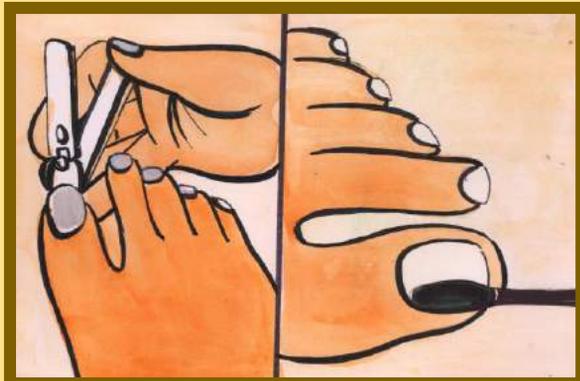


BEAUTY AND WELLNESS

CLASS - VI

FOOT CARE: PEDICURE



ACKNOWLEDGEMENT

Advisory:

- Ms. Nidhi Chhibber, IAS, Chairperson, Central Board of Secondary Education.
- Dr. Biswajit Saha, Director (Skill Education & Training), Central Board of Secondary Education.
- Dr. Joseph Emmanuel, Director (Academics), Central Board of Secondary Education.
- Mr. Ravinder Pal Singh, Joint Secretary, Department of Skill Education, Central Board of Secondary Education.

Value Adder, Curator and Co-Ordinator:

- Dr. Swati Gupta, Deputy Secretary, Department of Skill Education, Central Board of Secondary Education.

Training & Ideation:

- Dr. Sandeep Sethi, Consultant, MSMS-II Museum Trust, (City Palace), Jaipur.

Content Writer:

- Ms. Sangeeta Jain, Assistant Professor, Cosmetology and Health, Meerabai DSEU Campus, Maharani Bagh, Delhi.
- Ms. Sita Paudal Program Head (Skin, Nail & Eyebrow, Eyelash Artistry, VLCC Skill Department.

Story & Dialogue:

- Dr. Anupama Saxena, Principal, Gargi Girls' School, Meerut.
- Dr. Vagmita Tyagi, Vice Principal, Gargi Girls' School, Meerut.

Content Vetting:

- Ms. Monica Bahl, CEO, Beauty & Wellness Sector Skill Council, Delhi.
- Ms. Sohini Guha, Deputy General Manager - Standards, Apprenticeship and Education Initiatives Beauty & Wellness Sector Skill Council, Delhi.

IT Support:

- Mr. Rahul Shakya, Gargi Girls' School, Meerut.

Art Department:

- Ms. Pooja Sharma, H.O.D Fine Arts, Gargi Girls' School, Meerut.
- Ms. Suvidha Rastogi, Gargi Girls' School, Meerut.
- Ms. Mani Sharma, Gargi Girls' School, Meerut.

Peer Review by:

- Ms. Anita Makkar, Principal, The HDFC School, Gurugram.
- Dr. Neha Sharma, Principal, G D Goenka Public School, Ghaziabad.
- Ms. Sharmila Raheja, Principal, Uttam School For Girls, Ghaziabad.
- Dr. Puneet Rahi, PGT English and Coordinator, The HDFC School, Gurugram.
- Ms. Deepika Khatri, Uttam School For Girls, Ghaziabad.
- Ms. Sapna Kaushik, Uttam School For Girls, Ghaziabad.
- Ms. Babita Chaudhry, Headmistress, Primary Wing, G. D. Goenka Public School, Ghaziabad.

Industry Review Through:

- Dr. Madhumita Saikia, Principal, Signature Training Centre & Ayurveda Institute.
- Ms. Richa Agarwal, Founder and Director, Cleopatra Chain of Beauty and Wellness Spa.
- Ms. Leena Khandekar, Founder and Director, Lee's International Beauty and Spa Institute.

CONTENT

S.No	TOPIC	Page No.
1.	Preface	i
2.	Learning Outcomes	ii
3.	Characters	iii
4.	Story	1
5.	Assessment	25
6.	Answer key	28
7.	Glossary	29
8.	Bibliography	29
9.	Summary	30
10.	Copyright / Disclaimer	31

PREFACE

“The human foot is a masterpiece of engineering and a work of art.”

- *Leonardo da Vinci*

Humans are blessed with the most unique physique and with it comes the sincere responsibility of maintaining it. Bathing is a regular feature which human beings adopt to clean themselves but sometimes just simple bathing is not sufficient to keep the body parts clean. Extra care becomes a necessity then. Special care is taken to maintain a healthy glowing face but foot becomes the most ignored body part. Caring for one's foot is also important. If the heels feel rough and dry one should take it as a warning sign. The longer the issue persists, the condition can get worse. This can also lead to fungal or bacterial infections which may result in skin irritations, blisters and foul smell.

In this graphic representation through the story of Rohit, we have tried to make children understand the importance of foot care and acquaint them with the procedure of pedicure. It is a simple process of foot cleaning which can be done in salons/parlor and can be performed at home also. The myth has also been diluted that procedures like pedicure are only for female. We hope that the children will follow these easy steps and maintain foot hygiene.

LEARNING OUTCOMES

- Demonstrate skills and list benefits of pedicure.
- Presents the usage of tools required for Pedicure.
- Understand the different massage mediums- oils.

CHARACTERS



ROHIT: He is an 11 years old boy. Sweet and innocent but facing a serious problem of foul smell in the toe region.

CHIYA: Rohit's class mate. Jolly, cheerful, friendly and helpful. Makes Rohit feel comfortable in his new environment.



TEACHER: A lady in her late 30s. Makes the students feel comfortable and is considerate and caring.

NURSE: Middle aged lady, sincere in her work and approach. She has a good understanding of emotional need of children and has her own way of counselling parents.



ROHIT'S FATHER: Very caring. He is friendly with Rohit. He is not judgemental and is ready to help his child. He is very positive in his outlook.

MR. PATEL: Owner of Unisex salon. Has a way of dealing with customers.



RAMESH: Pedicurist. He knows his job well. Very patient and works with full dedication



Rohit is all set to attend his new school today.



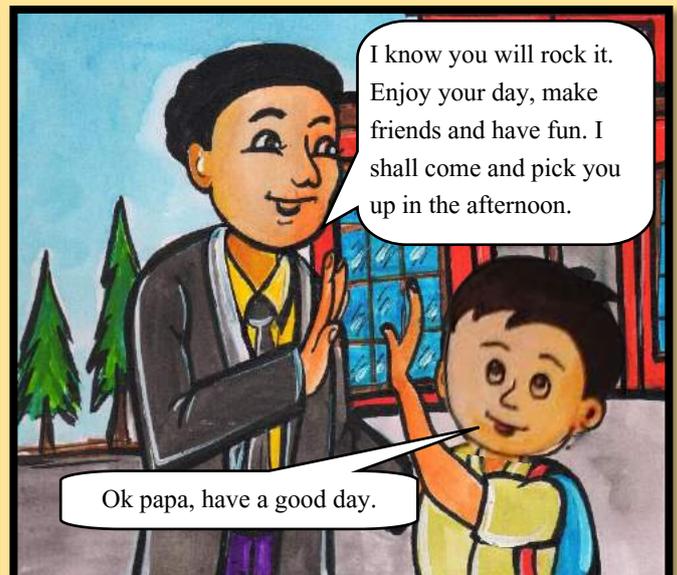
Father opens the door of the car and Rohit sits comfortably. They ride towards the school.



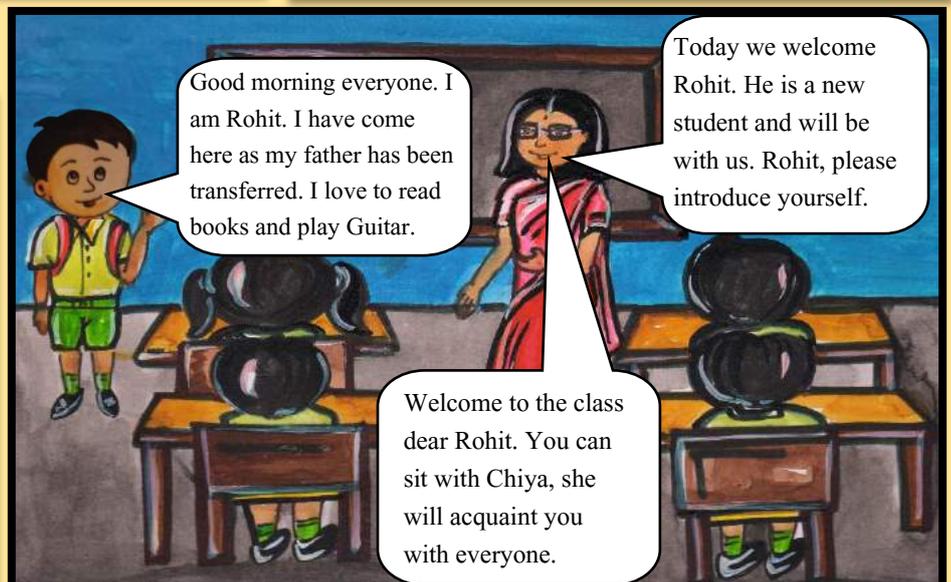
At School Gate.



Then father and Rohit do a HIGH-FIVE and Rohit gets out of the car.



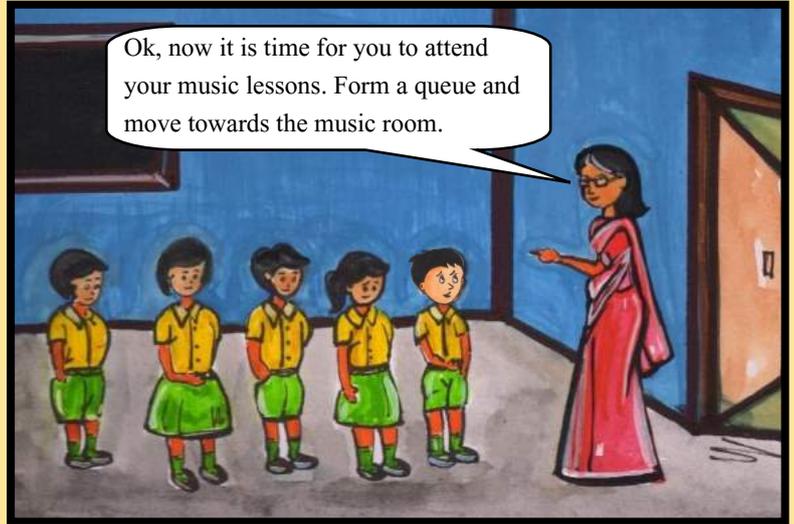
In the classroom, teacher enters.



Rohit sits next to Chiya.



Ok, now it is time for you to attend your music lessons. Form a queue and move towards the music room.



Everyone stands in a queue and walk towards the music room.



Rohit, please remove your shoes, as shoes are not allowed in the music room.



Rohit hesitates.



