

# CBSE | DEPARTMENT OF SKILL EDUCATION

## BEAUTY & WELLNESS (SUBJECT CODE - 407)

Blue-print for Sample Question Paper for Class X (Session 2023-2024)

Max. Time: 2Hours

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	1	1	2
2	Self-Management Skills - II	1	1	2
3	Information and Communication Technology Skills - II	2	1	2
4	Entrepreneurial Skills - II	1	1	2
5	Green Skills - II	1	1	2
<b>TOTAL QUESTIONS</b>		<b>6</b>	<b>5</b>	<b>11</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>Any 4</b>	<b>Any 3</b>	<b>07</b>
<b>TOTAL MARKS</b>		<b>1 x 4 = 4</b>	<b>2 x 3 = 6</b>	<b>10 MARKS</b>

### 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
<b>TOTAL QUESTIONS</b>		<b>24</b>	<b>6</b>	<b>5</b>	<b>35</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>20</b>	<b>Any 4</b>	<b>Any 3</b>	<b>27</b>
<b>TOTAL MARKS</b>		<b>1 x 20 = 20</b>	<b>2 x 4 = 8</b>	<b>4 x 3 = 12</b>	<b>40 MARKS</b>

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## BEAUTY & WELLNESS (SUBJECT CODE - 407)

### Sample Question Paper for Class X (Session 2023-2024)

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/P SSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)</b>					
1.	INSERT (INS), DELETE (DEL), and BACKSPACE. (any two)	Employability skills- Class X	Unit 3 Information and communicatio n technology skills	67	1
2.	Self-Awareness	NCERT	Self Management Skill- II Unit-2	48	1
3.	It validates effective listening/It motivates/It boosts learning/It improves performance. (any one)	Employability skills- Class X	Unit 1 Communicatio n skills	18	1
4.	All of the above	Book on Employabi lity skills	Unit 5 Green Skills	Pg.106	1
5.	Leadership	NCERT	Entrepreneuria I Skill- II Unit- 4	101	1
6.	Ctrl + A	NCERT	ICT Skills- II Unit- 3	72	1

Q. No. 2	QUESTIONS	Source Material (NCERT/P SSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>					
i.	Which Cells is a fourth, less visible, epidermal cell. 1. Merkel cell 2. Skin cells 3. Immune cells	CBSE Study Material	Unit 1, Session 1	10	1

	<b>ANS1</b> Merkel cell				
ii.	Stratum corneum layer is also known as a 1. Horny layer 2. Granular layer 3. Basal layer <b>ANS1</b> horny layer	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 <b>ANS2</b> color	CBSE Study Material	Unit 1, Session 1		1
iv.	What part of the skin is often referred to as TRUE SKIN 1. Dermis 2. Epidermis 3. Stratum corneum <b>ANS3</b> dermis	CBSE Study Material	Unit 1, Session 1	10	1
v.	It is a balance between dry and oily skin 1. Dry skin 2. Oily skin 3. Normal skin <b>ANS3</b> Normal skin	CBSE Study Material	Unit 1, Session 3	30	1
vi.	We use.....to remove all the impurities accumulated in the pores 1. Cleansing 2. Toning 3. Moisturizing <b>ANS 1</b> Cleansing	CBSE Study Material	Unit 1, Session 3	22	1

Q. No. 3	QUESTIONS	Source Material (NCERT/P SSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>					
i.	The only permanent hair removal method as it destroys the hair follicle. 1. Tweezing 2. Waxing	CBSE Study Material	Unit 2, Introduction	31	1

	3. Electrolysis <b>ANS3</b> Electrolysis				
ii.	It is the outermost layer of the hair. 1. Cortex 2. Cuticle 3. Medulla <b>ANS</b> 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 <b>ANS3</b> Threading	CBSE Study Material	Unit 2, Session 2	41	1
vi. iv.	Patch test is recommended before 1. Bleaching 2. Waxing 3. Threading <b>ANS1</b> Bleaching	CBSE Study Material	Unit 2, Introduction	31	1
v.	The first stage of hair growth cycle is 1. Anagen 2. Catagen 3. Telogen <b>ANS1</b> 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 <b>ANS1</b> Telogen	CBSE Study Material	Unit 2, Session 1	34	1

Q. No. 4	QUESTIONS	Source Material (NCERT/P SSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>					
i.	Which pigment used to produce eye and skin colors? 1. Pearl 2. Cobalt Blue 3. Gums <b>ANS2</b> Cobalt Blue	CBSE Study Material	Unit 3, Session 1	59	1

