

# B

## CCE RR

### NSQF LEVEL-2

KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD, MALLESWARAM,  
BANGALORE – 560 003

NSQF LEVEL-2 EXAMINATION, JUNE, 2018

**MODEL ANSWERS**

Date : 28. 06. 2018 ]

CODE NO. : **90-EK**

**Subject : Beauty & Wellness**

( Regular Repeater )

[ Max. Marks : 60

Gn. Nos.	Value Points		Total
I.	<i>Four alternatives are given for each of the following questions / incomplete statements. Choose the correct alternative and write the complete answer along with its question number and alphabet :</i> $10 \times 1 = 10$		
1.	The biological energies of Vata, Pitta and Kapha are referred to as (A) Dosha (B) Veda (C) Guna (D) Ayu <b>Ans : A — Dosha.</b>		1
2.	What can be used to reduce the redness and swelling of the pimples ? (A) Steam (B) Water (C) Ice (D) Hot water <b>Ans : C — Ice.</b>		1

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Qn. Nos.	Value Points		Total
3.	Nitrocellulose is the chief ingredient of (A) scrubber (B) polish remover (C) nail buffer (D) nail polish <b>Ans :</b> D — nail polish.		1
4.	The process of removal of dead cells from the surface of the skin is (A) depilation (B) exfoliation (C) epilation (D) extraction <b>Ans :</b> B — exfoliation.		1
5.	The clogged hair follicle in the skin is known as (A) acne (B) open comedo (C) pimple (D) mole <b>Ans :</b> B — open comedo.		1
6.	The antifungal and antibacterial ingredient of shampoo and conditioner is (A) Selenium sulphide (B) Polyquaternium (C) Zinc pyrithione (D) Coenzyme Q <b>Ans :</b> C — Zinc pyrithione.		1
7.	The conditioner that helps to reduce the scalp irritation produced by alkaline products is (A) oil conditioner (B) timed conditioner (C) setting lotion conditioner (D) neutralizing conditioner <b>Ans :</b> D — neutralizing conditioner.		1

Gn. Nos.	Value Points		Total
8.	<p>What are used in accupuncture method ?</p> <p>(A) Needles (B) Strokes</p> <p>(C) Stones (D) Magnets</p> <p><b>Ans :</b> A — Needles.</p>		1
9.	<p>The nutrient that should be about 200 grams to 300 grams in a balanced diet of adults is</p> <p>(A) Vitamins (B) Proteins</p> <p>(C) Carbohydrates (D) Minerals</p> <p><b>Ans :</b> C — Carbohydrates.</p>		1
10.	<p>The tool used to scrap and file off the dead cells of the skin from the heels of feet is</p> <p>(A) scrubber (B) cuticle cutter</p> <p>(C) nail cutter (D) nail filer</p> <p><b>Ans :</b> A — scrubber.</p>		1
II.	Fill in the blanks with suitable answers : $4 \times 1 = 4$		
11.	<p>The method of controlling disease causing micro-organisms in a salon is .....</p> <p><b>Ans :</b> sterilization.</p>		1
12.	<p>The hair care product that alters the texture and appearance of hair is .....</p> <p><b>Ans :</b> conditioner.</p>		1
13.	<p>An expert in hair cutting and styling is .....</p> <p><b>Ans :</b> hair dresser or hair stylist.</p>		1
14.	<p>A specialist in nail art application and artificial nail enhancement technique is .....</p> <p><b>Ans :</b> nail technician.</p>		1

