

B**CCE RR****NSQF LEVEL-2**

**KARNATAKA SCHOOL EXAMINATION AND ASSESSMENT BOARD,
MALLESHWARAM, BENGALURU – 560 003
NSQF LEVEL-2 EXAMINATION, JUNE, 2024
MODEL ANSWERS**

Date : 15. 06. 2024]

CODE NO. : **90-EK****Subject : Beauty & Wellness**

(English Medium)

(Regular Repeater)

[Max. Marks : 60

Qn. Nos.	Value Points	Total
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 : $10 \times 1 = 10$	
1.	In dairy products, the nutrient present in rich quantity is (A) Calcium (B) Sodium (C) Magnesium (D) Iron Ans. (A) Calcium	1
2.	The massage that includes yoga, meditation and herbal remedies is (A) Anma massage (B) Stone massage (C) Ayurvedic massage (D) Accupressure massage Ans. (C) Ayurvedic massage	1

CCE-II-RR(B)/999/8064(MA)

[Turn over

Qn. Nos.	Value Points		Total
3.	<p>The home remedy that contains both antibacterial and antiviral properties for curing Acne is</p> <p>(A) Egg white (B) Jojoba oil (C) Aloe vera gel (D) Tea tree oil</p> <p>Ans. (D) Tea tree oil</p>		1
4.	<p>How many hours does the aroma of good quality may last ?</p> <p>(A) 24 hours (B) 12 hours (C) 10 hours (D) 20 hours</p> <p>Ans. (A) 24 hours</p>		1
5.	<p>Compared to the other hair removal methods, the method that has more benefits is</p> <p>(A) Shaving (B) Waxing (C) Threading (D) Plucking</p> <p>Ans. (B) Waxing</p>		1
6.	<p>The tool that makes nails to look more consistent and shiny is</p> <p>(A) Buffer (B) Filer (C) Trimmer (D) Nail polish remover</p> <p>Ans. (A) Buffer</p>		1
7.	<p>The vitamin that is present in the massaging cream of Jovees company is</p> <p>(A) Vitamin-C (B) Vitamin-B (C) Vitamin-D (D) Vitamin-E</p> <p>Ans. (D) Vitamin-E</p>		1
8.	<p>The stone that is used to remove the dead skin from the heel portion of the feet is</p> <p>(A) Pumice stone (B) Basalt stone (C) Massage stone (D) Marble stone</p> <p>Ans. (A) Pumice stone</p>		1

Qn. Nos.	Value Points		Total
9.	<p>The hair care solution makes the hair shiny, stops it from tangling, is</p> <p>(A) Shampoo (B) Serum</p> <p>(C) Conditioner (D) Sprays</p> <p>Ans. (B) Serum</p>		1
10.	<p>The largest international hair cosmetic and beauty company in the world is</p> <p>(A) Garnier (B) Wella</p> <p>(C) L'Oreal group (D) Pantene</p> <p>Ans. (C) L'Oreal group</p>		1
II.	Fill in the blank with suitable answer : 4 × 1 = 4		
11.	<p>Lightly the area before waxing.</p> <p>Ans.</p> <p>Powder</p>		1
12.	<p>The chemical used to remove nail polish is</p> <p>Ans.</p> <p>Acetone</p>		1
13.	<p>The painless option in hair removing method is</p> <p>Ans.</p> <p>Bleaching</p>		1
14.	<p>A specialist in a beauty organization who uses electrolysis to permanently remove hair follicle is called</p> <p>Ans.</p> <p>Electrologist</p>		1

