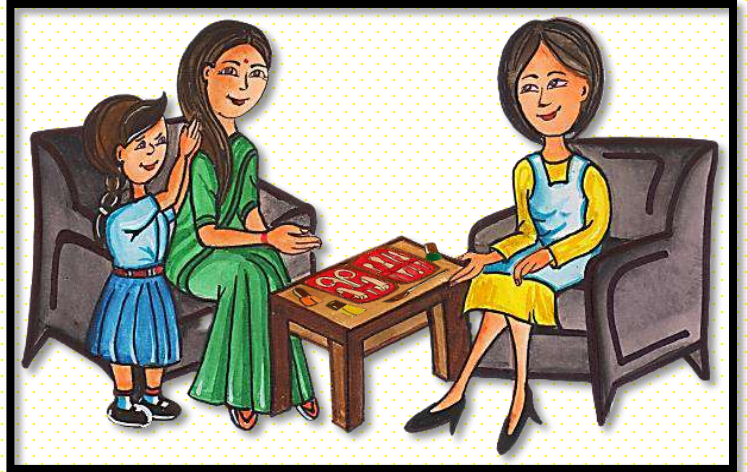
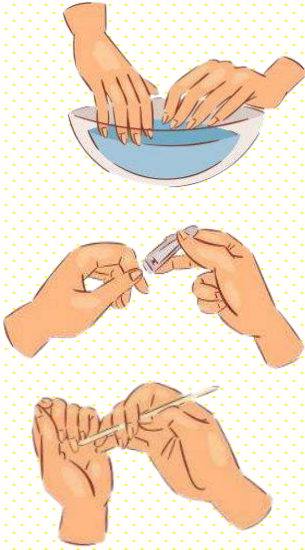


BEAUTY AND WELLNESS

CLASS - VI



HAND CARE-MANICURE

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PREFACE

***“... WE FIND ONLY ONE TOOL, NEITHER CREATED NOR INVENTED,
BUT PERFECT: THE HAND OF MAN.”***

Human hands play a pivotal role during the entire lifetime, from simply carrying out daily tasks to the involving actions that depict gestures. Maintaining proper hygiene of hands is a must, as untidy and dirt filled nails not only give an impression of poor health status but also careless attitude of an individual. Good habits should be infused in students from an early stage of childhood, and reinforcement should be carried out on regular basis. From maintaining proper shape of the nails to regular massage for a healthy and shiny skin, manicure has emerged as the best option. For an adolescent, beauty plays a major role, but health can never be neglected. Keeping clean fingertips is as crucial as applying nail paint. Through, this graphic novel the whole procedure for manicure has been displayed in simple steps, so that the process can be done at home itself.

The story revolves around Chiya, a young girl who seems to be fascinated by her mother's nail polish. During the class, she sees brightly painted nails of her teacher and dreams of applying nail paint herself. Her teacher appreciates her inquisitiveness but also reinforces the need to keep our hands and nails clean. This concept is further fortified when Chiya observes Ms. Divya, the manicurist. She demonstrates the procedure of conducting manicure and teaches Chiya to keep hands clean to make them look beautiful.

LEARNING OUTCOMES

- Describe basic hygiene & safety measure to maintain healthy hands.
- Demonstrate cleaning of hand nails.
- Design a shape of nail after cutting, filing and applying nail enamel.

CHARACTERS



Chiya: A girl of 13 years of age. An adolescent girl adapting to the physical, mental and emotional changes. Deeply interested in maintaining good looks. Lives in her dreamy world. Very inquisitive about learning the techniques of manicure.

Mother: A lady in her late thirties. Mother of an adolescent girl Chiya. Very cautious about her appearance.



Disha: A girl of 13 years of age. Very friendly, supportive, fun loving and sweet child. Guides Chiya to be focused and be attentive in the classroom.

Teacher: A teacher who is well dressed. Careful in her appearance. Understands the inquisitive nature of students and reacts accordingly.

