

CBSE | DEPARTMENT OF SKILL EDUCATION

BEAUTY & WELLNESS (SUBJECT CODE -407)

Blue-print for Sample Question Paper for Class X (Session 2022-2023)

Max. Time: 2 Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills - II	-	-	-
2	Self-Management Skills - II	2	2	4
3	ICT Skills - II	2	1	3
4	Entrepreneurial Skills - II	2	2	4
5	Green Skills - II	-	-	-
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	07
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (40 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	BASIC SKIN CARE SERVICES	6	1	1	8
2	BASIC DEPILATION SERVICES	6	2	2	10
3	MAKEUP SERVICES	6	2	1	9
4	CREATING POSITIVE IMPRESSION AT WORK PLACE	6	1	1	8
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

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Sample Question Paper for Class X (Session 2022-2023)

Max. Time: 2 Hours

Max. Marks: 50

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. No. 1	QUESTIONS	Source Material (NCERT/PSSCI VE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)					
1.	<p>_____ makes Entrepreneurship successful.</p> <p>a) Independence b) Marketing and advertising c) Manufacturing d) Selling</p> <p>Answer: Independence</p>		Entrepreneurial Skill- II		1
2.	<p>Having conscious knowledge of your own self, capabilities, feelings and one's own Character is called as</p> <p>1. Self-Awareness 2. Self-Motivation 3. Self-Regulation</p> <p>ANS1Self-Awareness</p>		Self Management Skill- II		1
3.	<p>At the mental level which symptoms may reflect stress</p> <p>1. Irritation 2. Impatience 3. Loneliness 4. All of this</p> <p>ANS4 all of this</p>		Self Management Skill- II		1
4.	<p>Which button is used to reduce the window to a small icon on the taskbar?</p> <p>1. Minimize button 2. Restore Down button 3. Maximize button</p> <p>ANS1Minimizebutton</p>		ICT Skills- II		1
5.	<p>Entrepreneurs need _____ to coordinate and manage work teams</p> <p>1. Attitude 2. Leadership 3. Approachable,</p> <p>ANS Leadership</p>		Entrepreneurial Skill- II		1

6.	_____ can be used to select the entire document. a) Shift + Home b) Shift + Ctrl + End c) Shift + Ctrl + Home d) Ctrl + A Answer: Ctrl + A		ICT Skills- II		1
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Q. No. 2	QUESTIONS	Source Material (NCERT/PSSCI VE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i.	Which Cells is a fourth, less visible, epidermal cell. 1. Merkel cell 2. Skin cells 3. Immune cells ANS1Merkel cell	CBSE Study Material	Unit 1, Session 1	10	1
ii.	Stratum corneum layer is also known as a 1. Horny layer 2. Granular layer 3. Basal layer ANS1hornylayer	CBSE Study Material	Unit 1, Session 1	8	1
iii.	Healthy skin requires special care to maintain its health, elasticity, vibrancy and _____? 1. Color 2. Pallor 3. Dryness ANS2color	CBSE Study Material	Unit 1, Session 1		1
v. iv.	What part of the skin is often referred to as TRUE SKIN 1. Dermis 2. Epidermis 3. Stratum corneum ANS3 dermis	CBSE Study Material	Unit 1, Session 1	10	1
vi.	It is a balance between dry and oily skin 1. Dry skin 2. Oily skin 3. Normal skin ANS3Normalskin	CBSE Study Material	Unit 1, Session 3	30	1

vi.	We use.....method to remove all the impurities accumulated in the pores 1. Cleansing 2. Toning 3. Moisturizing ANS 1 Cleansing	CBSE Study Material	Unit 1, Session 3	22	1
Q. No. 3	QUESTIONS	Source Material (NCERT/PSSCI VE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i.	The only permanent hair removal method as it destroys the hair follicle. 1. Tweezing 2. Waxing 3. Electrolysis ANS3 Electrolysis	CBSE Study Material	Unit 2, Introduction	31	1
ii.	It is the outermost layer of the hair. 1. Cortex 2. Cuticle 3. Medulla ANS Cuticle	CBSE Study Material	Unit 2, Session 1	33	1
iii.	The most common method of removing facial hair 1. Bleaching 2. Waxing 3. Threading ANS3 Threading	CBSE Study Material	Unit 2, Session 2	41	1
vii. iv.	Patch test is recommended before 1. Bleaching 2. Waxing 3. Threading ANS1 Bleaching	CBSE Study Material	Unit 2, Introduction	31	1
v.	The first stage of hair growth cycle is 1. Anagen 2. Catagen 3. Telogen ANS1 Anagen	CBSE Study Material	Unit 2, Session 1	34	1
vi.	The rest period for hair follicles is called as 1. Telogen 2. Anagen 3. Catagen ANS1 Telogen	CBSE Study Material	Unit 2, Session 1	34	1

