

# Sample Question Paper

## Class X - 2018-19

### BEAUTY AND WELLNESS (407)

**Time: 2 Hours**

**Max. Marks: 50**

**General Instructions:**

1. Question paper is divided into two sections: Section-A and Section- B.
2. **Section–A:**
  - i. Multiple choice question/Fill in the blanks/Direct Questions of 1 mark each. Answer any 10 questions out of the given 12 questions.
  - ii. Very Short Answer of 2 marks each. Answer any 5 questions from the given 7 questions.
  - iii. Short Answer of 3 marks each. Answer any 5 questions from the given 7 questions.
3. **Section–B:** Long/Essay type questions of 5 marks each. Answer any 3 questions from the given 5 questions.
4. All questions of a particular section must be attempted in the correct order.
5. Please check that this question paper contains 31 questions out of which 23 questions are to be attempted.
6. The maximum time allowed is 2 hrs.

### **SECTION-A**

#### **Fill in the blanks**

**10X1=10**

**Answer any 10 questions out of the given 12 questions:**

1. Normal skin has Ph of about \_\_\_\_\_.
2. Regular practice of \_\_\_\_\_ removes all minor deformities of back.
3. A regular intake of \_\_\_\_\_ is essential to maintain good health.
4. Most hair conditioners contain positively charged molecules called \_\_\_\_\_ surfactants.
5. Violet color governs the \_\_\_\_\_ chakra in the body. This color helps in decision making process.
6. \_\_\_\_\_ Manicure is differentiated by regular manicure due to different way of application of nail paint.
7. The word manicure is derived from \_\_\_\_\_ word "manus".
8. \_\_\_\_\_ are placed on the nail into wet polish.
9. To attach a nail \_\_\_\_\_, a hole is drilled in nail art.

10. \_\_\_\_\_ is made from tiny strips of foils that are available in many colors.
11. Cobra pose is also known as \_\_\_\_\_.
12. Before applying nail paint, place the \_\_\_\_\_ between the toes.

**VERY SHORT ANSWER (attempt any five)**

**5X2=10**

13. Define paraffin manicure.
14. What is the definition of nutrition?
15. List contraindications of pedicure.
16. List the types of skin. Write the characteristics for oily skin type.
17. Why conditioner is used after shampooing the hair?
18. List any four benefits of henna application on head.
19. What is nail art?

**SHORT ANSWERS (attempt any five)**

**5X3=15**

20. Write down the career options in Beauty and Wellness industry.
21. Explain massage movements used in pedicure.
22. Describe in detail about Hydro therapy.
23. Explain the techniques used for sterilization.
24. Describe any 3 tools used in hair cutting.
25. Write down the various safety in hair cutting.
26. Briefly explain the procedure of powder bleach.

## **SECTION-B**

**LONG ANSWERS (attempt any three)**

**3X5=15**

27. Elaborate the eight limbs of Ashtangyog. Explain the procedure of performing Netra shakti vikasak in detail.
28. What are conditioners? Describe any five types of conditioners.
29. Differentiate between Epilation and Depilation. Explain the procedure of waxing in detail.
30. Explain the preparation and procedure of pedicure in detail.
31. Define facial. Explain the procedure of plain facial.