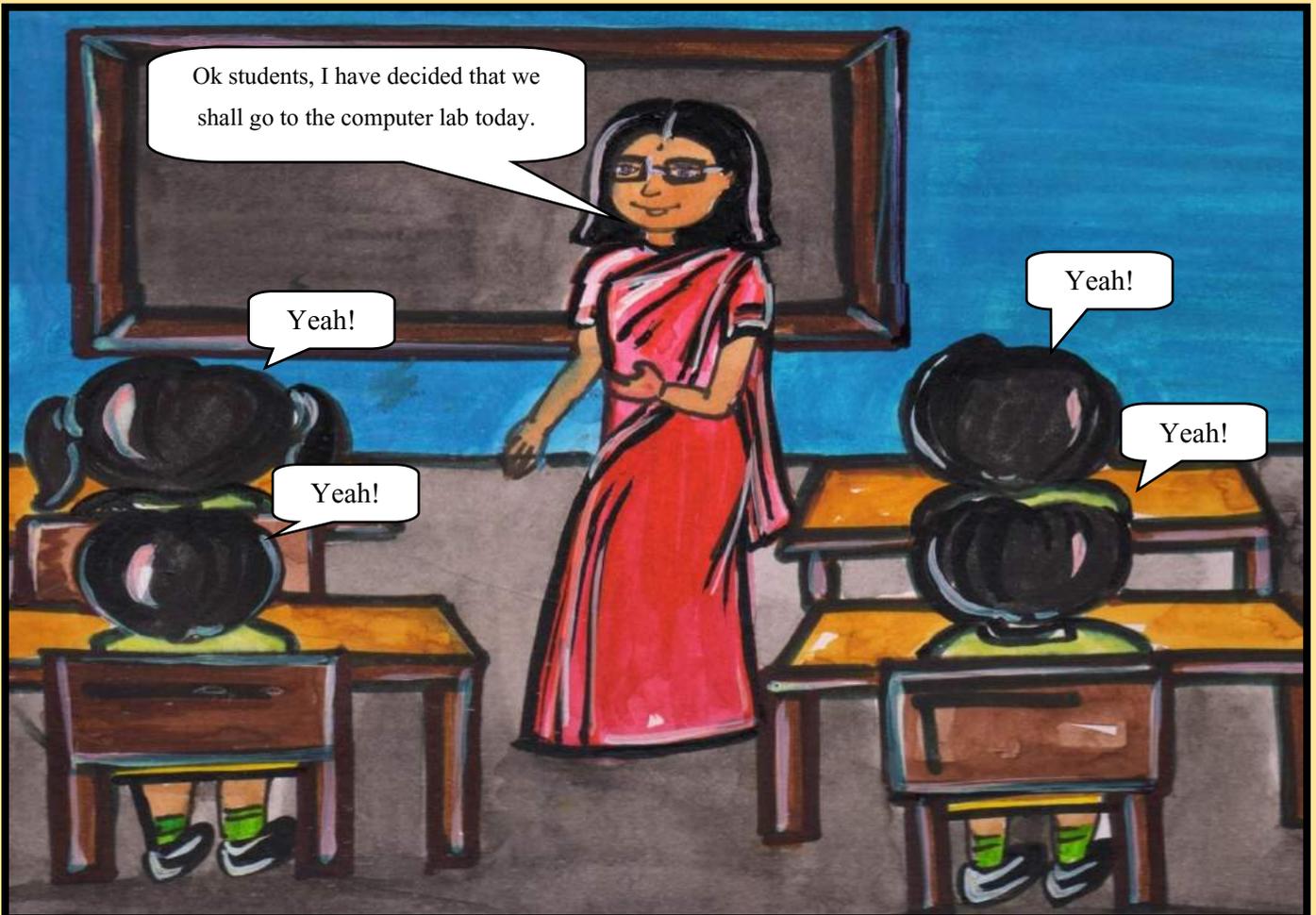
Chiya takes Rohit to the medical room.



Nurse examines.



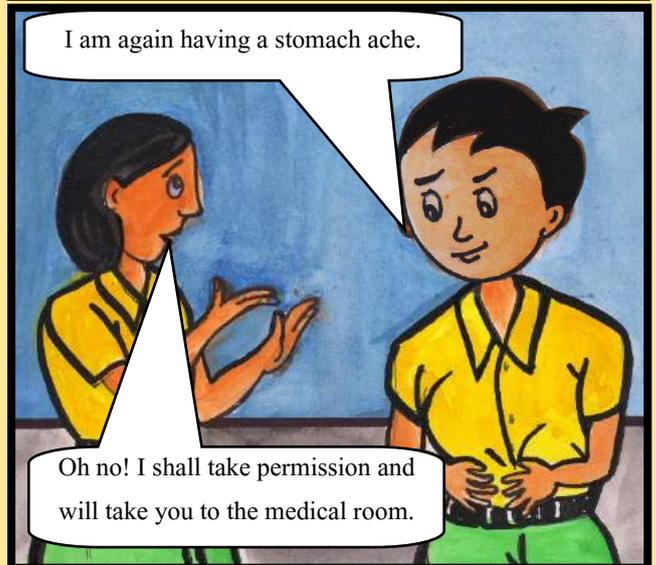
Rohit takes a sip and then they leave the medical room and go to their classroom.



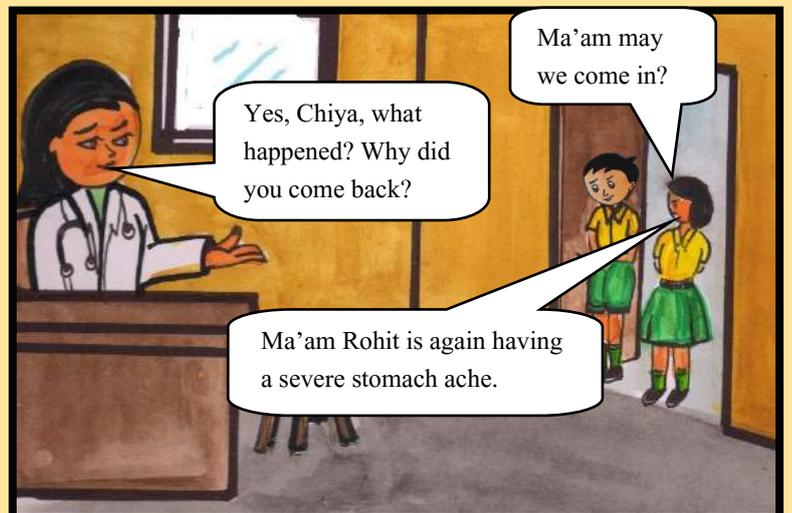
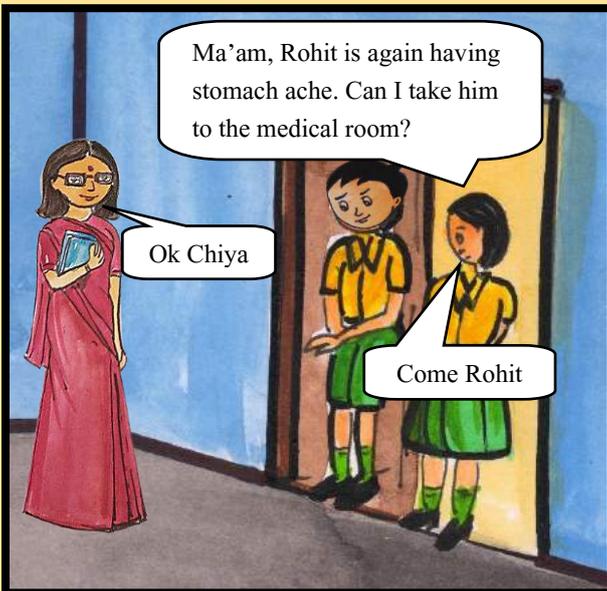
Teacher takes them to the computer Lab.



Rohit tightly holds his stomach with his hands.

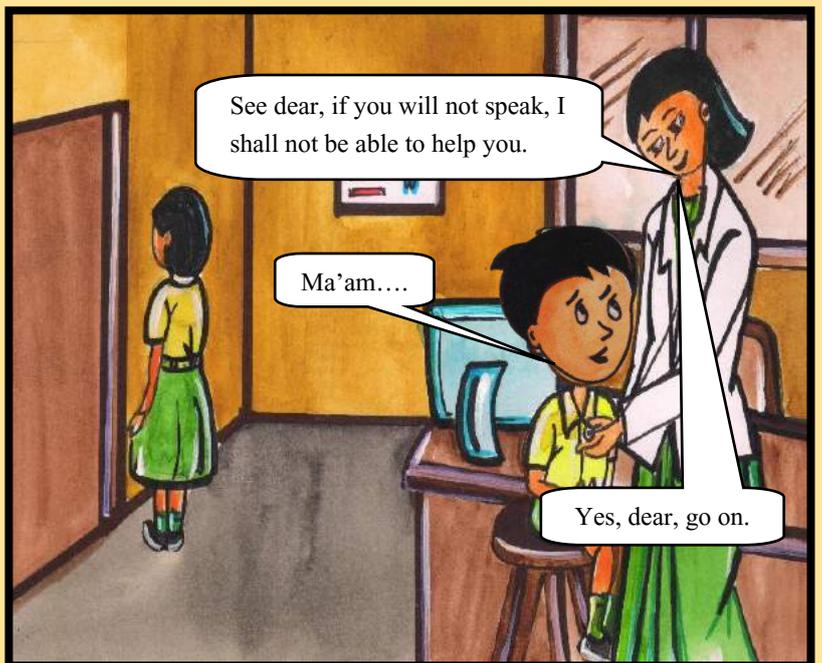
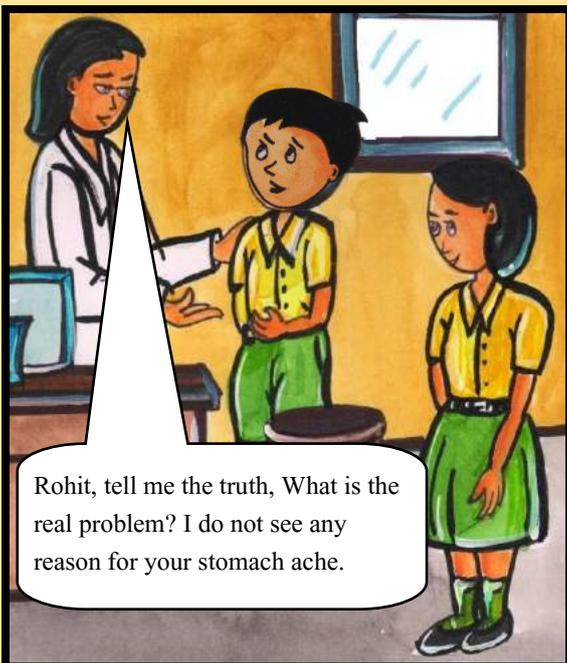


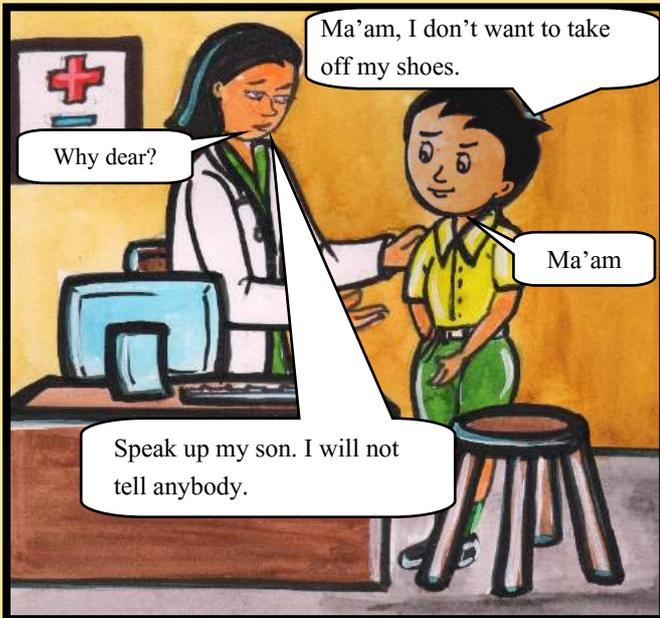
Together they go to the medical room once again .