Q. No. 4	QUESTIONS	Source Material (NCERT/PS SCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i.	Which pigmentation is used to produce eye makeup colors? 1. 1Pearliesd Agents 2. Cobalt Blue 3. Gums ANS: CobaltBlue	CBSE Study Material	Unit 3, Session 1	59	1
ii.	Work area should be: 1. Clean 2. Tidy 3. Well organized 4. All of this ANS 4 all of this	CBSE Study Material	Unit 3, Session 2	60	1
iii.	It is Designed to achieve smooth and flawless finish on face 1. Face Powder Brush 2. Blusher Brush 3. Contour Brush ANS1 Face Powder Brush	CBSE Study Material	Unit 3, Session 2	61	1
viii. iv.	Before using it sharpen it to expose a new surface. 1. Eyes and lip pencils 2. Lipstick 3. Mascara ANS 1Eyesandlippencils	CBSE Study Material	Unit 3, Session 2	62	1
v. Used to define the eye area and to help accentuate the eye and lashes. 1. Concealer 2. Foundation 3. Eyeliner ANS3Eyeliner	CBSE Study Material	Unit 3, Session 2	68	1
vi.are used to improve or correct imperfections of the skin. 1. Face powder 2. Concealer 3. Foundation ANS2 Concealer	CBSE Study Material	Unit 3, Session 2	66	1

Q. No. 5	QUESTIONS	Source Material (NCERT/PSS CIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i.	Demonstrate a.....towards work and people 1. Positive Attitude 2. Negative Attitude 3. Neutral Attitude ANS1 Positive Attitude	CBSE Study Material	Unit 4, Section 1	82	1
ii.	The client's comfort is a loan important part of customer service 1. Physical comfort 2. Mental comfort 3. Natural comfort ANS1 physical comfort	CBSE Study Material	Unit 4, Section 1	82	1
iii.	Speaking on the telephone is a little tocommunicatingwithapersonface from face-to-face communication. 1. Easy 2. Tough 3. Different ANS3 Different	CBSE Study Material	Unit 4, Section 1	83	1
ix. iv.	Focus your On something that will help you concentrate on your communication. 1. Eyes 2. Nose 3. Mouth ANS1 Eyes	CBSE Study Material	Unit 4, Section 1	83	1
v.	Ask questions to the caller's needs 1. Specify 2. Notify 3. Clarify ANS3 Clarify	CBSE Study Material	Unit 4, Section 1	84	1
vi.	All must be written neatly and accurately 1. Messages 2. Information 3. Phone Call ANS1 Messages	CBSE Study Material	Unit 4, Section 1	85	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q. No.	QUESTIONS	Source Material (NCERT/PSS CIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source materi al	Marks
<p>Answer any 3 out of the given 5 questions on Employability Skills(2 x 3 = 6 marks) Answer each question in 20 – 30 words.</p>					
Q. 6	<p>What are the physical signs of stress? Answer: Physical signs which may suggest stress are: breathlessness, dry mouth, butterflies in stomach, indigestion, nausea, acidity, fatigue, sweaty palms, cold hands and feet, irritation and hyperactivity etc.</p>		Self Management Skills- II		2
Q. 7	<p>What is the Meaning of Stress Management? ANS. Stress Management refers to focusing human efforts for maintaining a healthy body and mind capable of better with standing stressful situations</p>		Self Management Skills- II		2
Q. 8	<p>What is word processor? ANS. A word processor is software that helps you type and work with text on a computer. You can create a document like, letter, memo, newsletter and save it in word processor</p>		ICT Skills- II		2
Q. 9	<p>What do you mean by business plan? ANS. A business plan is a formal statement of a set of business goals, the reasons they are believed attainable, and the plan for reaching those goals.</p>		Entrepreneuri al Skill- II		2

Q. 10	Write down the benefits of working independently. Answer: a) Ensures greater learning. b) Individuals feel more empowered and responsible. c) It provides flexibility to choose and define working hours and working mechanisms. d) Failure and success of the task assigned are accounted by individuals. e) Individuals become assets to organizations, groups and nations It ensures creativity and satisfaction amongst individuals.		Entrepreneurial Skill- II		2
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Q. No.	QUESTIONS	Source Material (NCERT/PSS CIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)					
Q. 11	Melanocytes are found in the basal layer of the epidermis. ANS. These cells produce a pigment called melanin, which is responsible for different skin colour. Melanin is packaged into small parcels (or melanosomes), which are then transferred to keratinocytes	CBSE Study Material	Unit 1, Session1	9	2
Q. 12	Write short note on Catagen. ANS. 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.	CBSE Study Material	Unit 2, Session 1	34	2
Q. 13	Write down the importance of waxing. ANS. There are many benefits to waxing versus other forms of hair removal. It is an effective method to remove large amounts of hair at	CBSE Study Material	Unit 2, Session 1	35	2

