

CBSE – DEPARTMENT OF SKILL EDUCATION

BEAUTY & WELLNESS (SUBJECT CODE-407)

Sample Question Paper with Marking Scheme

Class X (Session 2019–2020)

Time: 2 Hours

Max. Marks: 50

General Instructions:

- This Question Paper consists of two parts viz. Part A: Employability Skills and Part B: Subject Skills.*
- Part A: Employability Skills (10 Marks)**
 - Answer any 4 questions out of the given 6 questions of 1 mark each.*
 - Answer any 3 questions out of the given 5 questions of 2 marks each.*
- Part B: Subject Skills (40 Marks):**
 - Answer any 10 questions out of the given 12 questions of 1 mark each.*
 - Answer any 4 questions from the given 6 questions of 2 marks each.*
 - Answer any 4 questions from the given 6 questions of 3 marks each.*
 - Answer any 2 questions from the given 4 questions of 5 marks each.*
- This question paper contains 39 questions out of which 27 questions are to be answered.**
- All questions of a particular part/section must be attempted in the correct order.*
- The maximum time allowed is 2 hrs.*

PART A: EMPLOYABILITY SKILLS (10 MARKS)

Answer any 4 questions out of the given 6 questions of 1 mark each:

1.	Distance Communication is a type of _____ Communication. Answer - Oral	(1)
2.	_____ helps individuals to chart their ways for working independently. Answer – self awareness	(1)
3.	A _____ operating system is used to control machinery, scientific instruments, like robots. Answer - Real Time	(1)
4.	The entrepreneur must possess good _____ skills to manage and control business activities. Answer - Management	(1)

5.	The stability of ecosystem refers to balance between _____ and _____ of each element in the ecosystem. Answer- production, consumption	(1)
6.	_____ leads to a responsible and a value driven behavior. Answer – self regulation	(1)

Answer any 3 questions out of the given 5 questions of 2 marks each:

7.	How are Emotional Barriers different from Attitudinal Barriers? Answer- Emotional Barriers – If one is consumed with emotion he will have difficulty in understanding what is communicated. Hostility, anger, fear and other emotions make it hard to hear outside one’s own self. Attitudinal Barriers – These are those behaviors or perceptions that are divisive in nature – the ones that can lead to nagging doubt, sullen disagreement or even overt conflict.	(2)
8.	What is meditation? Answer- It is a practice where an individual is supposed to focus mind on a particular object, thought or activity to achieve a calm mental state reducing stress.	(2)
9.	Write down any two different types of operating system with one word definition. Answer- 1) Single-user , single-task operating system This type of operating system allows only one user to do a task on the computer and one thing at a time. 2) Multi-user A multi-user operating system enables multiple users to work on the same computer at different times or simultaneously	(2)
10.	Saran wants to start his own business. Suggest him at least four functions of an entrepreneur. Answer- The main functions of an entrepreneur are: 1. Decision Making An entrepreneur must be a good decision taker. His decision can determine the profit and loss of the company. 2. Division of Income Income must be divided amongst the different factors of production. Even if there is a loss, the income must be divided accordingly. 3. Management Control An entrepreneur must possess good managerial skills to control the activities of a company. 4. Risk taking and uncertainty An entrepreneur must have skills to calculate the risk and strength to face any uncertain situations. (Any other function of an entrepreneur)	(2)

11.	<p>What do you mean by the term ‘conservation’? Mention the objective of resource conservation.</p> <p>Answer- Conservation means sustainable use of natural resources like soils, plants, animals and minerals. The objective of resource conservation is that resources should not be used at a rate greater than the rate of their replacement.</p>	(2)
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PART B: SUBJECT SKILLS (40 MARKS)

Answer any 10 questions out of the given 12 questions:

12.	Stratum corneum is also called <u>HORN</u> Y layer of skin.	(1)
13.	PLATYSMA neck muscle is located in front of the throat	(1)
14.	Moisturizers are used to keep skin SOFT & supple.	(1)
15.	Lying with the front or face downward is called PRONE position	(1)
16.	Permanent method to remove unwanted hair is called ELECTROLYSIS	(1)
17.	The hair follicle is very active in ANAGEN phase.	(1)
18.	We should perform SKIN / SENSITIVITY test before any treatment	(1)
19.	EYEBROW brush is used to shape eyebrows	(1)
20.	CAKE eyeliner should be applied with a fine wet brush	(1)
21.	LOOSE powder creates a more natural look.	(1)
22.	A good practice is to answer the phone within THREE rings.	(1)
23.	The work area should be clean and TIDY	(1)

Answer any 4 questions out of the given 6 questions of 2 marks each:

24.	Explain the structure of epidermis layer of skin Ans-The epidermis consists of a stratified squamous epithelium. That means it consists of layers of flattened cells. It is the uppermost or epithelial layer of the skin. It acts as a physical barrier, preventing loss of water from the body and preventing entry of substances and organisms into the body. Its thickness varies according to a body site.	(2)
25.	Explain the flexion body movements Ans- Flexing is defined as the movement to decrease the angle between parts. Flexing one's muscles usually, result in bringing bony parts closer together. For example, forward flexion brings the shoulder girdle and pelvis closer together	(2)
26.	Write down the benefits of threading Ans -Benefits of threading 1. Less painful. 2. Less time- consuming. 3. Threading is quicker as more hair is removed in each go 4. Suitable for more skin types. 5. No harmful chemicals are required. 6. Precise and perfect for a smooth, completely hairs free look. 7. Hair grows back finer and slower when threading has been used.	(2)
27.	Identify the types of hair Ans - Scalp hair: Acts as the heat insulator and protects the head. Eyelashes: Hair present on the eyelashes prevents any dust particle entering the eye. Body hair: Acts as heat insulators. Underarm and pubic hair: Provide cushion against the friction caused by the movement	(2)
28.	How you will prepare the work station before & after treatments. Ans -Organizing or prepare the work area After the visual assessment and consultation, a beauty therapist is required organize the work area as per the treatment suggested by the client. The work area should be: Clean Tidy Well organized	(2)
29.	How you will provide caring environment to the clients Ans- Clients like to feel comfortable and relaxed while they are having their treatments done. They like to think you are relating to them and their needs. For your client to feel comfortable with you, your behavior must be genuine and sincere. How well you communicate your care, courtesy and your competence will encourage them to become a regular client	(2)

Answer any 4 questions out of the given 6 questions of 3 marks each:

30.	Write down the sub cutis layer of skin. Ans - The sub cutis is the fat layer immediately below the dermis and epidermis. It is also called subcutaneous tissue, hypodermis or panniculus. The subcutis mainly consists of fat cells (adipocytes), nerves and blood vessels. Fat cells are organised into lobules, which are separated by structures called septae. The septae contain nerves, larger blood vessels, fibrous tissue and fibroblasts. Fibrous septae may form dimples in the skin (so-called cellulite)	(3)
31.	Write down the skin care techniques Ans - 1.Cleansing Cleansing is performed to remove all the impurities accumulated in the pores. Cleansing Lotion/ Milk can be used for deep cleansing. The Cleansing cream is used for cleansing and removing the face makeup. This cream melts as it comes in contact with the skin thus allowing penetration into the pores for deep cleansing. These creams also prevent the occurrence of blackheads. 2. Application of Toners and Skin Fresheners 'Toner' is applied to refresh and cool the skin. Traces of grease on the skin are removed with the help of toners. Freshener provides the soothing effect on the skin. Toner and Freshener are used as finishing agents for cleansing. 3. Moisturizing Moisturizers are used to keep the skin soft and supple. These are made up of NMF (Normalizing Moisturizing Factor) ingredients. Moisturizers delay the formation of wrinkles.	(3)
32.	What do you mean by threading explain with benefits Ans-Threading is the most common method of removing facial hair. The disadvantage is that the effect is temporary and the procedure has to be repeated periodically. It is useful for areas like the upper lip and the eyebrows. In fact, threading is done to shape the eyebrows. Frequent threading can cause skin irritations. On sensitive skins, there can be redness or a rash. Avoid threading on areas with eruptions, like pimples or acne. A zinc ointment or ice can be applied to soothe the skin. Benefits of threading The following are the benefits of threading. 1. Less painful. 2. Less time- consuming. 3.Threading is quicker as more hair is removed in each go 4. Suitable for more skin types. 5. No harmful chemicals are required. 6. Precise and perfect for a smooth, completely hair free look. 7. Hair grows back finer and slower when threading has been used.	(3)
33.	Write advantages & disadvantages of bleaching Ans- Advantages of Bleach: The following are the advantages of bleaching: Instant /quick result within 10 minutes. <ul style="list-style-type: none">• Lightens skin tone.• Helps to remove sun tan.	(3)