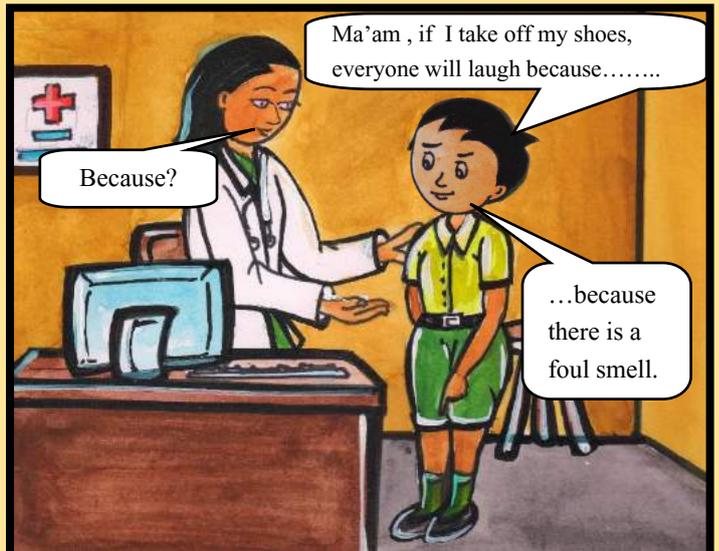
Nurse examines Rohit and says.

Chiya Leaves.

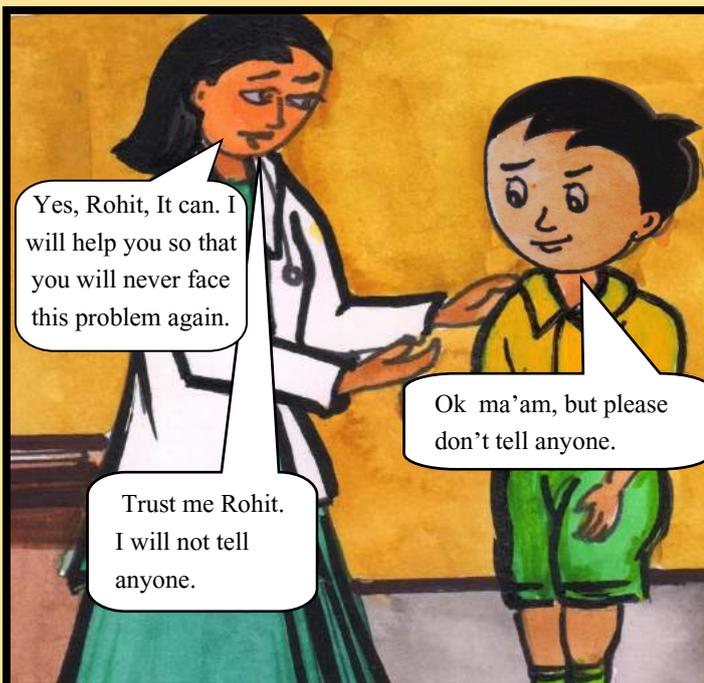
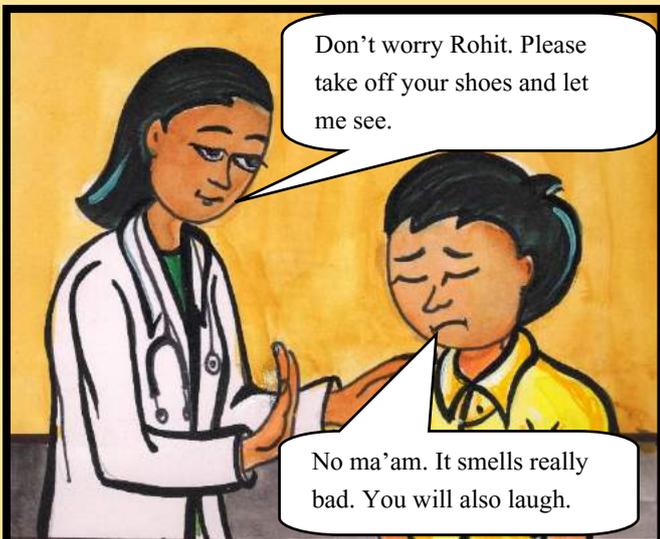




Rohit gathers courage and tells the reason.



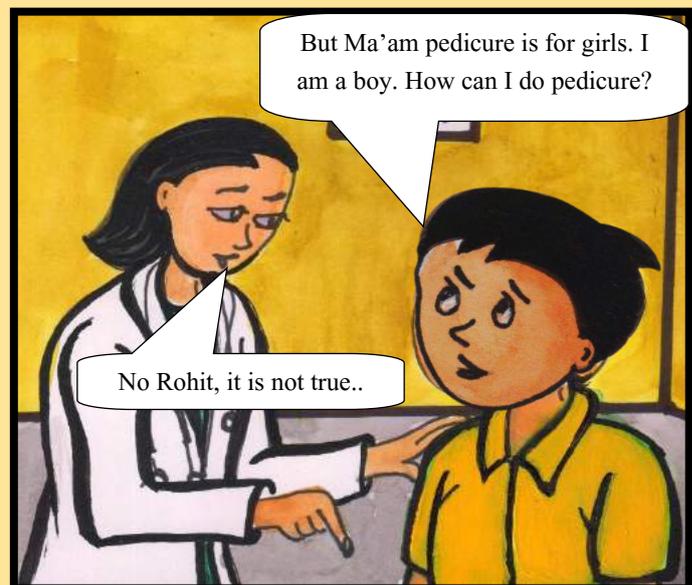
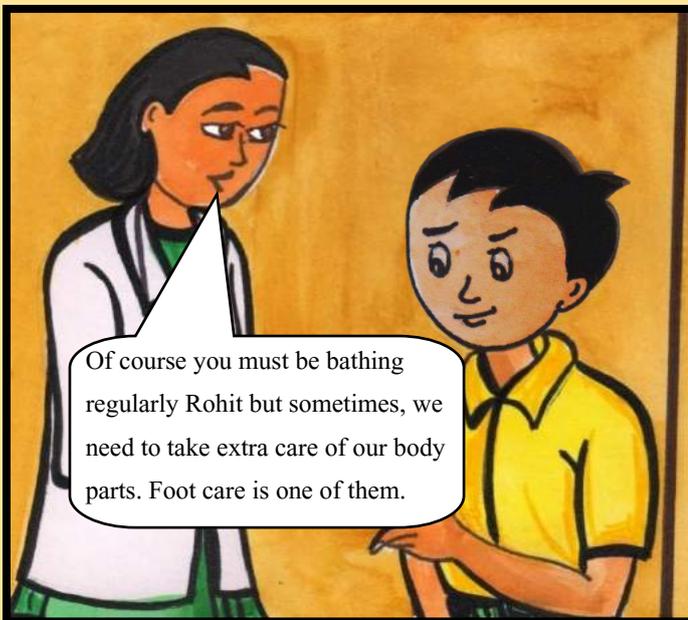
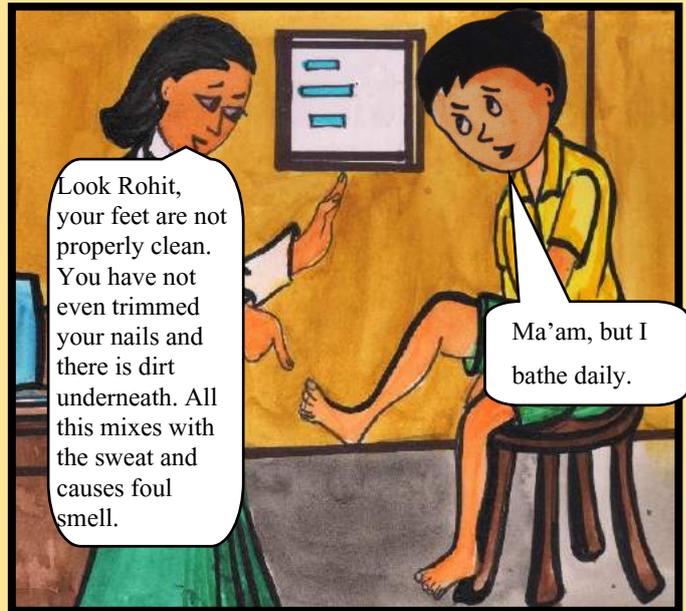
Rohit feels embarrassed.

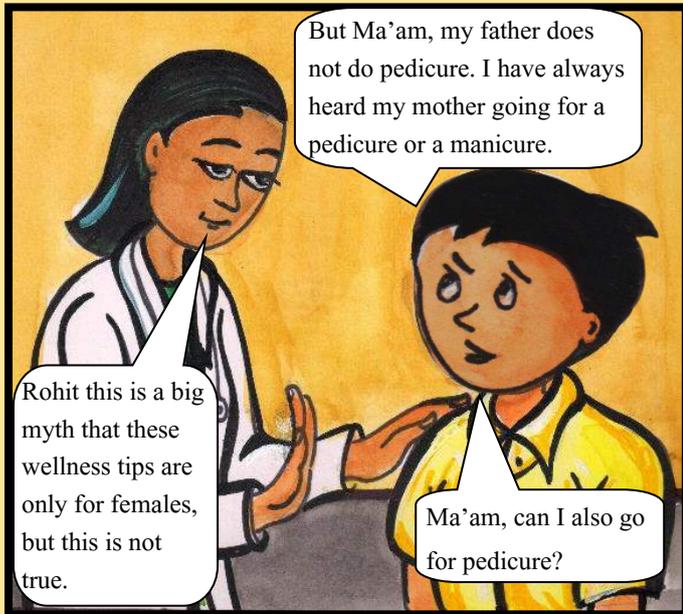


Rohit then takes off his shoes.



Rohit then takes off his socks .