Qn. Nos.	Value Points		Total																
III.	Match the type of exercise in <b>Column-A</b> with its advantage in <b>Column-B</b> : $4 \times 1 = 4$																		
15.	<p>Match the following :</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><b>Column-A</b></td> <td style="text-align: center; width: 50%;"><b>Column-B :</b></td> </tr> <tr> <td>i) Flexibility</td> <td>a) makes the body muscles stronger</td> </tr> <tr> <td>ii) Strength</td> <td>b) helps prevent falling</td> </tr> <tr> <td>iii) Balance</td> <td>c) helpful in stretching the muscles and easy bending of the body</td> </tr> <tr> <td>iv) Yoga</td> <td>d) provides strength to the thigh bones</td> </tr> <tr> <td></td> <td>e) stretches the chest and lungs</td> </tr> <tr> <td></td> <td>f) integrates both body and mind</td> </tr> <tr> <td></td> <td>g) increases blood circulation</td> </tr> </table> <p><b>Ans :</b></p> <p>i) c) — helpful in stretching the muscles and easy bending of the body</p> <p>ii) a) — makes the body muscles stronger</p> <p>iii) b) — helps prevent falling</p> <p>iv) f) — integrates both body and mind.</p>	<b>Column-A</b>	<b>Column-B :</b>	i) Flexibility	a) makes the body muscles stronger	ii) Strength	b) helps prevent falling	iii) Balance	c) helpful in stretching the muscles and easy bending of the body	iv) Yoga	d) provides strength to the thigh bones		e) stretches the chest and lungs		f) integrates both body and mind		g) increases blood circulation		<p>1</p> <p>1</p> <p>1</p> <p>1</p>
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IV.	Answer the following questions : $6 \times 1 = 6$																		
16.	<p>Fruits and vegetables should be an important part of our daily diet. Give reason.</p> <p><b>Ans :</b> Fruits and vegetables provide a lot of vitamins, minerals and water necessary for the body. Therefore they should become an important part of our daily diet.</p>		1																

Qn. Nos.	Value Points		Total
17.	<p>Mention any two international brands offering pedicure products.</p> <p><b>Ans :</b> International brands offering pedicure products :</p> <ol style="list-style-type: none"> <li>1. Maybelline</li> <li>2. Colourbar</li> <li>3. Chamber</li> <li>4. Revlon.</li> </ol> <p style="text-align: right;">( any two )</p>	$\frac{1}{2} + \frac{1}{2}$	1
18.	<p>Name the disinfectant used to sterilize the black head removing tools.</p> <p><b>Ans :</b> Isopropyl alcohol.</p>		1
19.	<p>What is the role of cruise liner in a beauty organisation ?</p> <p><b>Ans :</b> Cruise liners employ beauty therapists to provide services and promotional activities to cruise liner passengers on their holiday vacation.</p>		1
20.	<p>Why is steaming done during facial ?</p> <p><b>Ans :</b> Steaming is done to open up pores and help in the removal of impurities from the pores.</p>		1
21.	<p>How is a cooled wax strip removed from the area to be waxed ?</p> <p><b>Ans :</b> The strip should be pulled quickly and firmly in the opposite direction of the hair growth.</p>		1