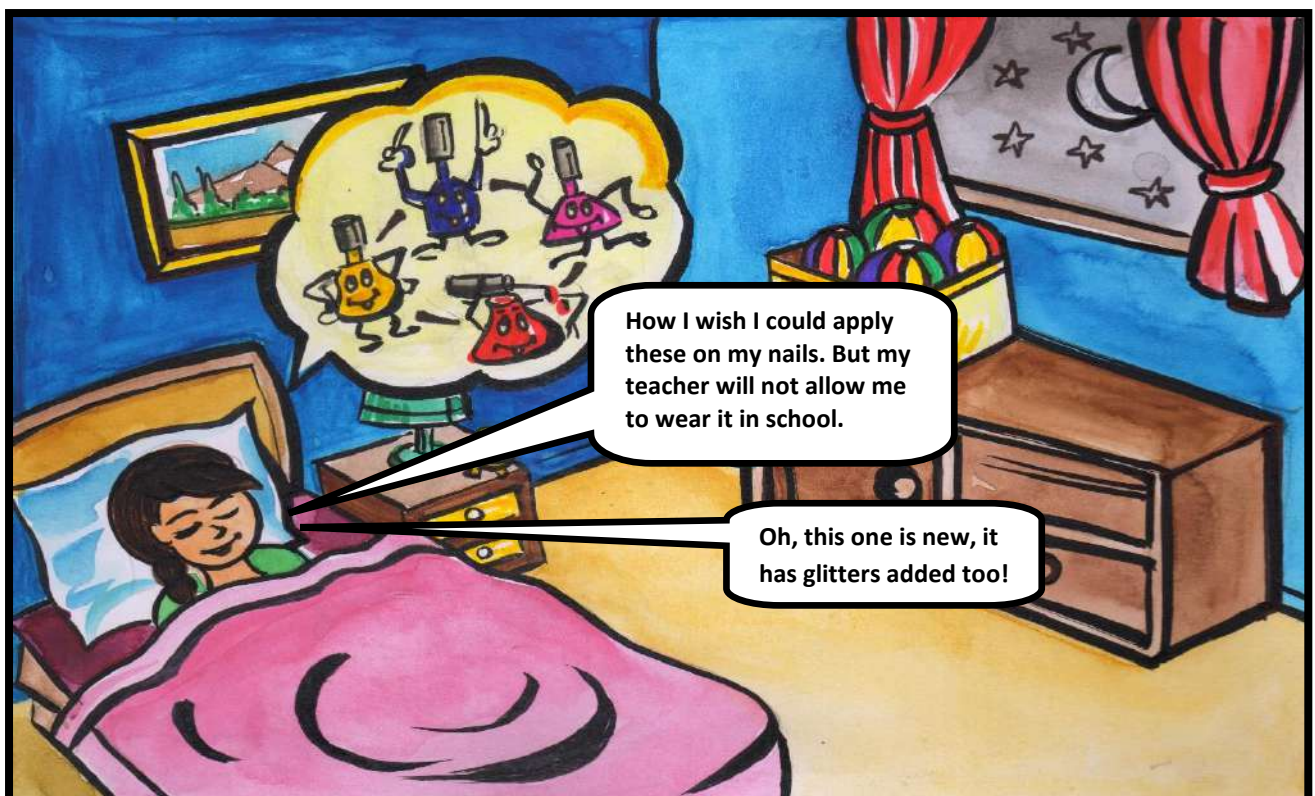


Ms. Divya: Professional manicurist. Very diligent and meticulous in her work. Affectionate towards children and ready to answer.

(Dream sequence) In a room, a lady is applying make-up. Her daughter Chiya is secretly staring at her mother.



She imagines bottles of nail paints dancing in front of her eyes. Red, blue, pink, yellow.



All of a sudden she wakes up by hearing her Mother's voice (Dream sequence ends).



Chiya gets ready and heads off to school in the school van.