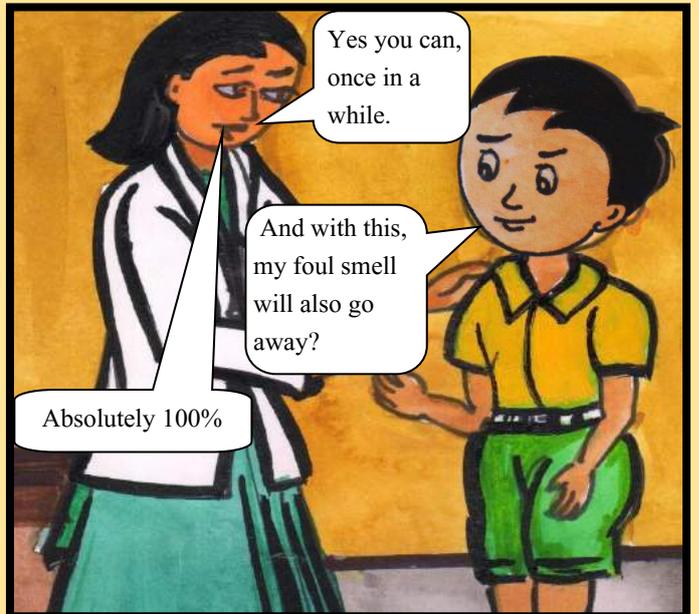




Rohit this is a big myth that these wellness tips are only for females, but this is not true.

But Ma'am, my father does not do pedicure. I have always heard my mother going for a pedicure or a manicure.

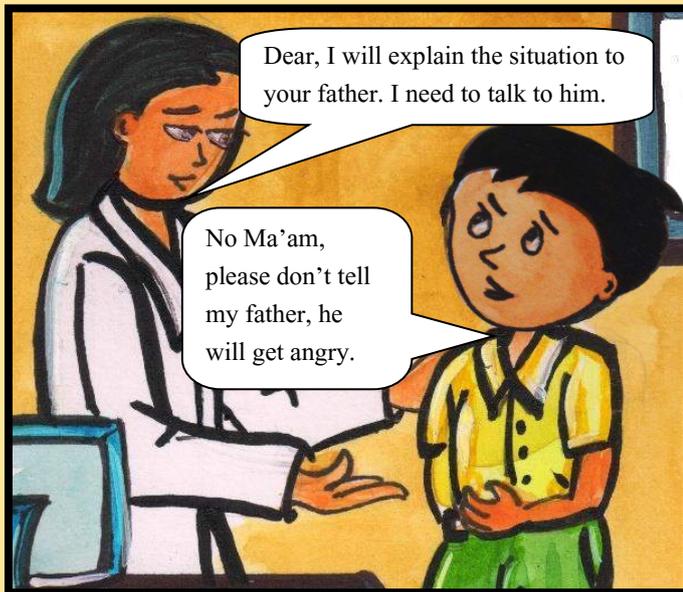
Ma'am, can I also go for pedicure?



Yes you can, once in a while.

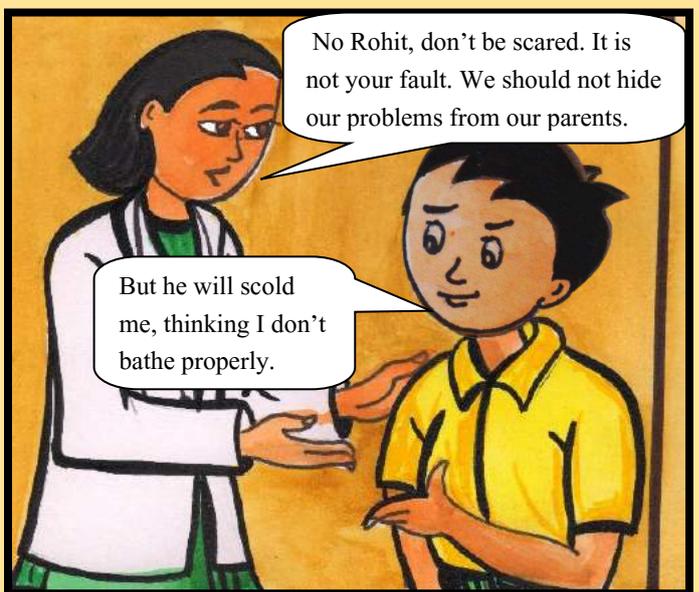
And with this, my foul smell will also go away?

Absolutely 100%



Dear, I will explain the situation to your father. I need to talk to him.

No Ma'am, please don't tell my father, he will get angry.



No Rohit, don't be scared. It is not your fault. We should not hide our problems from our parents.

But he will scold me, thinking I don't bathe properly.



I will not let this happen. I am sure he will understand.

Ok Ma'am.

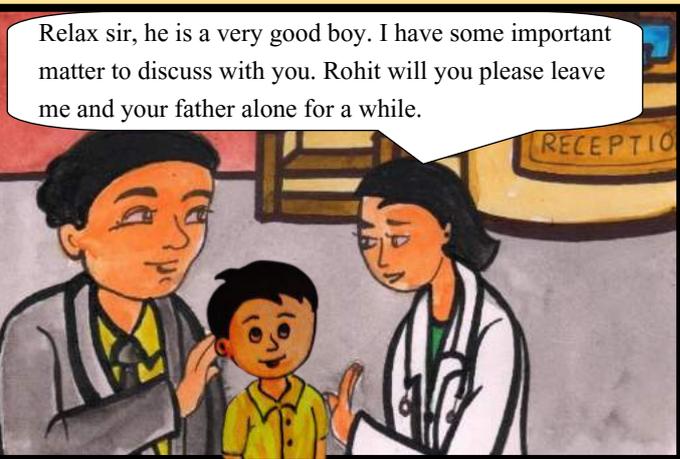
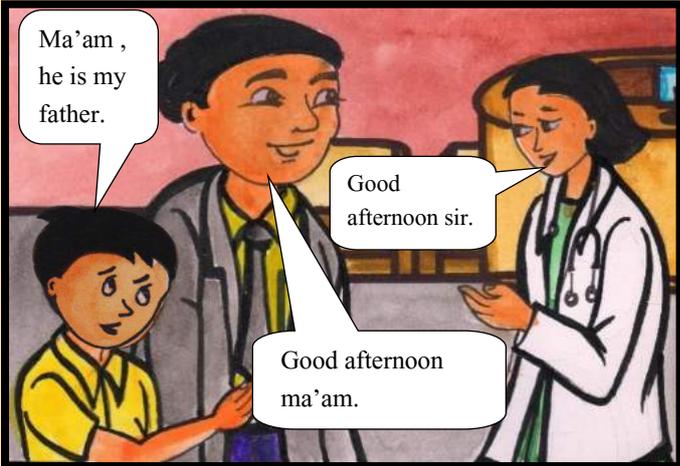
Rohit wears his socks and shoes.



It is almost time for the school to get over. Bring your bag and wait for me at the reception.

At the reception.

Nurse enters.



Rohit goes and sits on a sofa near the reception table.





But ma'am smell comes because he is wearing socks and shoes for a long time and also because of the sweating. It is a general thing.

Of course sir, but with certain precautions it can be avoided.



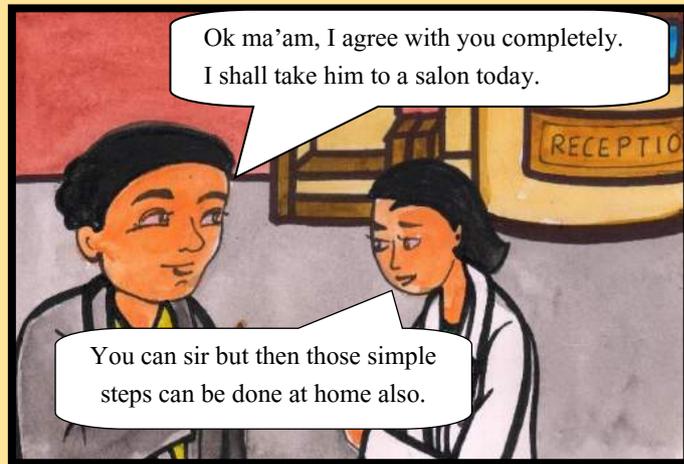
Ma'am what do you suggest then?

We can go for a pedicure for Rohit.



But...

Sir, we have to break the prejudice and focus on health of the child first, irrespective of the gender.



Ok ma'am, I agree with you completely. I shall take him to a salon today.

You can sir but then those simple steps can be done at home also.



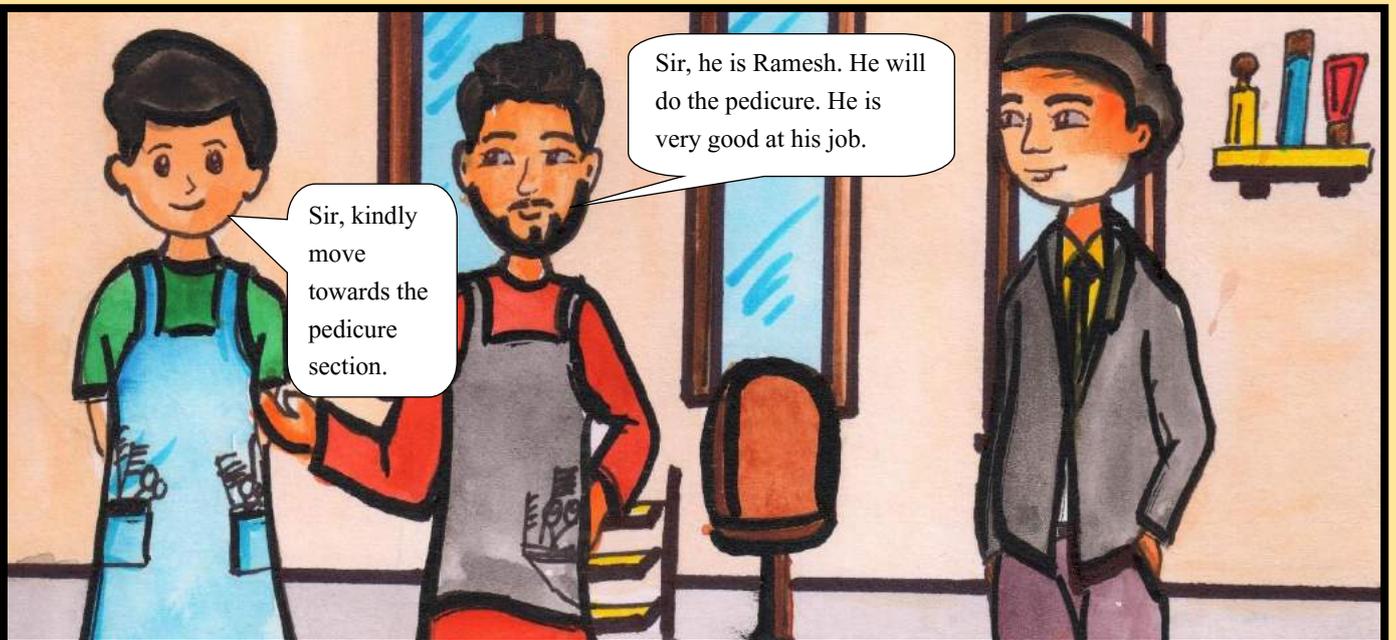
Yes ma'am thank you so much. You have been really considerate.

