BEAUTY & WELLNESS
National Skills Qualification Framework (NSQF)

Level – 2

[ Hindi and English Medium ]
(Only for Fresh/Re-appear Candidates)

Time allowed : 2.30 hours | Maximum Marks : 60

Please make sure that the printed pages in this question paper are 8 in number and it contains 35 questions.

The Code No. on the right side of the question paper should be written by the candidate on the front page of the answer-book.

Before beginning to answer a question, its Serial Number must be written.

4229

P. T. O.
• Don’t leave blank page/pages in your answer-book.

• Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

• Candidates must write their Roll Number on the question paper.

• Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Note:
(i) Attempt any three questions from question numbers 1 to 4. Rest are compulsory.

(ii) Marks are indicated against each question.

(iii) Answer the questions according to their marks.
1. Explain Swedish Massage with its strokes.

2. What are the functions of salon manager and trainer?

3. What is hair serum? What are the benefits of hair spa?

4. Explain waxing as method of hair removal. What are its drawbacks?

5. Write note on Aromatherapy.

6. What are the works of massage therapist?

7. Write note on history of pedicure.
8. Write note on VLCC pedicure cosmetic products.

9. Explain the process of extraction of blackheads.

10. Explain AHA and paraffin facials.

11. What is acne? What are its causes?

12. What are the properties of Mylar?

13. What are pack conditioners?

14. What is the role of beauty consultant?

15. Define pedicure.
16. योग्य कार्य रिपेयर और ............ है। 1
Proteins main function is ............ and repair.

17. एथलीट की 55 से 60 प्रतिशत डाइट ............ से बनी होनी चाहिए। 1
55 to 60% of athlete diet should be made up of ............ .

18. व्यायाम और शारीरिक किया ............ मूल कैटेगरी में आती है। 1
Exercise and physical activity fell into ............ basic categories.

19. चेस्ट प्रेस व्यायाम ............ के साथ होता है। 1
Chest press exercise is done with ............ .

20. कोई स्ट्रोक जो मांसपेशियों को सिक्कड़ता या ग्रिप करता है, ............ कहलाता है। 1
Any stroke that squeezes or grip the muscles is called ............ .
21. .......... परकसिव मूवमेंट का नंबर दर्शाता है। 1

 .......... refers to the number of percussive movements.

22. आयुर्वेद के अनुसार यूनिवर्स .......... अवयवों से बना है। 1

According to Ayurveda, Universe is made up of .......... number of elements.

23. मेनीक्योर का उपयोग नाखूनों और .......... को ठीक करने के लिए होता है। 1

Manicure is used to treat .......... and nails.

24. .......... का उपयोग क्यूटिकल को पीछे खींचने के लिए होता है। 1

 .......... are used to roll back the cuticle.

25. कलरबार .......... देश का कॉस्मेटिक ब्रांड है। 1

Colorbar is .......... country cosmetic brand.

26. डेव साजून का पॉर्म्यूला pH .......... के रूप में होता है। 1

Dove soap is formulated to be pH .......... .
27. Wella is a .......... country company.

28. Hair conditioner is used to alter .......... and appearance of hair.

29. The primary ingredient in all shampoos is .......... .

30. Beauticians are also called beauty .......... .

32. Adhesive polymers ensure that .......... adheres to nail surface.

33. .......... is used to scrap dead skin of feet.

34. The methods of sterilization are: heat, chemical and .......... .

35. Steaming is done to open up the .......... .