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III. 15.	<p>The professional persons of Beauty and Wellness sector are given in Column "A" and their responsibilities are given in Column "B". Match them and write the answer with alphabet: $4 \times 1 = 4$</p> <table border="1" data-bbox="399 537 1141 1161"> <thead> <tr> <th data-bbox="399 537 764 583">Column-A</th> <th data-bbox="764 537 1141 583">Column-B</th> </tr> </thead> <tbody> <tr> <td data-bbox="399 583 764 646">(i) Trainer</td> <td data-bbox="764 583 1141 646">(a) Sales representative</td> </tr> <tr> <td data-bbox="399 646 764 751">(ii) Salon manager</td> <td data-bbox="764 646 1141 751">(b) Manufactures the materials</td> </tr> <tr> <td data-bbox="399 751 764 867">(iii) Manufacturer</td> <td data-bbox="764 751 1141 867">(c) Provides occupational skills</td> </tr> <tr> <td data-bbox="399 867 764 930">(iv) Aroma therapist</td> <td data-bbox="764 867 1141 930">(d) Perform hair style</td> </tr> <tr> <td data-bbox="399 930 764 993"></td> <td data-bbox="764 930 1141 993">(e) Perform make-up</td> </tr> <tr> <td data-bbox="399 993 764 1056"></td> <td data-bbox="764 993 1141 1056">(f) Use essential oils</td> </tr> <tr> <td data-bbox="399 1056 764 1161"></td> <td data-bbox="764 1056 1141 1161">(g) Monitor the staff performance</td> </tr> </tbody> </table> <p>Ans.</p> <p>(i) (c) Provides occupational skills</p> <p>(ii) (g) Monitor of the staff performance</p> <p>(iii) (b) Manufactures the materials</p> <p>(iv) (f) Use essential oils</p>	Column-A	Column-B	(i) Trainer	(a) Sales representative	(ii) Salon manager	(b) Manufactures the materials	(iii) Manufacturer	(c) Provides occupational skills	(iv) Aroma therapist	(d) Perform hair style		(e) Perform make-up		(f) Use essential oils		(g) Monitor the staff performance	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p>
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IV. 16.	<p>Answer the following questions : $6 \times 1 = 6$</p> <p>Write the benefits of Eucalyptus oil.</p> <p>Ans.</p> <p>Is helpful in treating respiratory problems, such as coughs, cold, and Asthma. Also helps to boost the immune system and relieve muscle tension.</p>		<p>1</p>																

Qn. Nos.	Value Points		Total
17.	Why is it essential to apply foot cream/lotion ? Ans. Smooth, re-hydrate and soften the skin		1
18.	Who started Dazzler company ? Ans. Sri Vasudevan		1
19.	What is meant by extraction ? Ans. Blackheads and whiteheads are removed from the facial skin.		1
20.	What are the cosmetics used in hair care ? Ans. Shampoo, Conditioner, Serum		1
21.	Who is the Indian female entrepreneur best known for herbal cosmetics ? Ans. Shahnaz Husain		1
V.	Answer the following questions : 6 × 2 = 12		
22.	What are the ingredients used in mehendi preparation ? Ans. Mehendi, hot water, tea leaves, tamarind, lemon juice, sugar, Eucalyptus oil.		2

Qn. Nos.	Value Points		Total
23.	Explain the function of scrubber. Ans. ❖ Scrubber is used for exfoliation ❖ Pumice is considered a good material to exfoliate the skin of the feet/hand.	1 1	2
24.	Name the four international brand names which manufacture pedicure products. Ans. ❖ Maybelline ❖ Colorbar ❖ Chambor ❖ Revlon	½ ½ ½ ½	2
25.	What are the causes for acne ? Ans. ❖ Eating more oily food ❖ Pores blocked with oil ❖ Bacteria ❖ Sweat ❖ High hormone levels	½ ½ ½ ½	2
26.	Mention the advantages of cleanser. Ans. ❖ Cleansing removes the previous make-up ❖ It removes the dirt, dust, grease and bacteria		2

OR

Qn. Nos.	Value Points		Total
	<p>List the tools required to perform eyebrow threading.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Eyebrow thread ❖ Eyebrow brush ❖ Scissors ❖ Eyebrow powder ❖ Eyebrow gel/cream ❖ Eyebrow comb. (any four) 	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>2</p>
27.	<p>Write a short note on Sunsilk brand.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Sunsilk is a hair care brand ❖ It is an International brand ❖ It is world's leading company in hair conditioning and second largest in shampoo. ❖ It is Uniliver's leading hair care brand. <p style="text-align: center;">OR</p> <p>For what problems of hair scalp should hair spa not be done ?</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Psoriasis ❖ Sevorrhoecic dermatitis ❖ Lichen planus ❖ Acne ❖ Fungus ❖ Sore scalp. (Any four) 	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	<p>2</p>
			<p>2</p>