It is my duty sir, please take care.

In the evening father takes his son to a unisex salon.



Mr. Patel calls out to his employee Ramesh.



On the way Rohit sees the display of pedicure tool kit.

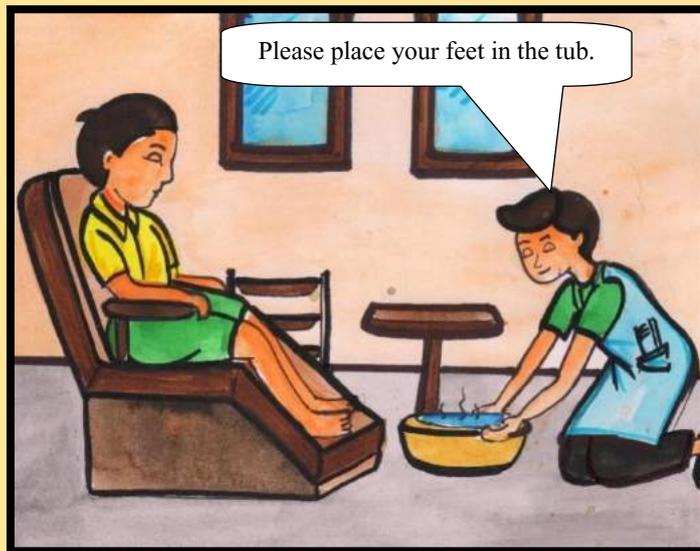


Ramesh then picks up each tool and introduces them to Rohit.

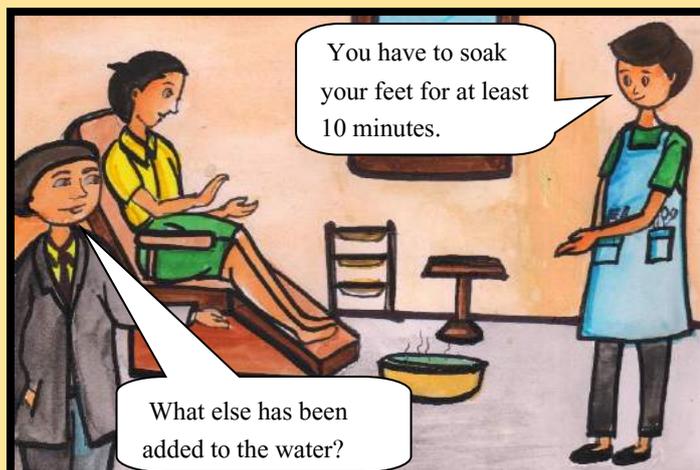
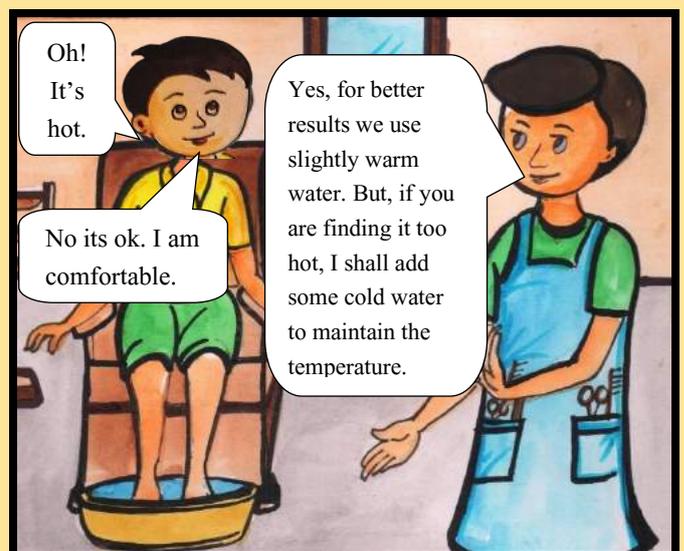


- | | |
|-----------------------|-----------------------|
| 1. Foot Soak (Liquid) | 6. Nail Scissors |
| 2. Lotions | 7. Orange Wood Sticks |
| 3. Nail Brush | 8. Toe Separators |
| 4. Nail Clippers | 9. Pumice Stone |
| 5. Nail Filers | |

Ramesh brings a tub that contains lukewarm water.



Rohit puts his feet in the tub.





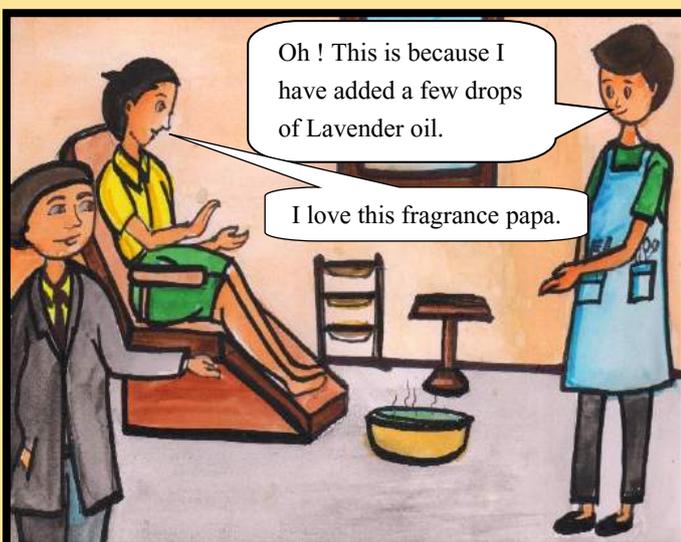
Yes sir, we select the liquid soap with neutral ph for children.

Good . What else can be used if not a liquid soap?



Sir other than soap, we can use salt.

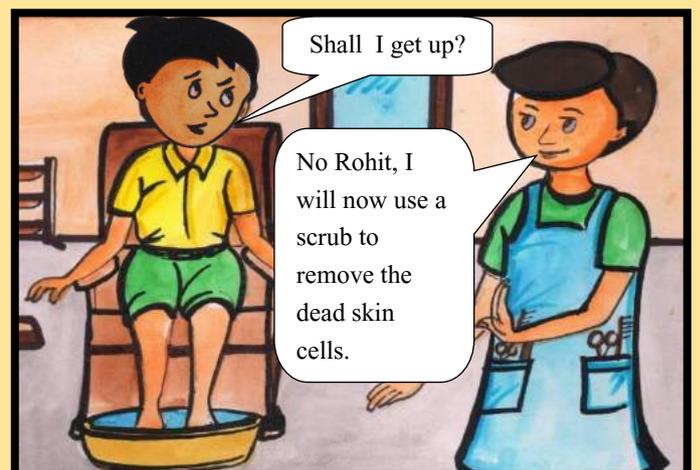
There is a very soothing fragrance coming from the water.



Oh ! This is because I have added a few drops of Lavender oil.

I love this fragrance papa.

After 10 Minutes.



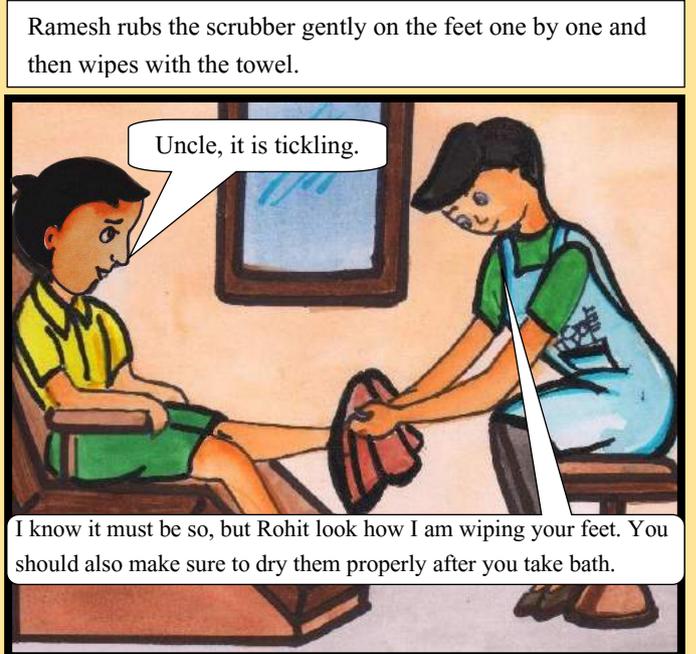
Shall I get up?

No Rohit, I will now use a scrub to remove the dead skin cells.



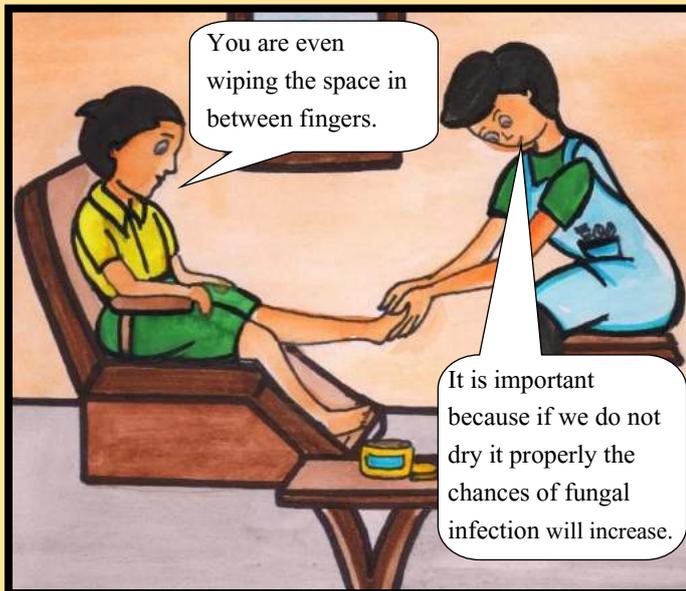
And will it make my feet look cleaner?

Yes, it will.



Uncle, it is tickling.

I know it must be so, but Rohit look how I am wiping your feet. You should also make sure to dry them properly after you take bath.



You are even wiping the space in between fingers.

It is important because if we do not dry it properly the chances of fungal infection will increase.



Fungal infection? I don't want fungal infection.

