Question Nos. **16** to **18** carry 4 marks each.

(2)

SECTION—A

(Marks : 8)

Choose and write the correct answer :

1×8=8

1. ____ means practising both your body and mind.
 - (a) Endurance exercise
 - (b) Strength exercise
 - (c) Yoga exercise

2. A professional cosmetic treatment for the hands and fingernails is
 - (a) pedicure
 - (b) manicure
 - (c) nail art

3. ____ is used for the removal of oil, dirt, dandruff, environmental pollutants and other contaminants that gradually build up in hair.
 - (a) Shampoo
 - (b) Conditioner
 - (c) Serum

(3)

4. Before applying nail polish to the nails, we apply first the
- (a) base coat
 - (b) top coat
 - (c) None of the above
5. Which tool do we use for dotting technique in nail art?
- (a) Nail striper
 - (b) Nail glitters
 - (c) Nail dotters
6. The scientific study of Hair and Skin Care is known as
- (a) aesthetician
 - (b) dermatology
 - (c) cosmetology
7. Equipment used in hair care is
- (a) head steamer
 - (b) cuticle pusher
 - (c) magnifying lamp
8. We should not brush the hair too much when it is
- (a) dry
 - (b) wet
 - (c) Both of the above

(4)

SECTION—B

(Marks : 4)

Answer the following questions in *one* word or *one* sentence each :

1×4=4

9. What are the different types of skin?
10. State the benefits of Yoga exercises.
11. List three brands offering different hair care products.
12. What is exfoliation process?

SECTION—C

(Marks : 6)

Answer the following short-answer type questions in 20–50 words each :

2×3=6

13. List the tools and equipments used in pedicure treatment.
14. What is nail art? Name the different techniques of nail art.
15. State the benefits of hair spa.

(5)

SECTION—D

(Marks : 12)

Answer the following long-answer type questions in 60–100 words each : 4×3=12

16. Describe the cuticle removing procedure in pedicure treatment.

Or

Describe step-by-step the procedure of simple head massage.

17. How to determine or analyze skin type? Describe the characteristic of various skin types.

Or

Differentiate the differences between sterilization and sanitization.

18. What is manicure? Explain step-by-step the manicure procedure.

Or

Define conditioner. Explain the different types of conditioner available in the market.