Qn. Nos.	Value Points		Total
30.	<p>Explain the procedure of general mehendi preparation.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Step 1 : Mostly people use the ready powder. If not then collect the henna leaves and grind it fine parts or if you are using the powder then it should be sieved twice thoroughly throw a fine nylon/cotton cloth to remove the thick particles if any. ❖ Step 2 : Mix the sieved Mehendi in a flat plate with hot water with tea leaves and tamarind. Gradually add water mixture to the Mehendi on the paste so that there are no lumps formed. Make sure to keep the consistency of the mix, it must not be too loose. ❖ Step 3 : Other additives that may be added to this paste are Mehendi oil, Okra juice, little sugar, eucalyptus oil. This mix is then put in a cone and used in making Mehendi design. <p style="text-align: center;">OR</p> <p>Suggest any four tips for effective waxing.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Lightly powder the area to be waxed. It helps the wax to grip. ❖ Use tweezers to pluck any stray hairs ❖ Remove bits of wax that remain on the skin with a light body lotion. If you lose courage after the wax has been applied, lotion will help you to get the wax off your skin. ❖ Waxing done by salon professionals. 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>3</p> <p>3</p>

Qn. Nos.	Value Points		Total
31.	<p>Discuss the advantages and disadvantages of nail polish remover.</p> <p>Ans.</p> <p>Advantages of Nail polish remover :</p> <ul style="list-style-type: none"> ❖ Nail polish removed with nail polish remover or nail pads, which is an organic solvent, but may also include oils, scents and coloring ❖ The most common type of nail polish remover contains the volatile organic compound acetone. ❖ It can also be used to remove artificial nails, which are usually made of acrylic. <p>Disadvantages of Nail polish remover :</p> <ul style="list-style-type: none"> ❖ It is powerful and effective, but is harsh on the skin and nails, which can even make them more brittle. 	<p>1</p> <p>1/2</p> <p>1/2</p> <p>1</p>	3
VII.	Answer the following questions : 3 × 4 = 12		
32.	<p>Explain the procedure of reflexology.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Hand reflexology can be performed on clients to relieve symptoms of headaches, constipation and shoulder aches. ❖ Make the client sit in a comfortable chair in a quiet, darkened room. ❖ Make the client close their eyes and tell them to focus on any area of their body. ❖ Consult the reflexology chart to identify the reflex point. ❖ Press on the reflex point firmly but ease up on the pressure if your client feels any pain. ❖ Maintain pressure for 30 seconds ❖ Wait for few seconds and repeat. ❖ Inform your clients to drink several glasses of water within few hours of applying reflexology. <p style="text-align: center;">OR</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>1/2</p> <p>1/2</p>	4

Qn. Nos.	Value Points		Total
34.	<p>What are the steps to be avoided while doing hair-spa ?</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Don't scrub the ends too much when shampooing your hair. Excessive scrubbing dries them out and makes them brittle. ❖ Don't pull the hair back in tight ponytails, braids, headbands, or combs for long periods of time because they can break the hair and even cause "traction" alopecia, a type of hair loss. ❖ Don't brush the hair too much when it is wet. It will snap and break. ❖ Don't wash the hair in hot water. Hot water dries hair just as it dries skin. It also opens the cuticle, which makes it more absorbent to pollutants on the hair and scalp. <p style="text-align: center;">OR</p> <p>Explain the benefits of hair-spa.</p> <p>Ans.</p> <ul style="list-style-type: none"> ❖ Deep conditioning Hair spa treatment is designed to strengthen the hair follicles, nourish the roots and revitalize the scalp that leads to natural hair rebirth. ❖ It helps to normalize oil secretions. ❖ It increases cell metabolism and stimulates blood circulation ❖ It eliminates impurities inside pores and repairs damaged hair. ❖ Spa is a rehydrating therapy that restores vital oils and moisture for a smooth, sensuous glow that begins at the roots. (Any four) 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p> <p>4</p>