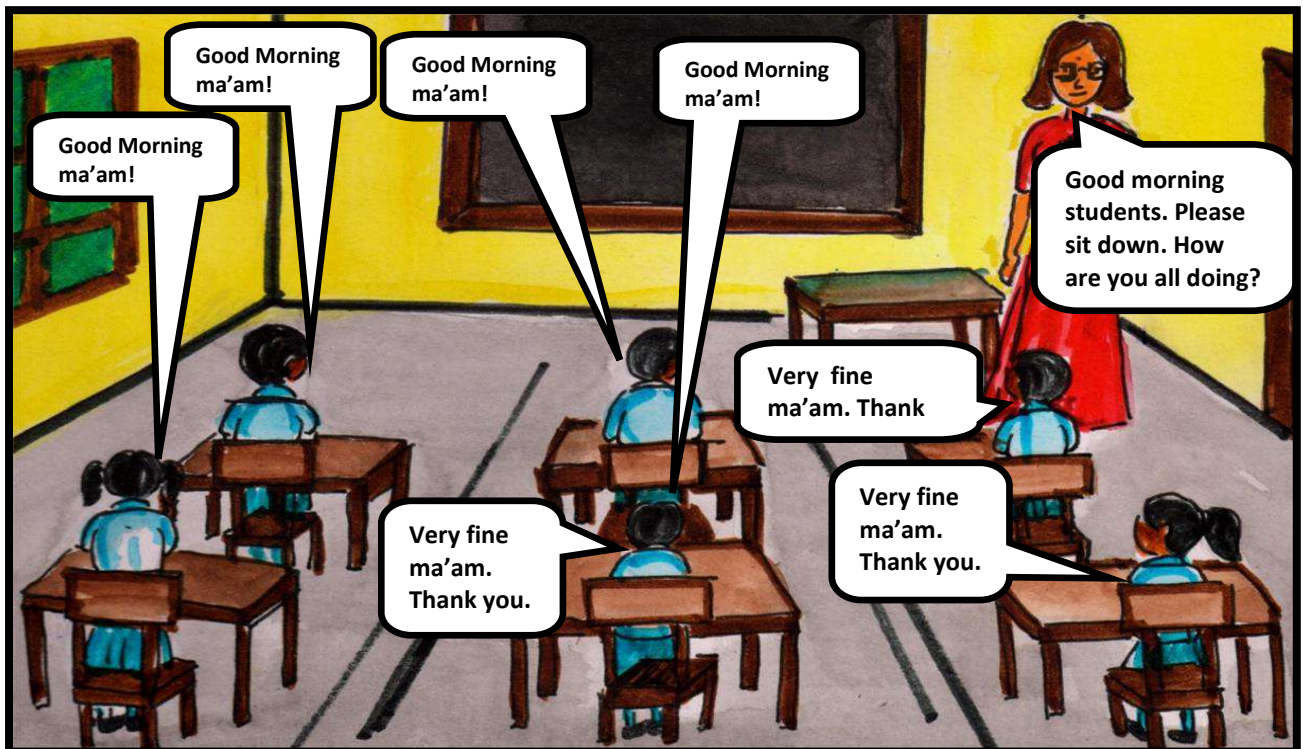
In the school Chiya meets her friend Disha.



They both run towards the classroom.



