

BEAUTY AND WELLNESS (407)

Sample Question Paper

Class X - 2018-19

Time: 2 Hours

M.M.: 50

General Instructions:

1. Question paper is divided into two sections: Section-A and Section- B.
2. **Section–A:**
 - i. Multiple choice question/Fill in the blanks/Direct Questions of 1 mark each. Answer any 10 questions out of the given 12 questions.
 - ii. Very Short Answer of 2 marks each. Answer any 5 questions from the given 7 questions.
 - iii. Short Answer of 3 marks each. Answer any 5 questions from the given 7 questions.
3. **Section–B:** Long/Essay type questions of 5 marks each. Answer any 3 questions from the given 5 questions.
4. All questions of a particular section must be attempted in the correct order.
5. Please check that this question paper contains 31 questions out of which 23 questions are to be attempted.
6. The maximum time allowed is 2 hrs.

SECTION –A

Fill in the blanks (1mark each).

Answer any 10 questions out of the given 12 questions:

1. Normal skin has ph of about _____. (1)
2. Water based liquid foundation is good for _____ skin. (1)
3. Natural oil _____ secreted by sebaceous glands helps to keep hair glossy. (1)
4. Most hair conditioners contain positively charged molecules called _____ surfactants. (1)
5. Violet color governs the _____ chakra in the body. This color helps in decision making process. (1)
6. _____ Manicure is differentiated by regular manicure due to different way of application of nail paint. (1)
7. The word manicure is derived from _____ word “manus”. (1)
8. _____ is used to remove hard skin from the feet. (1)
9. In _____ nail art any two nail design can never be same. (1)
10. _____ is made from tiny strips of foils that are available in many colors. (1)
11. Cobra pose is also known as _____. (1)
12. Before applying nail paint, place the _____ between the toes. (1)

Very Short Questions: (2 marks each).

Answer any 5 questions out of the given 7 questions:

13. Define paraffin manicure. (2)
14. What is the definition of nutrition? (2)
15. List contraindications of pedicure. (2)
16. List the types of skin. Write the characteristics for oily skin type. (2)
17. Why conditioner is used after shampooing the hair? (2)
18. List any four benefits of henna application on head. (2)
19. What is nail art? (2)

Short Questions: (3 marks each).

Answer any 5 questions out of the given 7 questions:

20. Write down the career options in Beauty and Wellness industry. (3)
21. Explain massage movements used in pedicure. (3)
22. Describe in detail about Hydro therapy. (3)
23. Explain the techniques used for sterilization and sanitation in Nail salon/Nail spa. (3)
24. Describe any 3 tools used in haircutting. (3)
25. Elaborate the benefits of scalp massage. Write down the precautions of scalp massage treatment. (3)
26. Briefly explain the procedure of powder bleach. (3)

SECTION –B

Long/Essay type questions (5 marks each).

Answer any 3 questions out of the given 5 questions:

27. Elaborate the eight limbs of Ashtangyog. Explain the procedure of performing Netra shakti vikasak in detail. (5)
28. What are conditioners? Describe any five types of conditioners. (5)
29. Differentiate between Epilation and Depilation. Explain the procedure of waxing in detail. (5)
30. Explain the preparation and procedure of pedicure in detail. (5)
31. Define facial. Explain the procedure of plain facial. (5)