	<p>one time. Hair in waxed areas will not grow back for two to eight weeks. When hair is shaved or removed by depilatory cream, the hair is removed at the surface rather than the root. Within a few days, the hair can be seen at the surface. With these methods, hair tends to grow back in rough stubble. Areas that are repeatedly waxed over long periods of time often exhibit regrowth that is softer.</p>				
Q. 14	<p>Write down the use of Eyeliner brush ANS. This allows eyeliner to be applied deep into the lash line for a richer and more distinct eye. Gently brush upwards to soften and blend the line for a Smokey eye</p>	CBSE Study Material	Unit 3, Session 2	62	2
Q. 15	<p>Write down the types of foundation available in the market ANS. <ul style="list-style-type: none"> o Powder crème foundation o Crème compact foundation o Liquid foundations o Gels o Tinted moisturizers o Mouse foundation </p>	CBSE Study Material	Unit 3, Session 3	65	2
Q. 16	<p>What are the tips to be remembered while speaking on telephone? ANS. <ul style="list-style-type: none"> o Speak clearly o Speak directly into the mouth piece o If you are sitting, don'ts lump, your posture can affect your voice o Be efficient but friendly and smile </p>	CBSE Study Material	Unit 4, Section 1	83	2

Q. No.	QUESTIONS	Source Material (NCERT/PSS CIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Answer any 3 out of the given 5 questions in 50– 80 words each(4 x 3 = 12 marks)					
Q. 17	<p>Write short note on Langerhans cells and explain why is anatomy and physiology important in cosmetology?</p> <p>ANS.Langerhans cells are immune cells found in the epidermis and are responsible for helping the body learn and later recognize new 'allergens' (material foreign to the body). Langerhans cells break the allergen into smaller pieces then migrate from the epidermis into the dermis. They find their way to lymphatic and blood vessels before eventually reaching the lymph nodes. Here they present the allergen to immune cells called lymphocytes. Once the allergen is successfully 'presented', the lymphocytes initiate a sequence of events to (1) initiate an immune reaction to destroy the material, and (2) stimulate proliferation of more lymphocytes that recognize and remember the allergen in the future. Cosmetologists should study and have a thorough understanding of anatomy and physiology because: Understanding how the human body functions as an integrated whole is a key component in understanding how a client's hair, skin, and nails may react to various treatments and services.</p>	CBSE Study Material	Unit 1, Session 1	10, 7	4
Q. 18	<p>What are the benefits of threading?</p> <p>ANS. Benefits of threading</p> <p>The following are the benefits of threading.</p> <ul style="list-style-type: none"> ○ Less painful. ○ Less time-consuming. ○ Threading is quicker as more hair is removed in each go ○ Suitable for more skin types. ○ No harmful chemicals are required. 	CBSE Study Material	Unit 2, Session 2	41	4

	<ul style="list-style-type: none"> ○ Precise and perfect for a smooth, completely hairs free look. ○ Hair grows back finer and slower when threading has been used. ○ Suitable for short hair, long hair, fine and coarse hair. 				
Q. 19	<p>Describe any five hair removal techniques</p> <p>ANS.</p> <p>Depilation creams: This is the cheapest temporary hair removal method. A depilation cream is applied to the hair to be removed.</p> <p>Shaving: Blades are used to trimming or cutting the air. Shaving doesn't affect hair growth.</p> <p>Tweezing: A pair of tweezers are used to pull out the hair at the root level.</p> <p>Waxing: It is considered as one of the oldest methods of hair removal. Since waxing removes extra hair, a skin may become red or pink.</p> <p>Laser treatment: This treatment helps in 80% improvement in permanent hair reduction.</p> <p>Electrolysis: This the only permanent hair removal method as it destroys the hair follicle.</p> <p>Bleaching: It is actually not a hair removal method. Chemical agents are used to discolouring hair</p>	CBSE Study Material	Unit 2, Introduction	31	4
Q. 20	<p>Write down guidelines to avoid makeup product getting infected in the salon.</p> <p>ANS. Some guidelines to avoid products getting infected are:</p> <ul style="list-style-type: none"> ● Eyes and lip pencils: Before using it sharpen it to expose a new surface. ● Lipsticks: Transfer a small amount onto a spatula before applying. Use a disposable lip brush. ● Pressed powders (eye-shadow and blushers): Either transfer products selected onto a palette or have a good supply of clean brushes. ● Mascara: Use a disposable mascara wand for each eye. <p>Note: Some salons will include the products used in the price of the treatment. Therefore, the product will only be used on</p>	CBSE Study Material	Unit 3, Session 2	64	4

	the client, so that they can be applied directly to the skin from the container.				
Q. 21	<p>What are the bad effects of Gutka?</p> <p>ANS. Each sachet contains 4000 chemicals, including 50 that cause cancer like betal nut, tobacco, and flavoring.</p> <ul style="list-style-type: none"> ○ Impact of Gutka on health: ○ Loss of sensation in tongue ○ Disfigured mouth ○ Increased sensitivity to heat, cold and spices ○ Inability to open the mouth ○ Swelling, lumps, rough spots on gums or in other places inside the mouth ○ Un explained bleeding in mouth ○ Difficulty in swallowing and finally Mouth Cancer 	CBSE Study Material	Unit 4, Section 1	87	4