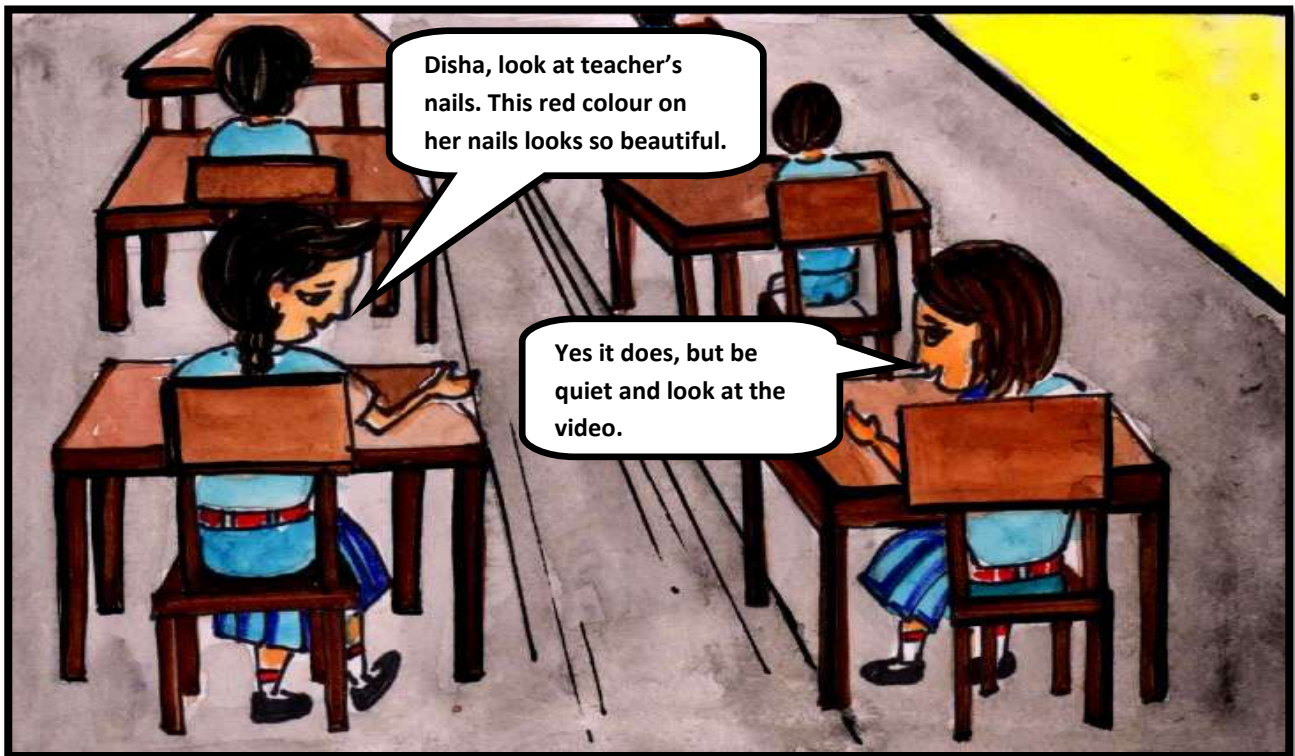
The bell rings and their teacher enters the Classroom.



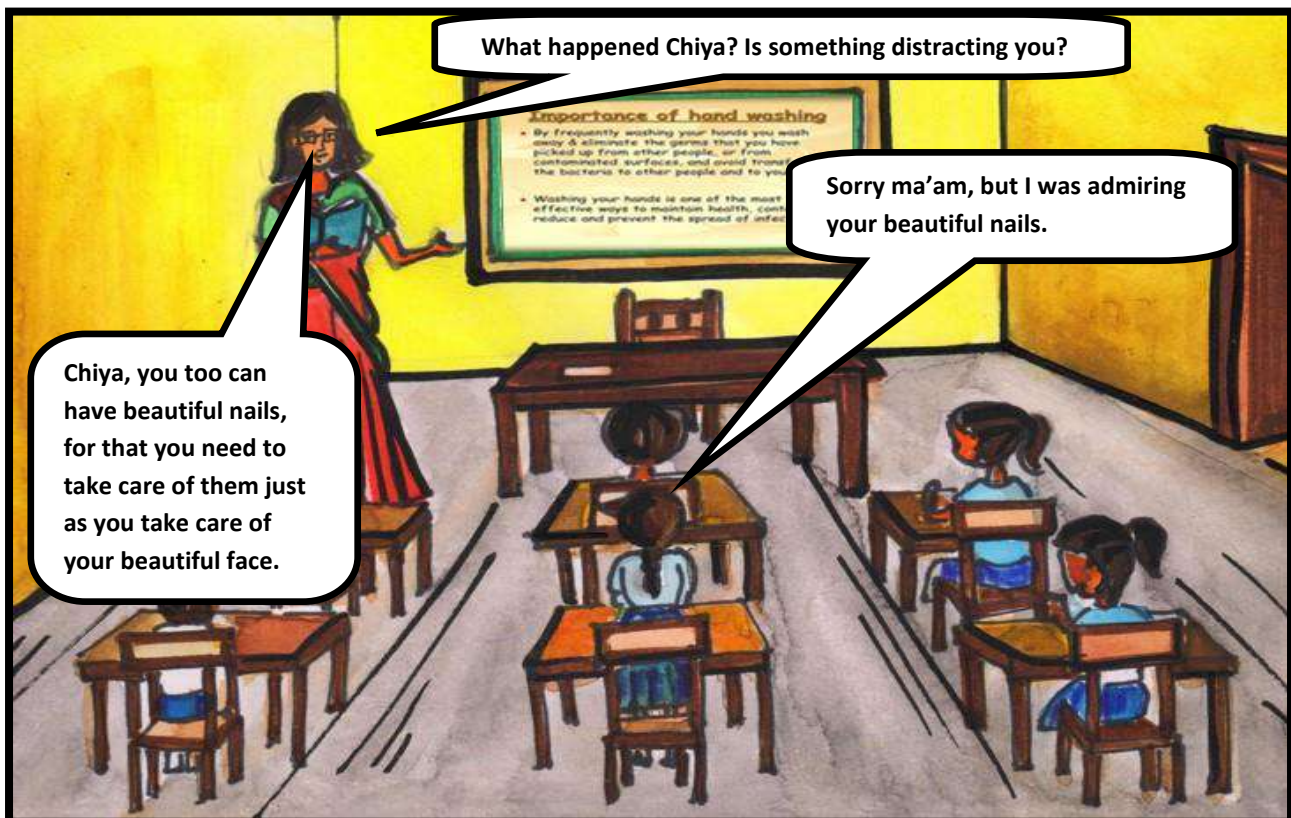
Teacher switches on the smart board and shows a video to the students.

