

**MODEL QUESTION PAPER - 2**  
**NATIONAL SKILL QUALIFICATION FRAME WORK (NSQF)**  
**1<sup>st</sup> PUC : LEVEL - 3 2020-21**  
**BEAUTY AND WELLNESS**

TIME : 2 Hours 15 Minutes

Total. Marks : 60

**I. Choose the correct answer : -**

**10 x 1 = 10**

1. Toners are used to
  - a) cleansing
  - b) moisturizing
  - c) maintain ph
  - d) exfoliation
2. The important Nutrient for the athlete is
  - a) Carbohydrates
  - b) Protein
  - c) Dairy
  - d) Water
3. Generally nails are classified into shapes of
  - a) Four
  - b) Six
  - c) Five
  - d) Three
4. CTM means
  - a) clean tight matte
  - b) cleanser toner moisturizer
  - c) cleansing toning moisturizing
  - d) cut tear match
5. Onychia is a
  - a) nail disorder
  - b) face acne
  - c) scalp disease
  - d) foot disorder
6. Toning is always done after
  - a) Cleaning
  - b) Moisturizing
  - c) Massage
  - d) Steaming
7. This is the best body type
  - a) Rectangular
  - b) Hour glass
  - c) Round
  - d) Linear
8. The inner most layer of hair is
  - a) Hair Root
  - b) Medulla
  - c) Cuticle
  - d) Cortex

9. Sasak massage is a type of

- a) Balinese massage   b) Ayurvedic massage   c) Deep tissue massage  
d) aromatherapy massage

10. Communication is sending message by

- a) Speaking   b) Keeping Quiet   c) Observing   d) Sleeping

**II. Answer the following questions in 1 or 2 sentences ( Any 10): - 10 x 2 = 20**

11. List important tips to manage stress?

12. What is pedicure ?

13. Write the types chemical peels that Surgeon many choose?

14. why pumice stone is used?

15. Which are various hair cutting lines?

16. what is Rapport building? why it is important?

17. Write neat diagram of hair structure and mention the parts.

18. .write the elements of hair analysis .

19. What is Invoice?

20. List five basic personal care habits?

21. Why Carbohydrates is important?

22. Write the benefits of Paraffin wax treatment?

23. Name the colors' that appear in the warm range and cool range?

**III .ANSWER THE FOLLOWINGS IN 3-4 SENTENCES.      3\*6=18**

24. write step by step procedure for blunt hair cut.

25. What is chemical peeling? Name any 3 chemical peeling.

**26.**What are the points that need to be considered before deciding a nail shape?

**27.**Explain stone pedicure technique?

**28.**What is the treatment of Fainting?

**29.**What is blow dry styling?

**30.**Mention the hand nail disorders'?

**31.**Explain the Dramatic Smoky eye make-up?

**32.**How do you prepare the client before eyebrow threading?

**33.** Define the following

a) Cuticle

b) Cortex

c) Medulla

IV. Answer the following questions in 5 or 6 sentences (Any 2): - 2 x 6 = 12

**34.** Name an explain in brief some advance pedicure treatment?

**35.**Briefly explain the procedure of V shape hair cut?

**36.** Explain the Makeup color theory?

**37.**Briefly explain the steps of basic Manicure