<b>ii.</b>	Work area should be: 1. Clean 2. Tidy The 3. Well organized 4. All of this <b>ANS4</b> all of this	CBSE Study Material	Unit 3, Session 2	60	1
<b>iii.</b>	It is Designed to achieve a smooth and flawless finish on face 1. Face Powder Brush 2. Blusher Brush 3. Contour Brush <b>ANS1</b> Face Powder Brush	CBSE Study Material	Unit 3, Session 2	61	1
<b>vii.</b> <b>iv.</b>	Before using it sharpen it to expose a new surface. 1. Eyes and lip pencils 2. Lipstick 3. Mascara <b>ANS 1</b> Eyesandlippencils	CBSE Study Material	Unit 3, Session 2	62	1
<b>v.</b>	..... Used to define the eye area and to help accentuate the eye and lashes. 1. Concealer 2. Foundation 3. Eyeliner <b>ANS3</b> Eyeliner	CBSE Study Material	Unit 3, Session 2	68	1
<b>vi.</b>	.....are used to improve or correct imperfections of the skin. 1. Face powder 2. Concealer 3. Foundation <b>ANS2</b> Concealer	CBSE Study Material	Unit 3, Session 2	66	1

Q. No. 5	QUESTIONS	Source Material (NCERT/P SSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>					
<b>i.</b>	Demonstrate a..... towards a work and other people 1. Positive Attitude 2. Negative Attitude 3. Neutral Attitude <b>ANS1</b> Positive Attitude	CBSE Study Material	Unit 4, Section 1	82	1
<b>ii.</b>	The client's..... comfort is a loan important part of customer service	CBSE Study	Unit 4, Section 1	82	1

	1. Physical comfort 2. Mental comfort 3. Natural comfort <b>ANS1</b> physical comfort	Material			
iii.	Speaking on the telephone is a little ..... To face. 1. Easy 2. Tough 3. Different <b>ANS3</b> Different	CBSE Study Material	Unit 4, Section 1	83	1
viii. iv.	Focus your ..... On something that will help you concentrate on your Communication. 1. Eyes 2. Nose 3. Mouth <b>ANS1</b> Eyes	CBSE Study Material	Unit 4, Section 1	83	1
v.	Ask questions to ..... the caller's needs 1. Specify 2. Notify 3. Clarify <b>ANS3</b> 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 <b>ANS1</b> Messages	CBSE Study Material	Unit 4, Section 1	85	1

## **SECTION B: SUBJECTIVE TYPE QUESTIONS**

Q. No.	QUESTIONS	Source Material (NCERT/PS SCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)</b> <b>Answer each question in 20 – 30 words.</b>					
Q. 6	1. Face-to-face informal communication 2. e-mail 3. Notices/Posters Business Meetings	Book on Employabi lity skills	Unit 1	Pg. 4 Table 1.1: Metho ds of Commu nicatio n	$\frac{1}{2}+\frac{1}{2}+$ $\frac{1}{2}+\frac{1}{2}=2$
Q. 7	What is the Meaning of Stress	NCERT	Self	40	2

	Management? <b>ANS.</b> Stress Management refers to focusing human efforts for maintaining a healthy body and mind capable of better with standing stressful situations		Management Skills- II Unit- 2		
<b>Q. 8</b>	What is word processor? <b>ANS.</b> 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	NCERT	ICT Skills- II Unit- 3	64	2
<b>Q. 9</b>	What do you mean by business plan? <b>ANS.</b> 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.	NCERT	Entrepreneurial Skill- II Unit-4	93	2
<b>Q. 10</b>	Sustainable development is the development that satisfies the needs of the present without compromising the capacity of future generations, guaranteeing the balance between economic growth, care for the environment and social well-being.	Book on Employability skills	Unit 5 Green Skills	Pg.104	2

Q. No.	QUESTIONS	Source Material (NCERT/PSS CIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)</b>					
<b>Q. 11</b>	Melanocytes are found in the basal layer of the epidermis. <b>ANS.</b> 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
<b>Q. 12</b>	Write short note on Catagen.	CBSE Study	Unit 2,	34	2