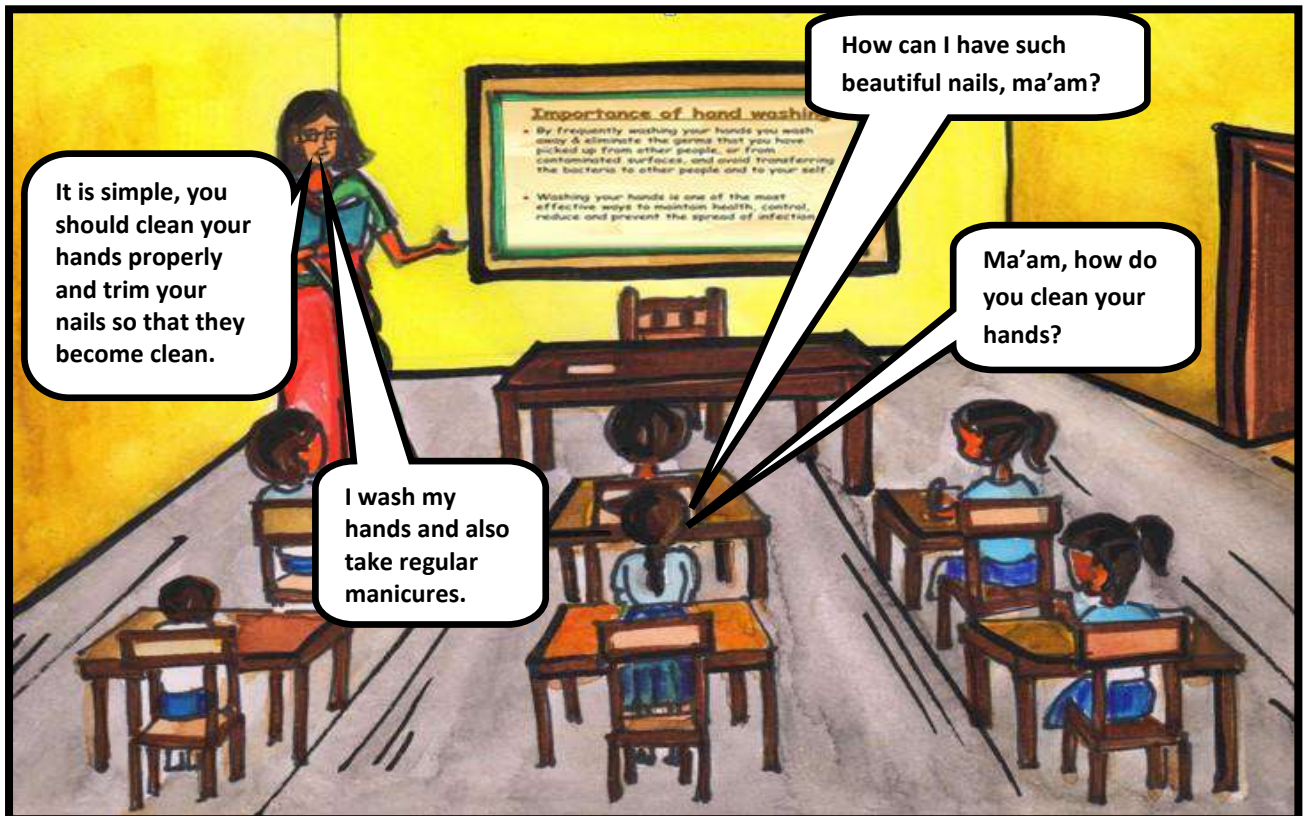


When students are watching the video Chiya says to Disha.



Chiya sits admiring her teacher's beautiful nails.
Teacher sees Chiya not paying attention and calls her to ask the reason.





The bell rings and the class gets over. Chiya keeps thinking about her teacher's advice.



Chiya returns home from school.



She keeps her bag on the sofa and hears muttering sounds from the other room. She picks up her favourite teddy and runs in the direction of the noises.



She stops outside the room and peeps inside.



Mother sees Chiya peeping inside so she softly asks her to come in.



Chiya enters the room hugging the teddy tightly to her.