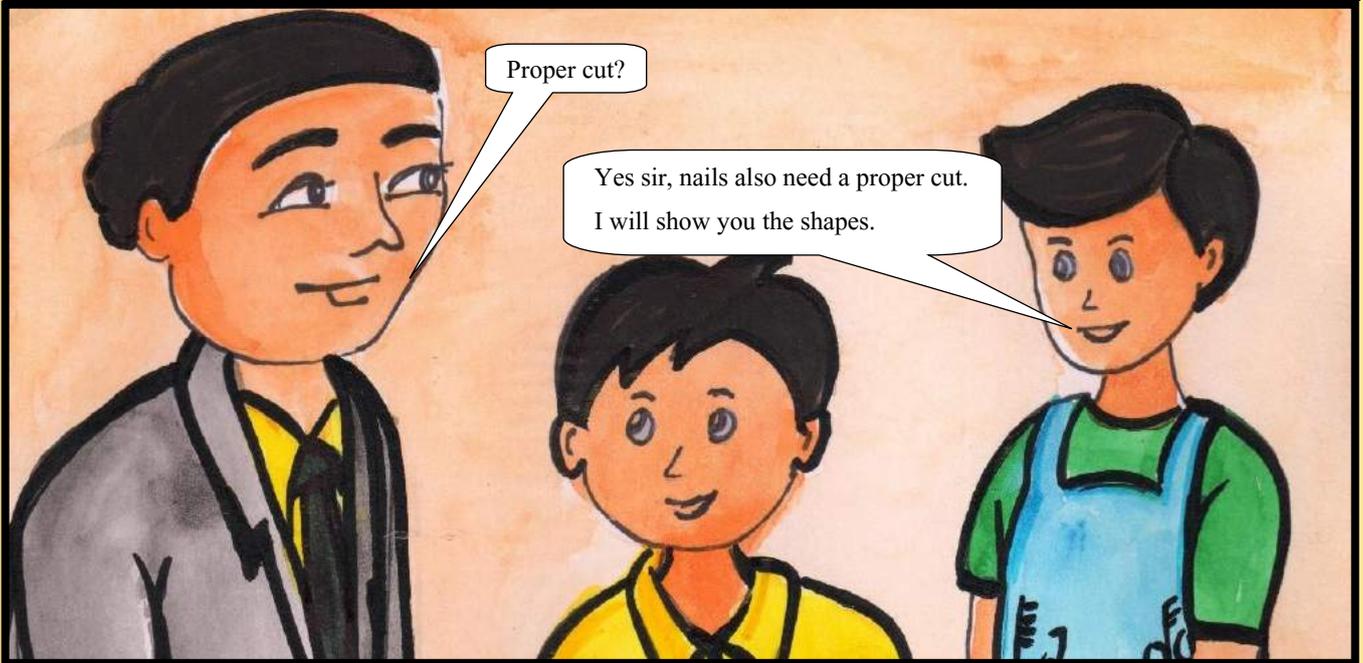
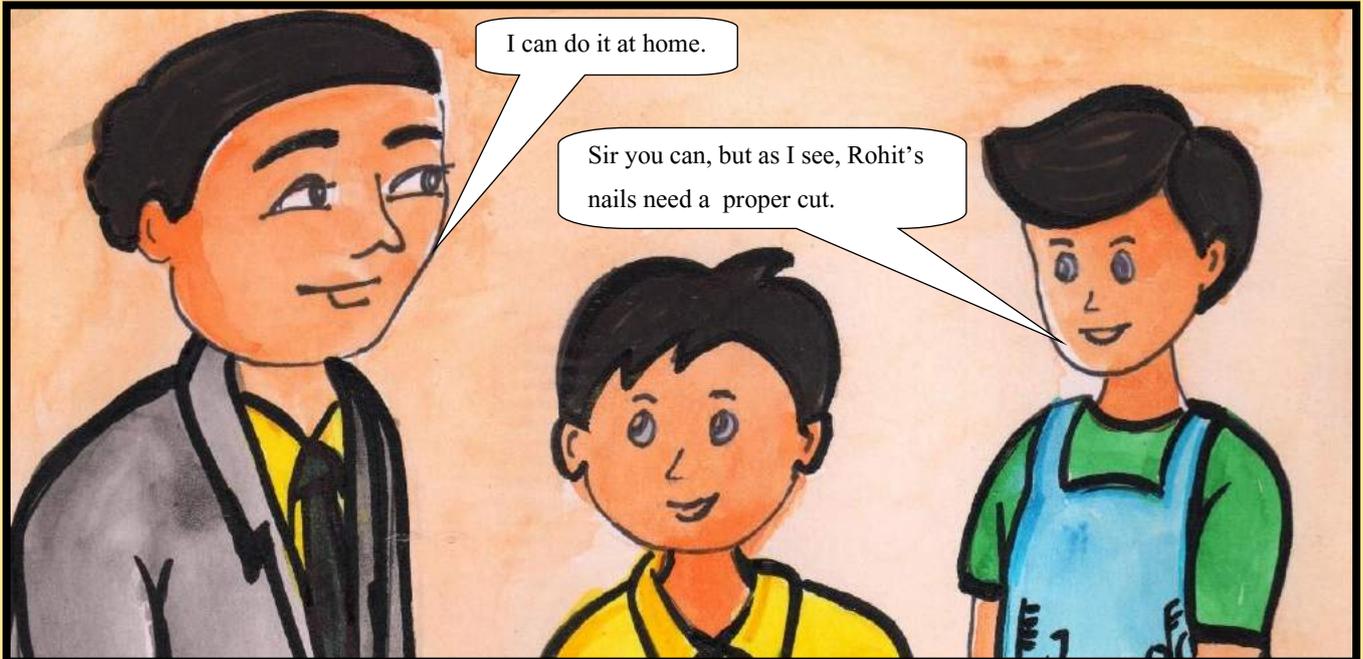
Then make sure to keep your feet dry.



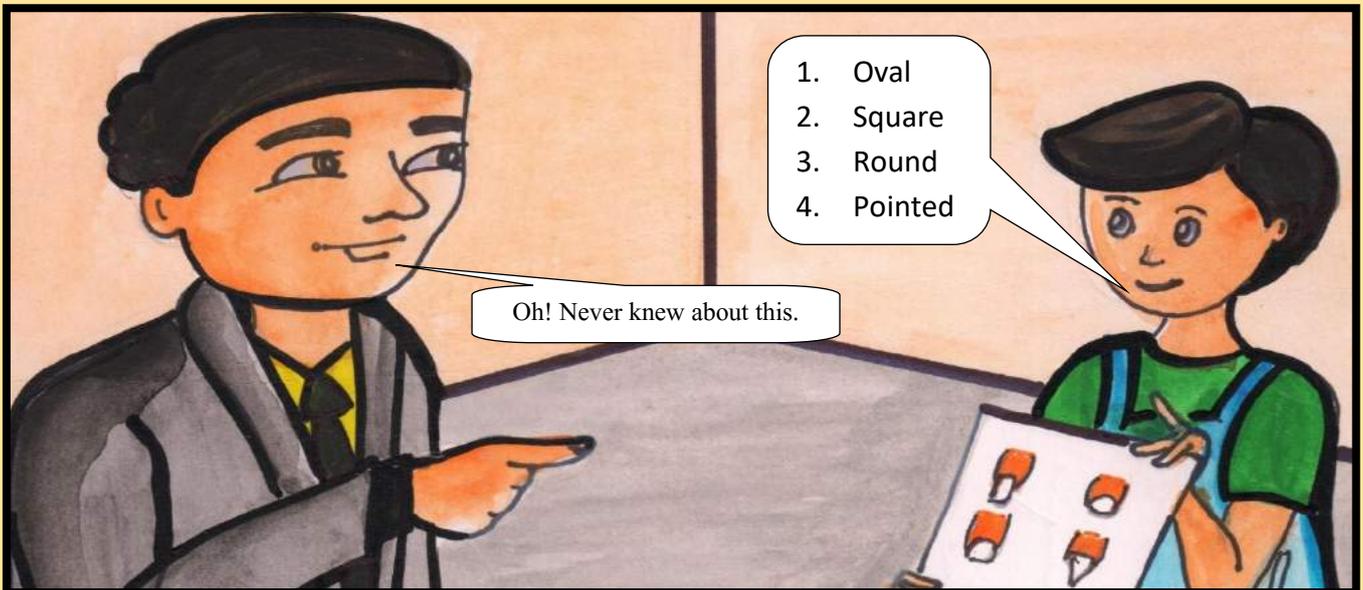
Rohit now I need to cut your nails, shall we?

But it will hurt.....

No it won't, nails are actually dead cells, so we have to cut them.



Ramesh brings a chart and shows different kinds of nail shapes.





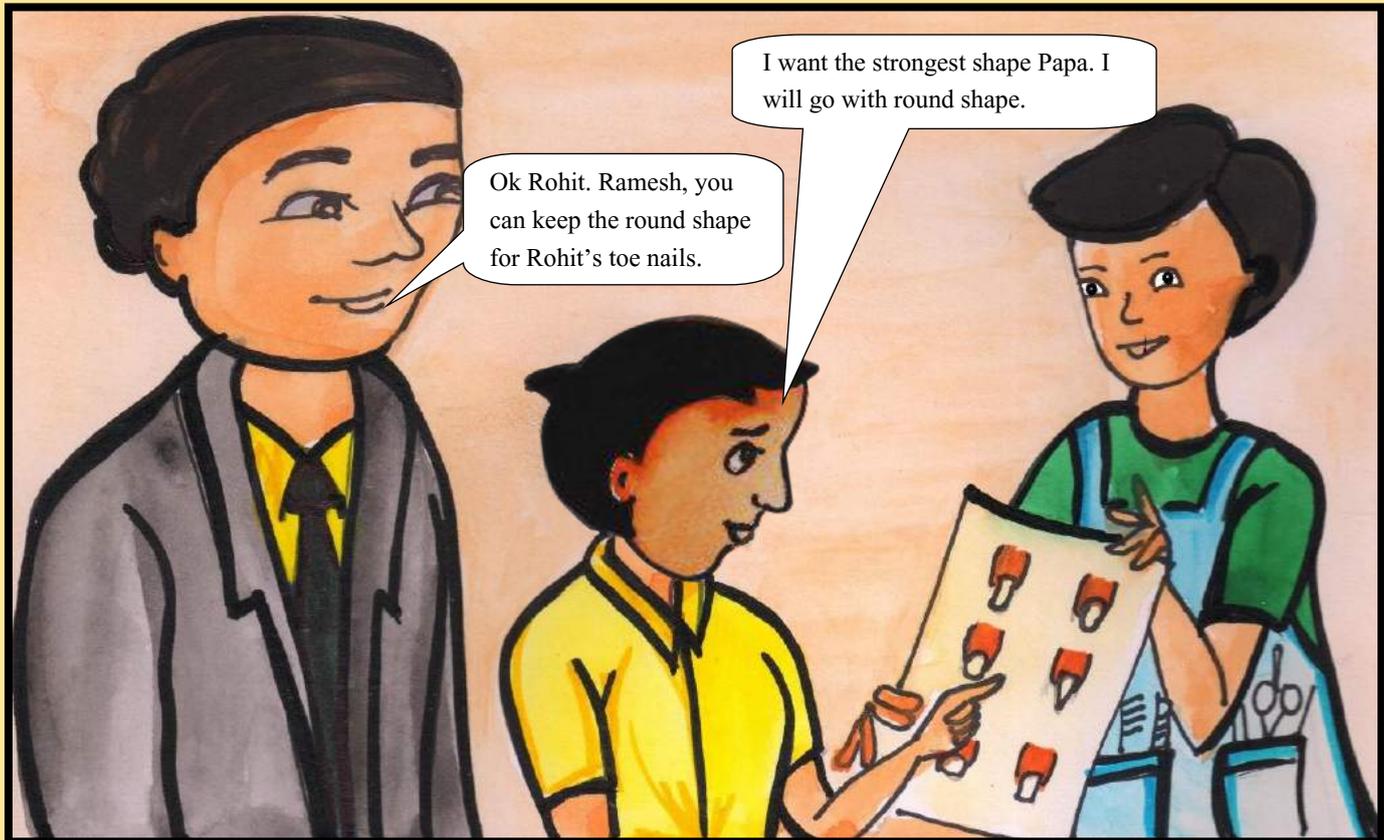
Papa, can I get the pointed shape done?