Qn. Nos.	Value Points		Total
V.	Answer the following questions : <span style="float: right;">6 × 2 = 12</span>		
22.	<p>What are the advantages of applying pressure to the reflex points on hands ?</p> <p><b>Ans :</b></p> <p>i) Applying pressure to the reflex points on the hands stimulates nerve impulses that travel to corresponding body area.</p> <p>ii) These impulses produce a relaxation response.</p> <p>iii) As muscles relax, blood vessels become active, and circulation will increase.</p> <p>iv) It increases the oxygen supply.</p>	4 × 1/2	2
23.	<p>Mention the basic components of nail polish.</p> <p><b>Ans :</b></p> <p><i>Basic components of nail polish :</i></p> <p>a) Nitrocellulose dissolved in butyl acetate or ethyl acetate.</p> <p>b) Pigments which give colour to the polish.</p> <p>c) Film forming agents.</p> <p>d) Plasticizers, adhesive polymers.</p>	4 × 1/2	2
24.	<p>List any two problems caused by waxing.</p> <p><b>Ans :</b></p> <p><i>Drawbacks or problems caused by waxing :</i></p> <p>i) Waxing can be painful when the strip is removed from the skin.</p> <p>ii) Sometimes the pain is intense particularly in sensitive areas.</p> <p>iii) Some people may experience ingrown hairs, red bumps and minor bleeding.</p> <p style="text-align: right;">( any two )</p>	2 × 1	2
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p>List out the safety measures to be followed during arm waxing.</p> <p>Ans :</p> <p>i) Waxing is done to remove the hair, hence there are chance of infection. Measures should be taken to prevent the same.</p> <p>ii) Disease causing micro-organisms must be controlled through cleaning and sterilization.</p> <p>iii) Disinfection and sterilization of instruments and equipment is very essential.</p> <p>iv) Client and the wax practitioner must wash their hands with liquid soap and water before beginning the service.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>2</p>
25.	<p>Explain the process of foot nail cutting and filing.</p> <p><b>Ans :</b></p> <p>i) Using nail clippers trim the foot nails.</p> <p>ii) Using nail file, file the nail and create a smooth and clean shape.</p> <p>iii) Gently drag the file across the nail.</p> <p>iv) Make smooth curves rather than angles.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>2</p>
26.	<p>What are the duties of aromatherapists in a beauty industry ?</p> <p><b>Ans :</b></p> <p>An aromatherapist in a beauty industry treats a variety of physical conditions and psychological disorders using essential aromatic oils extracted from flowers, trees, fruits and herbs.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>2</p>
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p>What are the duties of a reflexologist in a beauty organisation ?</p> <p><b>Ans :</b></p> <p><i>Duties of a reflexologist :</i></p> <p>The reflexologist works on the foot or the hand as appropriate, using precise technique based on the application of finger point pressure on the reflex zones of the feet and hands to restore the flow of energy through the body.</p>		2
27.	<p>During pedicure one should gently drag the filer across the nail, rather than pushing it. Give reason.</p> <p><b>Ans :</b></p> <p>During pedicure one should gently drag the file across the nail rather than pushing it because excessive force or sawing back and forth will weaken the nails and cause them to break.</p>		2
VI.	Answer the following questions :	4 × 3 = 12	
28.	<p>Mention the different methods of depilation.</p> <p><b>Ans :</b></p> <p><i>Depilation is the method of temporary hair removal :</i></p> <ul style="list-style-type: none"> <li>❖ Plucking</li> <li>❖ Threading</li> <li>❖ Shaving</li> <li>❖ Pumice</li> <li>❖ Waxing</li> <li>❖ Chemical depilatories.</li> </ul>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	3
	<b>OR</b>		



Qn. Nos.	Value Points		Total
	<p>List the tools and materials necessary for arm waxing.</p> <p><b>Ans :</b></p> <p><i>Materials necessary for arm waxing are :</i></p> <p>i) Wax and wax pot.</p> <p>ii) Disposable strips.</p> <p>iii) Wooden spatula.</p> <p>iv) Antiseptic hand cleanser.</p> <p>v) Moisturizer, oil.</p> <p>vi) Disposable gloves.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>3</p>
29.	<p>List the steps of manicure.</p> <p><b>Ans :</b></p> <p><i>Steps of manicure :</i></p> <p>Step 1 — Removal of nail polish.</p> <p>Step 2 — Nail cutting and filing.</p> <p>Step 3 — Soaking nails in warm water.</p> <p>Step 4 — Cuticle removing and buffing.</p> <p>Step 5 — Scrubbing.</p> <p>Step 6 — Applying hand cream or lotion and nail polishing.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>3</p>
30.	<p>Explain any three post-shave care measures.</p> <p><b>Ans :</b></p> <p><i>Post-shave care measures :</i></p> <p>i) Wash the face with warm water and facial scrub, which helps to slough off the dead skin accumulated during the shave.</p> <p>ii) Rinse the face with cold water, which reduces bleeding caused by cuts.</p> <p>iii) Pat dry and moisturize. Don't rub with towel.</p>	<p>1</p> <p>1</p> <p>1</p>	<p>3</p>