The little girl sits down beside her mother and the lady starts unpacking her manicure tool kit. Miss Divya gradually displays all the items one by one.



Chiya shows a lot of interest.



Miss Divya gently rubs it on mother's nails. The nail paint starts vanishing. Chiya's eyes were wide with amazement.



Miss Divya then takes out the tub and gently washes mother's hands with soap and water. She also uses a nail brush to clean under the free edge area so that nails are clean from underneath also.



Miss Divya then takes the nail trimmer in her hand and trims mother's nails.



Chiya and her mother laugh aloud.



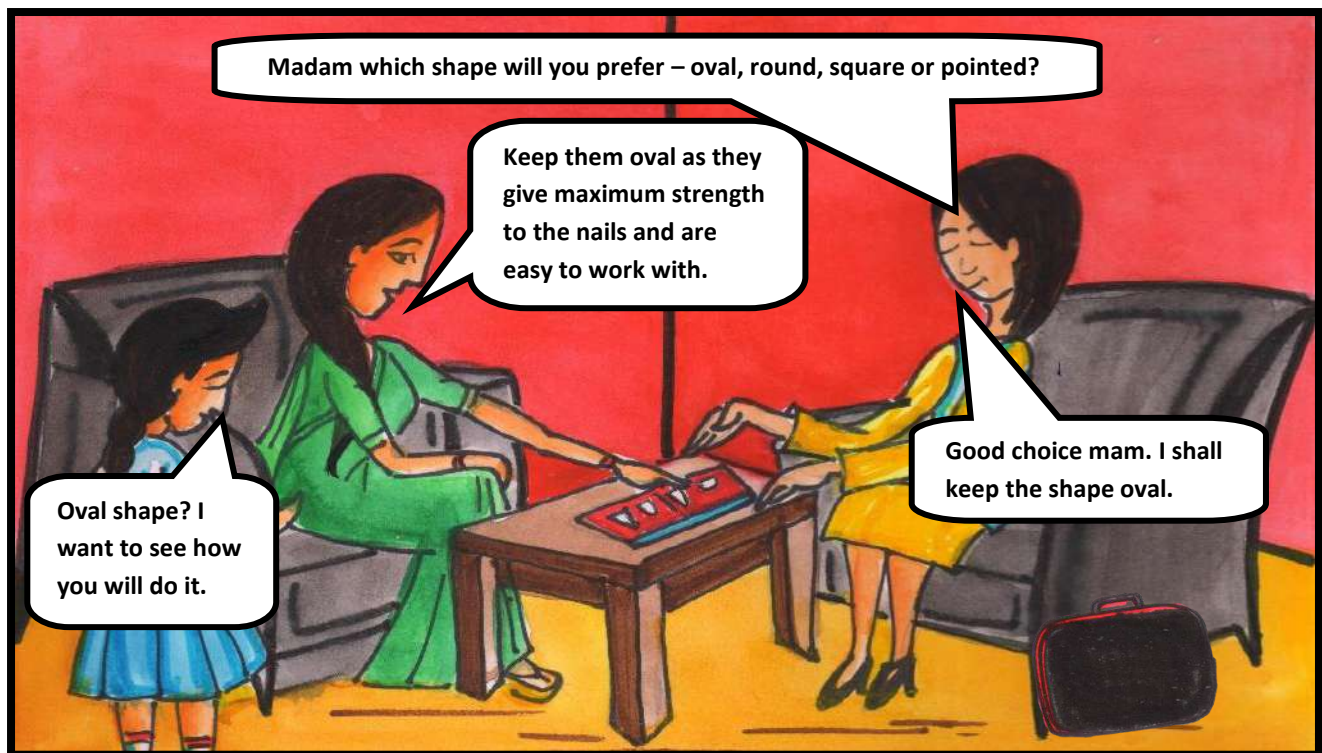
Before Miss Divya could finish Chiya prances up.
Little Chiya claps her hands, she is enjoying the whole process joyfully.