	<b>ANS.</b> 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.	Material	Session 1		
<b>Q. 13</b>	Write down the Preparation of waxing <b>ANS.</b> 1. Position the client according to the area being waxed, taking into account the mobility and comfort of the client. 2. Protect the client's clothes with towels and disposable paper. 3. When waxing the eye brows, you may apply eye pads to protect the eyes and petroleum jelly to control the amount of hair being removed 4. Remove all Jewellery in the areas to be waxed.	CBSE Study Material	Unit 2, Session 1	35	2
<b>Q. 14</b>	Write down the use of Eyeliner brush <b>ANS.</b> 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	CBSE Study Material	Unit 3, Session 2	62	2
<b>Q. 15</b>	Write down the types of foundation available in the market <b>ANS.</b> o Powder crème foundation o Crème compact foundation o Liquid foundations o Gels o Tinted moisturizers o Mouse foundation	CBSE Study Material	Unit 3, Session 3	65	2
<b>Q. 16</b>	What should you have to remember while speaking on phone When you are speaking on the telephone <b>ANS.</b> 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	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
<b>Answer any 3 out of the given 5 questions in 50– 80 words each(4 x 3 = 12 marks)</b>					
Q. 17	<p>Write short note on Langerhans cells and explain why is anatomy and physiology important in cosmetology?</p> <p><b>ANS.</b> 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 is the benefits of threading?</p> <p><b>ANS.</b> Benefits of threading</p> <p>The following are the benefits of threading.</p> <ul style="list-style-type: none"> <li>○ Less painful.</li> <li>○ Less time-consuming.</li> <li>○ Threading is quicker as more hair is removed in each go</li> <li>○ Suitable for more skin types.</li> <li>○ No harmful chemicals are required.</li> <li>○ Precise and perfect for a smooth,</li> </ul>	CBSE Study Material	Unit 2, Session 2	41	4

	<p>completely hairs free look.</p> <ul style="list-style-type: none"> <li>○ Hair grows back finer and slower when threading has been used.</li> <li>○ Suitable for short hair, long hair, fine and coarse hair.</li> </ul>				
<b>Q. 19</b>	<p>Write down the procedure of bleaching</p> <p><b>ANS.</b> Bleaching Procedure</p> <p>The following procedure is recommended for the bleaching treatment.</p> <p>Step 1: Collect required information such as the age of the client, condition, time gap etc.</p> <p>Step2: Offer a comfortable chair to the client.</p> <p>Step 3: Wrap a head band and cover clothes with a large towel.</p> <p>Step4: Apply and spread cleansing milk all over the face and neck.</p> <p>Step5: Massage neck and face in upward and outward direction with moist cotton.</p> <p>Step 6: Prepare the paste required for bleaching.</p> <ul style="list-style-type: none"> <li>○ Two to three spatula of bleach cream.</li> <li>○ Two to three granules of Ammonia.</li> <li>○ Blend well.</li> </ul> <p>Step7: Apply the paste to the upper lip first and then to the rest of the face.</p> <p>Step 8: Place eye pads to protect the eyes from watering.</p> <p>Step9: Wait5-7 minutes for the bleach to process.</p> <p>Step10: Remove little bleach from few spots and observe for the colour of the hair.</p> <p>Step 11: If hair is not properly bleached, wait for another five minutes.</p>	CBSE Study Material	Unit 2, Introduction	31	4
<b>Q. 20</b>	<p>Write down the procedure of cleaning makeup brushes</p> <p><b>ANS.</b> Clean brush as per standard procedure. Materials Required:</p> <ul style="list-style-type: none"> <li>○ Brush</li> <li>○ Soapy water</li> <li>○ Step by Step Procedure:</li> </ul> <p>Step1: To be cleaned in hot soapy</p>	CBSE Study Material	Unit 3, Session 2	63	4

	<p>water and worked into the fibres.</p> <p>Step2: Rinse under running water.</p> <p>Step3: Finally clean in an alcohol solution or suitable brush cleaner.</p> <p>Step4: Dry brushes as per procedure recommended by the manufacturer.</p>				
<b>Q. 21</b>	<p>What are the bad effects of Gutka?</p> <p><b>ANS.</b> Each sachet contains 4000 chemicals, including 50 that cause cancer like betal nut, tobacco, and flavoring.</p> <ul style="list-style-type: none"> <li>○ Impact of Gutka on health:</li> <li>○ Loss of sensation in tongue</li> <li>○ Disfigured mouth</li> <li>○ Increased sensitivity to heat, cold and spices</li> <li>○ Inability to open the mouth</li> <li>○ Swelling, lumps, rough spots on gums or in other places inside the mouth</li> <li>○ Un explained bleeding in mouth</li> <li>○ Difficulty in swallowing and finally Mouth Cancer</li> </ul>	CBSE Study Material	Unit 4, Section 1	87	4