	<p>Disadvantages of Bleach: Prolonged use of chemicals may have harmful effects on skin and hair. Require post bleach care.</p> <ul style="list-style-type: none"> • Dryness • Texture • Wrinkles • Appearance 	
34.	<p>Write down the application of face powder</p> <p>Ans -Application face powder/Loose powder Powders help to conceal and set the foundation and prevent shine and smearing of the underlying makeup. There are special ingredients in some powders that help to cover blemishes, such as zinc oxide, they also tend to be heavier and a stronger compact. Application of face powder Step 1: Tip a small amount of loose face powder into a bowl. Step 2: If using block powder, scrape a small amount off with a palette knife into a bowl. Step 3: Apply with dry cotton wool; work downwards covering the eyes and all of the face.</p>	(3)
35.	<p>How you will handle telephone calls effectively.</p> <p>Ans - Speaking on the telephone is a little different to communicating with a person face to face. On the phone you can hear (tone of voice, intonation, volume), but you cannot see (facial expressions, gestures, body language). Telephone communication is approximately 25% words and 75% tone, or the way the words are said. Therefore when you are communicating on the phone you will need to compensate for what you cannot see</p> <ul style="list-style-type: none"> • A good greeting is: “Good morning/afternoon, this is XYZ salon, (your name) speaking. o How may I help you?” • Answer a call promptly • A good practice is to answer the phone within three rings wherever possible. • Three rings will give you time to: <ul style="list-style-type: none"> • Stop what you are doing. • Prepare to answer the phone. • Answer the phone efficiently, when answering the phone: <p>Smile!</p> <ul style="list-style-type: none"> • Say “Good morning” or “Good afternoon” • Announce yourself and the salon name clearly • Have a pen and paper ready to take notes • Listen carefully to the caller • Ask questions to clarify the caller's needs • Repeat all the relevant information to make sure that you have the correct details • Remember, you don't know who is on the end of the phone, and first impressions count 	(3)

Answer any 2 questions out of the given 4 questions of 5 marks each:

36.	<p>Write down the function of skin</p> <p>Ans - Functions of skin Skin is the largest organ of the body. Skin performs a set of key functions resulting from multiple chemical and physical reactions taking place within it.</p> <p>The basic functions of the skin are:</p> <p>1. Protection The most important function of the skin is protecting the body from injury, heat, radiation, chemicals and microorganism. Due to constant shedding of stratum corneum, it acts as a mechanical barrier and does not allow organisms to stay or penetrate into the skin. Melanin produced by melanocytes present in the basal layer of the epidermis protects the body from ultraviolet radiation. Langerhans cells present in the epidermis phagocytose agents, which invade the skin.</p> <p>2. Thermoregulation The skin also acts as a temperature regulator, enabling the body to adapt to different ambient temperatures and atmospheric condition by regulating moisture loss. It is done by, controlling the secretions & excretion of sweat in sweat glands.</p> <p>3. Hormone Synthesis An active form of vitamin-D is synthesized in this skin in the presence of sunlight.</p> <p>4. Excretion Through the secretion of sweat and sebum, the skin performs an excretory function, eliminating a number of harmful substances resulting from metabolic activities of the intestines and the liver.</p> <p>5. Immunological Role The skin plays an immunological role, due primarily to the Langerhans cells that can pick antigens from the skin and carry them to the lymph nodes.</p> <p>6. Sensory Function The skin has an intricate network of numerous fine nerve terminals in between the epidermal cells and also as specialized nerve endings in the dermis and around cutaneous appendages. These nerve endings carry the sensation of touch, pain, temperature, wetness, and itch.</p> <p>7. Appearance The color, elasticity & thickness of skin are responsible for the general appearance of the human being and skin can be regarded as a decorative media for the human body.</p>	(5)
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<p>37.</p>	<p>Write down the growth cycle of hair</p> <p>Ans-The growth cycle of hair An average, hair grows 1.25 cm (½ inch) per month. It is also estimated that on an average we lose 80-100 hair a day. A single strand does not grow continuously throughout its life. The stages of the life cycle of hair are:</p> <ol style="list-style-type: none"> 1. anagen 2. catagen 3. telogen 4. exogen <p>1. Anagen During the anagen phase, the hair follicle is active and the hair is growing continuously. New hair in early anagen grows faster than old hair, the average growth being 1.25 cm per month.</p> <p>2. Catagen The next phase of the hair growth cycle is called as 'catagen'. During this cycle, hair follicle undergoes a period of change and do not grow. This phase lasts for about 2 weeks. New cells are formed. At any time only about 1% of follicles are in the catagen stage.</p> <p>3. Telogen This is the period of rest for hair follicles. This stage lasts for about 3-4 months. Approximately 13% of the follicles are in the telogen state at any one time.</p> <p>4. Exogen After the resting period, follicles begin to lengthen. When the follicle reaches full length, a new hair begins to grow.</p>	<p>(5)</p>
<p>38.</p>	<p>Write down the types of make-up brushes with their uses.</p> <p>Ans -1. Face Powder Brush 2. Blusher Brush 3. Contour Brush 4. Eyebrow Brush 5. Eyeliner Brush 6. Angled Eyeshadow Brush 7. Eye-shadow Brush 8. Fluff Brush 9. Sponge Applicator 10. Lip Filler Brush Angled Eye-shadow brush It is used to apply and blend powder for eye shadow.</p> <p>Blusher brush It is used to apply blusher to the cheekbones.</p> <p>Blusher/Shader/Highlighter These are used to enhance the features of the face such as cheeks and eyes.</p> <p>Contour brush It is used to apply contour powder under the cheekbones, shade the face and to highlight.</p> <p>Eyebrow brush</p>	<p>(5)</p>

	<p>It is used to shape the brows.</p> <p>Eyeliner brush It is used for the application of eyeliner. Eye-shadow brush It is used for general shading purposes.</p> <p>Face powder brush The primary purpose of this brush is to blend the loosened powder.</p> <p>Lip filler brush it is used to apply lipstick.</p>	
<p>39.</p>	<p>Explain code of conduct for salon staff.</p> <p>Ans - Code of conduct</p> <ul style="list-style-type: none"> • All employees in a salon are expected to conform to standards of reasonable conduct which reflect professionalism: • Show respect and be fair and courteous to others. • Do not criticize other staff or salons. • Be honest and always keep your word. • Behave in a professional manner. • Unlawful discrimination or harassment should not be tolerated and should be reported immediately. • It is inappropriate to speak about religion, politics, another person's sex life, gossip or to swear. <p>Once a contraindication to any treatment is diagnosed, it is important to handle the situation with tact and sensitivity. Your client may be shy and embarrassed about their condition and will appreciate if you are discrete and helpful. You should:</p> <ol style="list-style-type: none"> a. Avoid speaking loudly about the condition. b. Reassure the client and inform them of the available treatments. c. Maintain professional and caring behaviour Tolerance and Respect. <p>As a Beauty Therapist you will come into contact with many different people, and not always will you agree and understand many of their values. However, you must learn to recognise different values and respect the rights of anyone who thinks differently to you. It is important not to show any prejudice e.g. racial or religious intolerance.</p> <p>We have laws, which make it illegal to discriminate against another person on the grounds of their sex, race, disability, religion, sexual orientation or political beliefs.</p> <p>Confidentiality: Clients will often discuss their personal life with you. You should always be polite and listen. However, when a client confides in you, it is important to be discrete and not to repeat what the client has said. Always remember the professional nature of your relationship with the client. If possible, discourage your client from divulging extremely personal and intimate information.</p>	<p>(5)</p>