Then Miss Divya takes the nail filer, and Chiya's expression changes.
Chiya seems so concerned that Miss Divya and mother almost had to control their laughter.



Miss Divya shows four shapes of nails to Chiya's mother and asks.



(Chiya sighs!)

Then very carefully Miss Divya moves the filer from the side of the nail to the centre.



Gently Miss Divya glides the filer to the other side of the nail. She continues the same steps for all the nails and keeps brushing the nail filings aside.



Miss Divya keeps the filer aside and uses the cuticle pusher on mother's hand.



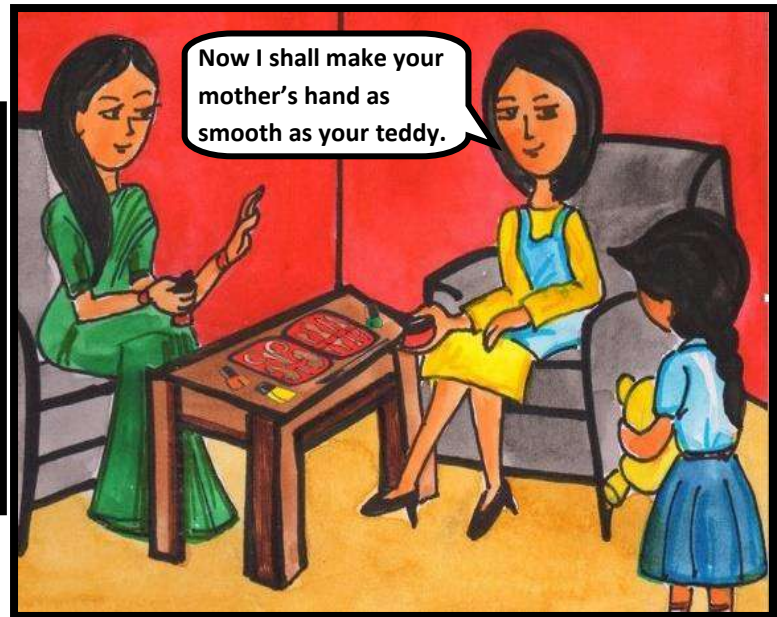
Miss Divya very professionally starts pushing the cuticle and exposes the nails better.



Miss Divya then again uses the tub and with the help of the scrub gently washes the other hand.



After giving a thorough wash Miss Divya uses the towel and dabs it to make the hands dry.



Miss Divya pulls the cheek of the furry teddy bear that Chiya hugged. Chiya giggles.



Miss Divya applies massage cream and gives a massage.



Chiya jumps up with excitement. She selects a peach shade and hands over the bottle to Miss Divya.





Miss Divya then inserts cotton balls between the fingers of the mother and stars applying the nail paint.



After applying the nail paint Miss Divya makes sure that the nail paint completely dries off. She then carefully removes the cotton balls and keeps them aside.



Miss Divya slowly winds up her manicure tool kit.
Chiya's eyes beam with joy when she speaks.



