

**A-22**

Roll No.....

Total No. of Questions :

[Total No. of Printed Pages : 4

**XARJKUT23**

**9322**

**BEAUTY AND WELLNESS**

*(Vocational)*

**Time : 2½ Hours]**

**[Maximum Marks : 60**

**Section-A**

**(Long Answer Type Questions)**

**6**

1. Explain the importance of stress management. Write down *three* methods of stress management.

*Or*

What are components of communication ? Write down *five* factors affecting perspectives in communication.

**(Short Answer Type Questions)**

**3 each**

2. What does communication mean ?
3. What is Goal Setting ?

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**Turn Over**

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**(Very Short Answer Type Questions)**

2 each

4. Define Self-regulation.
5. What do you mean by Stress ?

**(Multiple Choice Questions)**

1 each

6. (i) How many sustainable development goals are given by the United Nations ?
- (A) 18 (B) 17  
(C) 15 (D) 20
- (ii) Which organisation has made the sustainable development goals ?
- (A) United Nations  
(B) League of Nations  
(C) UNICEF  
(D) World Health Organisation
- (iii) A microsoft window is a/an :
- (A) Operating System (B) Database Program  
(C) Word processing (D) None of these
- (iv) You need to apply leave at work, which method of communication will you use ?
- (A) E-mail (B) Poster  
(C) Newspaper (D) Blog

**Section-B**

**(Long Answer Type Questions)**

6

7. Why is skin important ? What are the different layers of the skin ?

*Or*

Explain the structure and functions of epidermis, dermis layer of skin.

**(Short Answer Type Questions)**

3 each

8. What are the stages of hair growth cycle ?  
9. What is the purpose of using foundation ?  
10. How can you provide a caring environment to your client ?  
11. What is a Facial Cleanser ?

**Very Short Answer Type Questions**

2 each

12. Name *three* layers of skin. <https://www.jkboseonline.com>  
13. List different types of eyebrow shapes.  
14. Write down the use of Eyeliner brush.  
15. Write a short note on Catagen.  
16. Name few types of foundation available in the market.  
17. What precautions should be taken while doing waxing ?  
18. List the tools used in Eyebrow Threading.  
19. Why is Clients Consultation important ?

**(Multiple Choice Questions)**

1 each

20. (i) Patch test is recommended before :
- (A) Bleaching (B) Waxing  
(C) Threading
- (ii) The epidermis has the following types of cells :
- (A) Keratinocytes (B) Melanocytes  
(C) Langerhans cells (D) All of these
- (iii) ..... is used to define the eye area and to help accentuate the eye and lashes.
- (A) Concealer (B) Foundation  
(C) Eyeliner
- (iv) Some of the equipments used by a makeup artist are :
- (A) Brushes and Sponges (B) Palettes  
(C) Makeup containers (D) All of these
- (v) It is designed to achieve a smooth and flawless finish on face :
- (A) Face powder brush (B) Blusher Brush  
(C) Contour Brush
- (vi) Work area should be :
- (A) Clean (B) Tidy  
(C) Well organized (D) All of these

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