No Rohit. This type of shape is not to be used for children.



Then what do you suggest Ramesh?

Sir, I will suggest that you go for round shape. We shall be keeping the length of the nails very short. It will also give a good strength to the free edge area.



Ok Rohit. Ramesh, you can keep the round shape for Rohit's toe nails.

I want the strongest shape Papa. I will go with round shape.

Ramesh then carefully cuts the nails and gives them proper round shape.



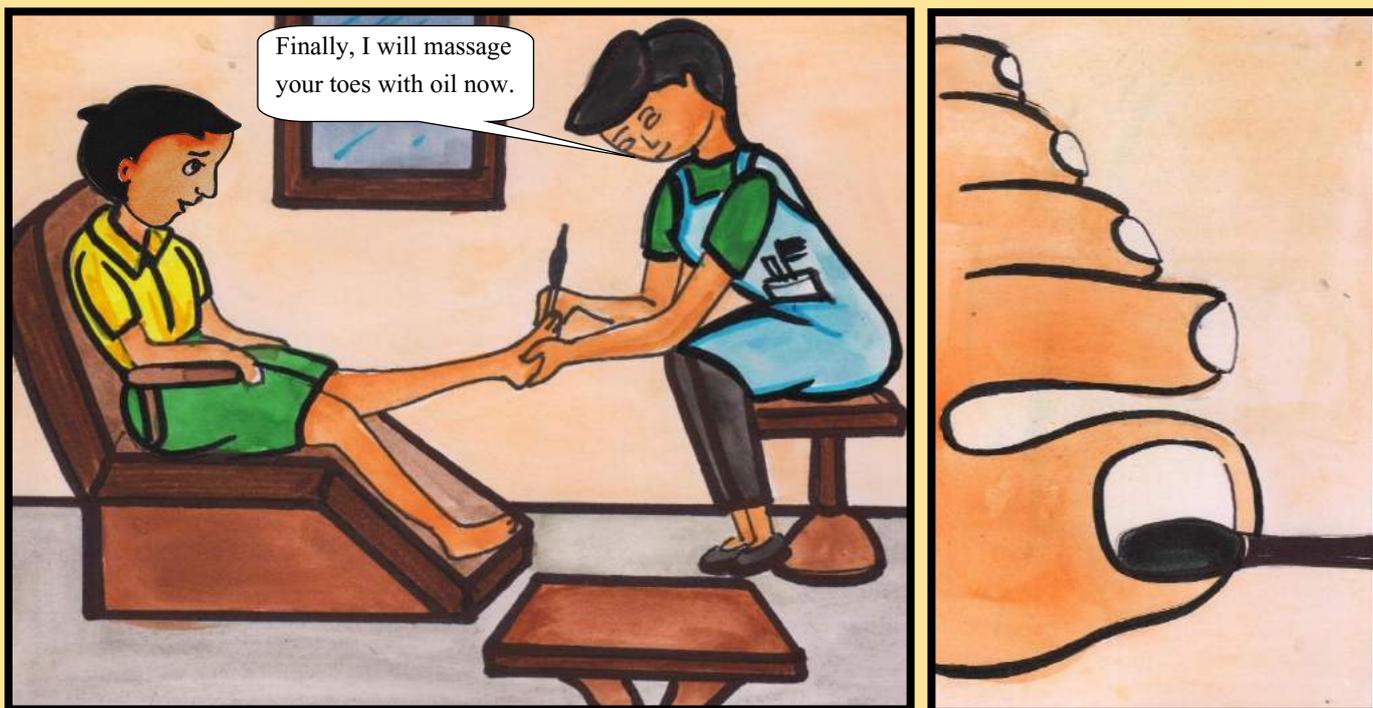
Ramesh then picks up an orange wood sticks.



Ramesh then removes the dirt using orange wood stick.



Ramesh then gently pushes the cuticle and rubs off extra cuticle.



Ramesh turns to Rohit's father.

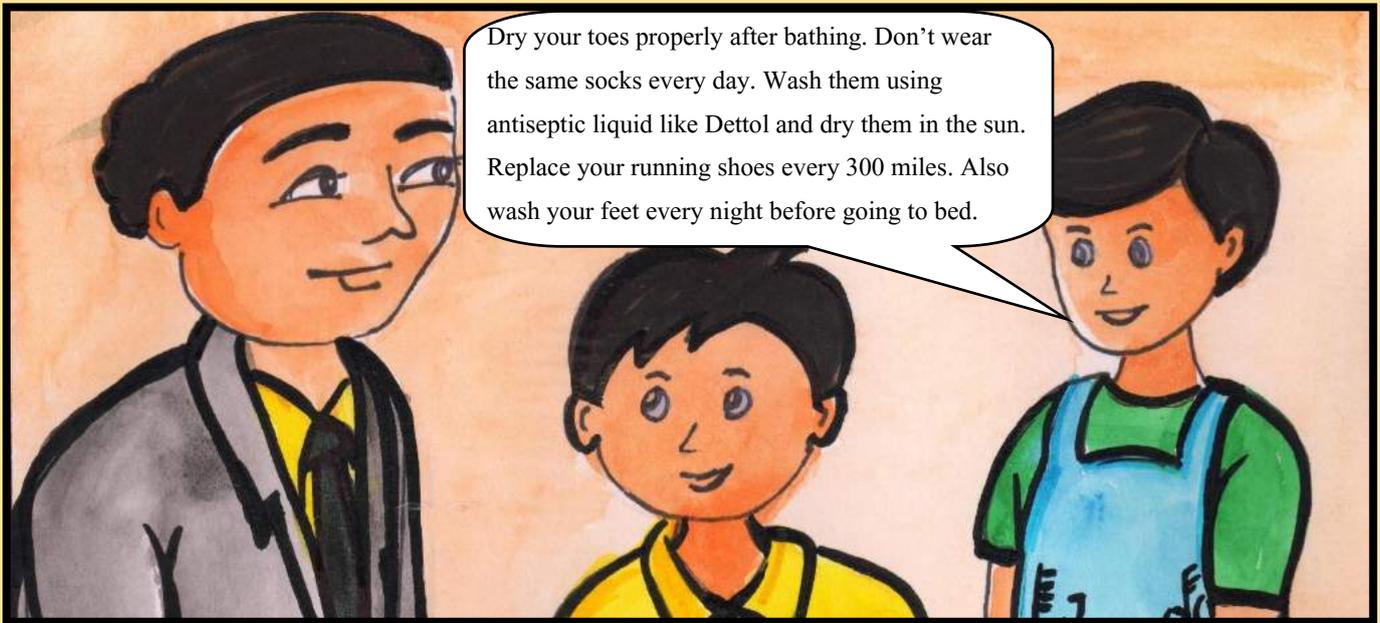




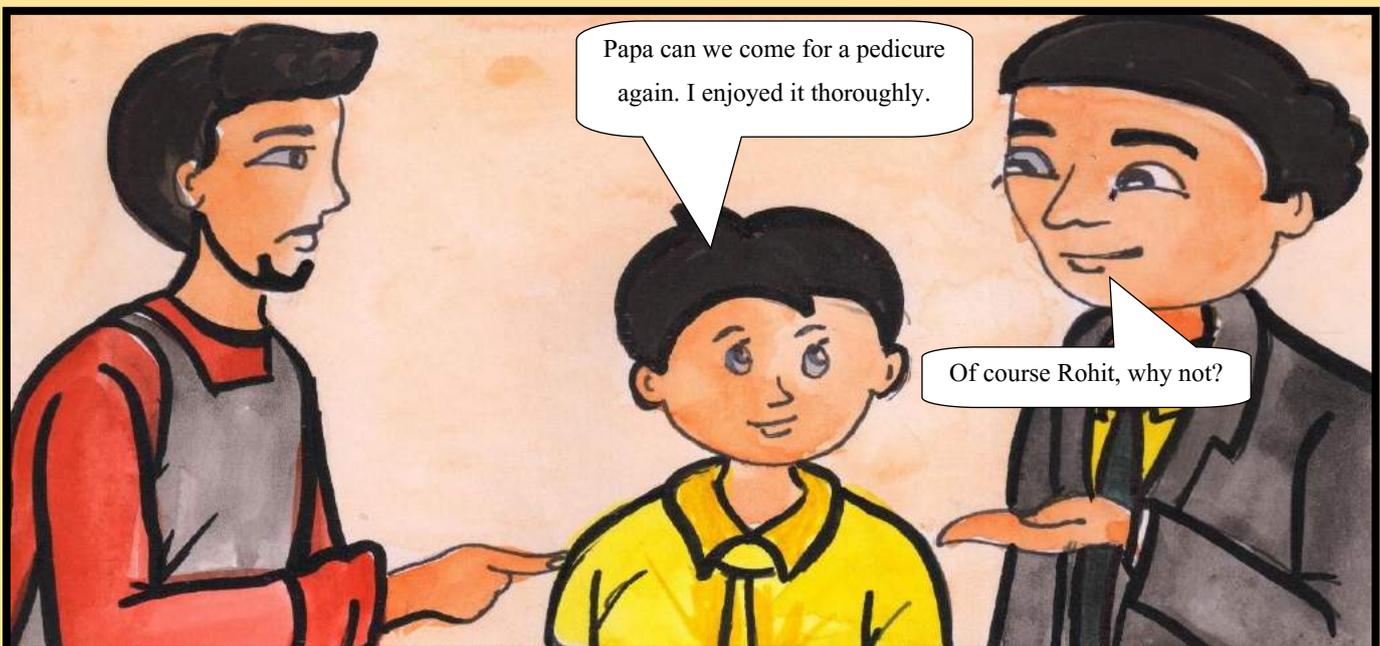
Ramesh gives a massage to both the feet one by one using grape seed oil.