Qn. Nos.	Value Points		Total
31.	Explain any three pressure points that revitalize hair. <b>Ans :</b> i) <b>Taiyo</b> : Temple ii) <b>Amon</b> : The centre of the nape, about 2 cm above the hair line. iii) <b>Hyakue</b> : The central point that crosses the line connecting the top of the right and left ears.	1  1  1	3
VII.	Answer the following questions : <span style="float: right;">3 × 4 = 12</span>		
32.	Explain the advantages of the following essential oils in aromatherapy : a) Peppermint                                      b) Eucalyptus c) Clary sage                                         d) Rosemary <b>Ans :</b> <i>Advantages of essential oils :</i> a) <b>Peppermint</b> : It is useful in treating headaches, muscle aches, slow digestion, indigestion and flatulence. b) <b>Eucalyptus</b> : It is useful in treating respiratory problems like cough, cold and asthma. It boosts the immune system, and relieves muscle tension. c) <b>Clary sage</b> : It is a natural pain killer, helpful in treating muscular aches and pains. Very relaxing, helps to overcome insomnia, helpful in balancing hormones. d) <b>Rosemary</b> : It is very stimulating and uplifting, good to help mental stimulation and immune system stimulation. Good for muscle ache and tension.	1  1  1  1	4
<b>OR</b>			

Qn. Nos.	Value Points		Total
	<p>Explain the diet which is helpful to gain body weight.</p> <p><b>Ans :</b></p> <p><i>Weight gain diet :</i></p> <p>a) Choose dairy products, egg, fish and meat over bread and vegetables. Eat food with high proteins like beans, pulses and peas. Eat high starch content food like potatoes, rice and tapioca.</p> <p>b) Eat snacks more often which have high calories, such as cheese sticks, milkshakes, dry fruits, yoghurt etc.</p> <p>c) Eat at least five meals a day.</p> <p>d) Drink lots of fluid that supply nutrients and calories like milk, fresh fruit juice, energy drinks etc.</p> <p>e) Do exercises to gain weight.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p>
33.	<p>What is acne ? Mention the three types of acne and one symptom of each.</p> <p><b>Ans :</b></p> <p><i>Acne :</i></p> <p>Acne is a condition that causes red bumps, commonly called pimples to form on the skin. It is a chronic skin problem that is common in young adults.</p> <p><i>The three types of acne and their symptoms :</i></p> <p>a) <b>Mild acne :</b> It includes blackheads, whiteheads or few small pimples.</p> <p>b) <b>Moderate acne :</b> It includes 10 to 40 small raised solid pimples that may contain pus.</p> <p>c) <b>Severe acne :</b> It includes more than 40 swollen, hard, painful pimples, lesions or cysts filled with pus.</p>	<p>1</p> <p><math>\frac{1}{2} + \frac{1}{2}</math></p> <p><math>\frac{1}{2} + \frac{1}{2}</math></p> <p><math>\frac{1}{2} + \frac{1}{2}</math></p>	<p>1 + 3</p>
<b>OR</b>			

Qn. Nos.	Value Points		Total
	<p>Explain the method of applying lipstick to stay on longer.</p> <p><b>Ans :</b></p> <p><i>Method of applying lipstick to stay on longer :</i></p> <p>a) Apply foundation, a bit of cover stick and lots of powder on to the lips. This will set the base for make-up.</p> <p>b) Take a lip liner pencil, similar to lipstick colour &amp; apply it either just inside the natural lip line or outside depending on the size of the lips.</p> <p>c) Apply the lipstick colour with lipstick brush.</p> <p>d) Apply some powder over this, by repeating the step (b) and step (c).</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p>
34.	<p>Lalitha has dry hair. Narrate the steps of the suitable hair spa for her.</p> <p><b>Ans :</b></p> <p><i>Steps of Hair Spa for Dry hair :</i></p> <p>a) Shampoo the hair of Lalitha with dry hair care shampoo. Rinse thoroughly with luke warm water and towel dry the hair.</p> <p>b) Apply the dry hair conditioner by taking section of the hair, starting from the roots till the end of the hair. Give pressure point massage for five times.</p> <p>c) Steam the head with the help of head steamer for 5-7 minutes or use a hot towel to wrap the hair. After steam, leave it for 5 minutes.</p> <p>d) Wash the hair thoroughly with cold water and towel dry the hair.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p>