Mother gives a caring hug to her daughter.



Mother then pays the charges to Miss Divya for her services.



Chiya waves back at Miss Divya.



ASSESSMENT

Section - A

Q1. Write the step-by-step method for cleaning of finger nails.




Q2. Analyse the hands and write the correct procedure of cleaning and moisturising the hand.

Q3. List the benefits of manicure.

Q4. Match the following:

(a)	Nail cutter	(i)	Used for removing previous coat of nail paint
(b)	Nail filer	(ii)	Applied over and above nail paint
(c)	Top coat	(iii)	Used to condition cuticles
(d)	Cuticle oil/ cream	(iv)	Trimming of the nail
(e)	Nail Polish remover	(v)	Filing of the nail

Q5. Identify the following tools:

1		
2		
3		

Q6. CHOOSE THE RIGHT ANSWER:

1. Product which is used to strengthen weak nails.

- a) Top coat
- b) Base coat
- c) Nail strengthener
- d) Nail enamel

2. Left over nail polish around cuticle can be removed with the help of:

- a) Cuticle cream
- b) Orange wood stick dipped in acetone
- c) Emery board
- d) Top coat

3. The part that is filed for nail shaping is known as:





- a) Nail Bed
- b) Free Edge
- c) Nail Root
- d) None of the above

4. Which product should be applied after the nail polish application?

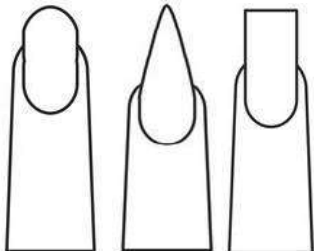
- a) Base coat
- b) Top coat

- c) Nail enamel
- d) Cuticle oil

Q 7. Match the following:

(a)	Nail Paint	(i)	
(b)	Cotton Swab	(ii)	
(c)	Hand Cream	(iii)	
(d)	Cuticle Pusher	(iv)	

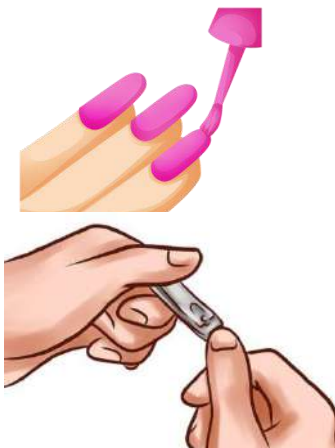
Q8. Identify the Nail shapes - oval, round, square or pointed based on following pictures



Q9. Look at the picture and identify the procedure.

(a) -----

(b) -----



(c).....



(d).....



(e)



Section - B

Q1. List down the material required for manicure (any five)

Q2. Survey the market and identify any 5 different nail paint's brands.

Q3. Organise the sequence of Manicure procedure in right order.

1. Apply Base coat, nail paint and top coat	
2. Give massage manipulations	
3. Soak the hands in warm soapy water	
4. Trim and file the nails	
5. Exfoliate the dead skin cells	
6. Remove old nail paint	

Q4. Identify the different nail shapes of your friends and list down any 3 shapes which you found after analyzing the friend's nail shapes.

Q5. What is the difference between Acetone base nail paint remover and Acetone free nail paint remover?

Section - C

Q1. Show case the method for using nail brush for cleaning the free edge area of nails.

Q2. Show the correct usage of top coat after nail polish application.

Q3. Cut the finger nails, shape them in oval using emery board filer on hand dummy (or rice filled glove).

Q4. Create the steps and show the correct method of using nail polish remover.

GLOSSARY

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

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SUMMARY

The story revolves around Chiya, a little girl who is fascinated by the beautiful world of nail paints. She likes it when her mother applies make up. She is a real admirer of her teacher as her teacher has beautifully kept nails with proper nail enamel. For her the definition of beautiful hand means beautiful nail paint. The relevant point for her to understand is beauty and wellness go hand in hand. Both have far-reaching effects and neither can be neglected. This concept is further fortified by Miss Divya who not only does manicure for Chiya's mother but deeply explains the procedures, precautions and various technicalities involved.



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