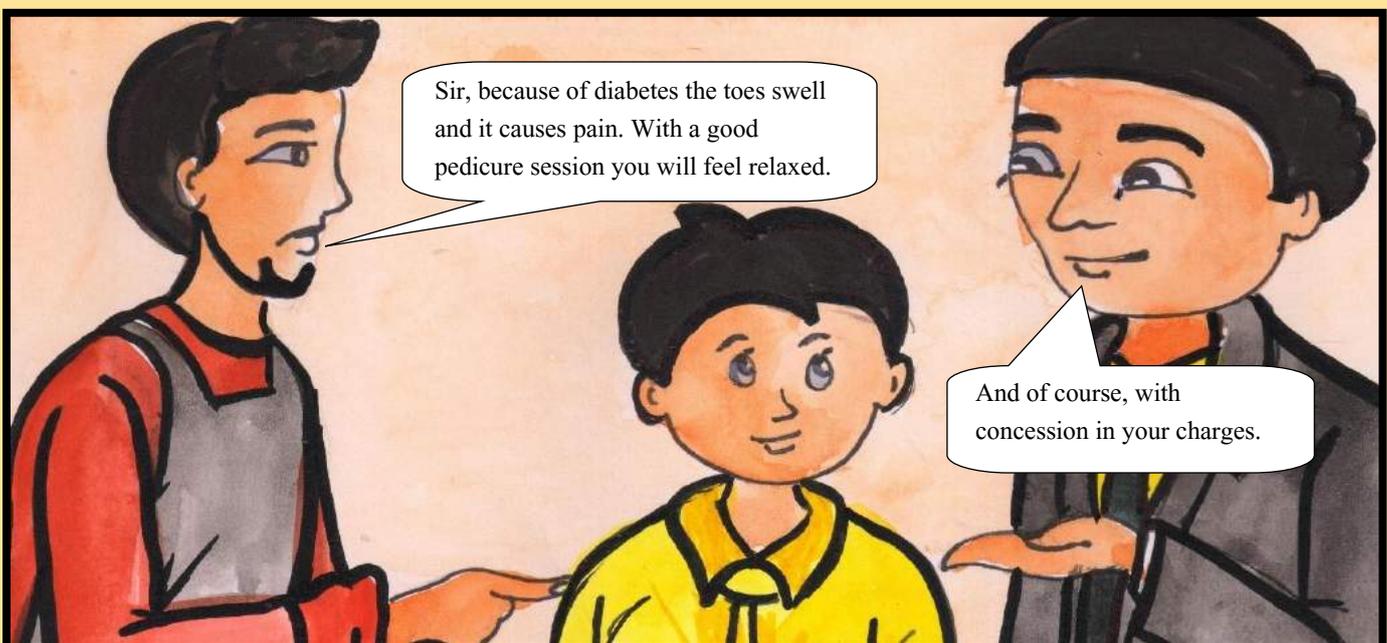
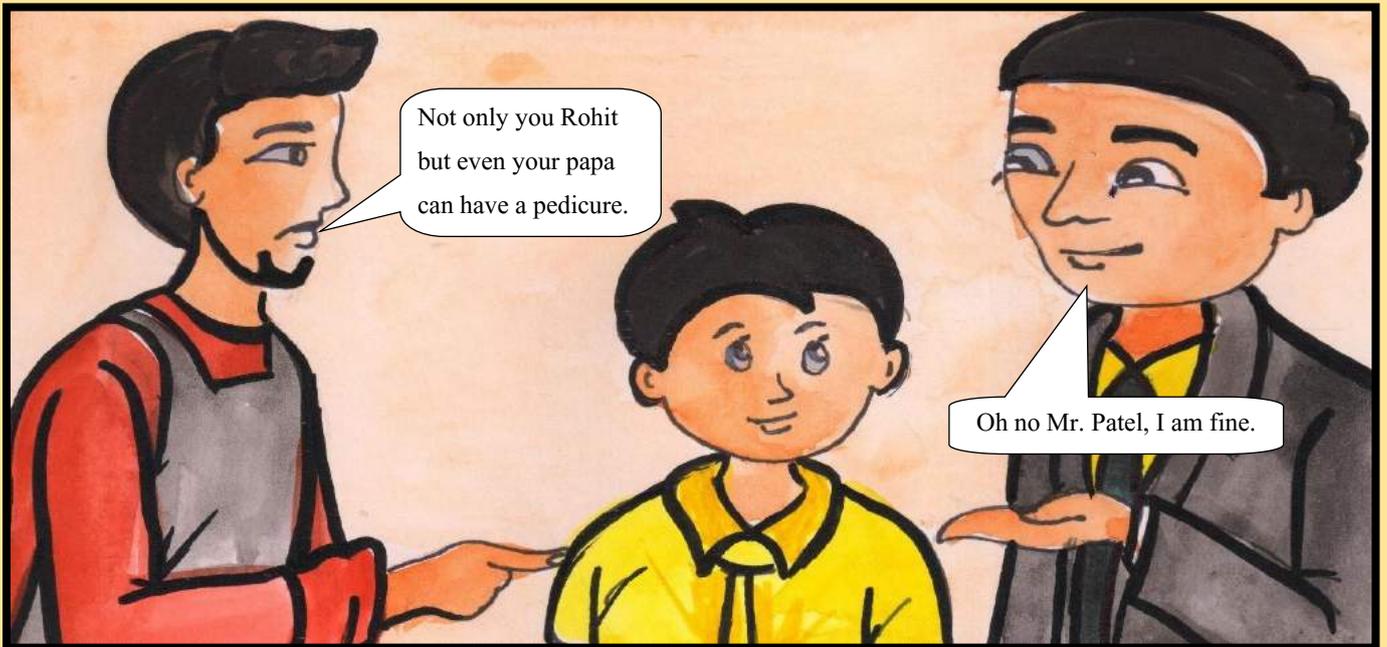






Ramesh and Rohit's father laugh together.





Father and Mr. Patel laugh out loud.



Rohit's father then clears the payment at the counter and both father and son leave for home happily.



ASSESSMENT

Section - A

- Q1. Write the step-by-step method for cleaning of toe nails.
Q2. Write the correct procedure of cleaning and moisturising the feet.
Q3. List the benefits of pedicure.

Q4. Match the following:

(a)	Nail cutter	(i)	Used to remove the dead skin.
(b)	Nail filer	(ii)	Used to remove dirt that is under the nails.
(c)	Orange wood stick	(iii)	Used to condition cuticles
(d)	Cuticle oil/ cream	(iv)	Trimming of the nail
(e)	Scrub	(v)	Filing of the nail

Q5. Identify the following tools:

1		
2		
3		
4		
5		

Q6. CHOOSE THE RIGHT ANSWER:

- Ramesh gives a massage to both the feet one by one using _____.
 - Grape seed oil
 - Sweet almond oil
 - Coconut oil
 - Olive oil
- Which tool is used to remove the dirt under the nails.
 - Cuticle pusher
 - Nail cutter

- c) Orange wood stick
- d) Nail filer

3. Which ingredients is added to Luke warm water?

- i) Liquid soap ii) Lavender oil iii) Salt iv) Grape seed oil
- a) i Only
- b) i, ii Only
- c) i, ii, iii Only
- d) iv Only

Q 7. Match the following:

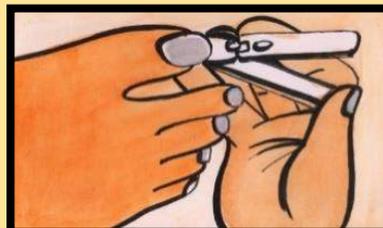
(a)	Scrub	(i)	
(b)	Liquid soap	(ii)	
(c)	Tool kit	(iii)	
(d)	Cuticle Pusher	(iv)	

Q8. Look at the picture and identify the procedure.

(a) -----



(b) -----



(c)-----



(d)-----

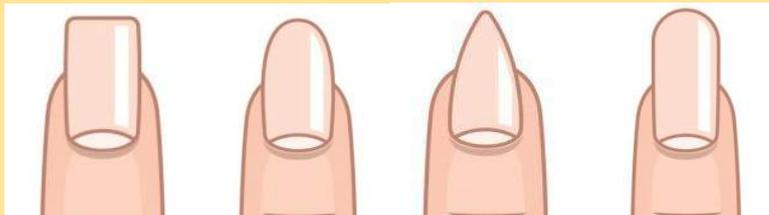


Section - B

- Q1. Rohit has dry and cracked heels, suggest him good foot care routine which he can follow at home.
- Q2. List down the materials required for pedicure (any five)
- Q3. Identify the different nail shapes of your friends and list down any 3 shapes which you found after analyzing the friend's nail shapes.

Section - C

- Q1. Show case the method for using nail brush for cleaning the free edge area of nails.
- Q2. Cut the finger nails, shape them in oval using emery board filer on hand dummy (or rice filled glove).
- Q3. Identify the Nail shapes - oval, round, square and pointed based on following pictures



Q4. True or False

- i. Pedicure helps to keep feet healthy.
- ii. The diabetic patient should not get pedicure.
- iii. The nail filing is necessary after the nail cutting.
- iv. If toes are not dried properly then any fungal infection can occur.
- v. Pedicure is only for females.

Q5. Cross words – find the words as mentioned below

- | | |
|----------|----------|
| PEDICURE | OIL |
| NAIL | SCRUB |
| BRUSH | TOOL KIT |
| CREAM | TOE |
| CUTTER | FEET |

T	O	O	L	K	I	T
A	M	P	G	L	Q	O
R	K	E	O	O	D	E
G	R	D	I	F	B	V
N	A	I	L	E	R	S
H	S	C	S	E	H	C
Q	C	U	T	T	E	R
B	B	R	U	S	H	U
C	R	E	A	M	N	B

Answer key

Section - A

Q4. Match the following

(a) – (iv), (b) – (v), (c) – (ii), (d) – (iii), (e) – (i)

Q5. Identify the following tools:

1 – Nail Brush, 2 – Nail trimmer, 3 – Orange wood stick, 4 – Scrubber, 5 – Toe separator

Q6. Choose the right answer:

1. – a), 2. – c), 3. – b)

Q7. Match the following:

(a) – (ii), (b) – (iv), (c) – (i), (d) – (iii)

Section – C

Q4. True or False

(i) – True, (ii) – False, (iii) - True, (iv) – True, (v) - False

GLOSSARY

1. **ACETONE**: a liquid solvent. Commonly it is used for removing nail varnish.
2. **CALLUSES**: a thickened and hardened part of the skin or soft tissue, especially in an area that has been subjected to friction.
3. **CUTICLE CREAM**: Used to condition dry cuticles.
4. **NAIL STRENGTHENER**: To harden soft nails.
5. **NAIL CLIPPER**: Used to trim the free edge of the nail plates.

BIBLIOGRAPHY

1. Nail technology and retailing I (**CBSE**)
2. Nail technology and retailing (**CBSE**)
3. Manicure, Pedicure and advance Nail techniques by **Elaine Almond**.
4. Beauty Therapy the Foundation, Level 2 by **Lorraine Nordmann**.

SUMMARY

Rohit is 11 years old. He is nervous and excited at the same time as he will be joining a new school. Rohit has developed foul smell in his toes because of his negligence and is not cleaning them properly. He is fortunate enough that his problem gets noticed by the school nurse and she counsels not only Rohit but his father also. After realising the gravity of the situation, Rohit's father immediately takes Rohit to a salon to get a proper cleaning done for his toes. At the parlor, Rohit learns the various methods to clean his toes and maintain proper shape of toe nails.

COPYRIGHT – ALL RIGHTS RESERVED

No part of this novel can be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical or photocopying, recording or otherwise without the prior permission of the school.

DISCLAIMER

This novel is published as a reading material to enable the students to have a better understanding of the topic. The characters used in this graphic novel are fictional and resemblance of any character or incident is merely a coincidence. Art work is done by teachers.

BEAUTY AND FITNESS

CBSSE

FOOT CARE: PEDICURE

