Series

A

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CODE : 13

Write here Roll Number and Answer Sheet No.

Question Booklet Sl. No.

Roll No.

Answer Sheet No.

Duration : 1 Hour

Total Marks : 100

Declaration by Invigilator :
I Certify that I have checked that the Roll Number and the Answer Sheet Number written by the Candidate on the question paper and the OMR Sheet are correct and the Answer Sheet Number matches the Question Booklet Number exactly.

Signature of the Invigilator with Name

Declaration by Candidate :
I undertake not to employ any unfair means in this exam. I have checked the Question Booklet Number and the Answer Sheet Number and both are identical and have been correctly entered by me wherever indicated.

Signature of the Candidate with Name

Read the following instructions carefully before you begin to answer the questions.

IMPORTANT INSTRUCTIONS TO CANDIDATES

1. The Roll No. is a **7** digit No., the candidate needs to circle the Roll No. in the Answer Sheet.
2. The appropriate Circle should be shaded for Roll No. This should be done carefully because only the shaded circles are scanned.
3. Valuation of Answer Sheet will be done on the computer. Candidate should not make any stray marks on the Answer Sheet, tamper with or mutilate it. Otherwise it will not be evaluated.
4. Please check all the pages of the Booklet carefully. In case of any defect, please ask the Invigilator for replacement of the Booklet.
5. You must not tear off or remove any sheet from this Booklet. The Answer Sheet must be handed over to the Invigilator before you leave the Examination Hall.
6. All questions are compulsory and each Question carries **2** marks.
7. **The paper carries negative marking. For each wrong answer 0.50 mark will be deducted.**
8. This Booklet contains 50 questions.
9. Use of Calculator/Palmtop/Laptop/Other Digital Instrument/Mobile/Cell Phone/Pager is **not** allowed.
10. Candidates found guilty of misconduct/using unfair means in the Examination Hall will be liable for appropriate penal/legal action.
11. **No Rough Work is to be done on the Answer Sheet and only single OMR Answer Sheet will be provided.**
12. This booklet contains **12** pages.
13. **Directions** : Each question or incomplete statement is followed by four alternative suggested answers or completions. In each case, you are required to select the one that correctly answers the question or completes the statement and blacken (●) appropriate circle a, b, c or d by Blue / Black Ball-Point Pen provided by the board against the question concerned in the Answer Sheet.
14. Mark your answer by shading the appropriate circle against each question. The circle should be shaded completely without leaving any space. The correct method of shading is given below.

Wrong Method	Wrong Method	Wrong Method	Correct Method
○ ⊗ ○ ○	○ ⊘ ○ ○	○ ◉ ○ ○	○ ● ○ ○

The Candidate must mark his/her response after careful consideration, as it is not possible to change the response once it is marked.

15. There is only one correct answer to each question. You should blacken (●) the circle of the appropriate column, viz., a, b, c or d. If you blacken (●) more than one circle against any one question, the answer will be treated as wrong.
16. Use the space for rough work given at the beginning of the Question Booklet only and not on the Answer Sheet.
17. **You are NOT required to mark your answers in this Booklet. All answers must be indicated in the Answer Sheet only.**

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DO NOT WRITE HERE

SPACE OR ROUGH WORK

SPACE FOR ROUGH WORK

1. One of the proper sitting position is
   (a) Keeping the feet closer
   (b) Keeping the feet wider
   (c) Spreading hands across
   (d) Bending the body

2. Posture, walk and movement make up our
   (a) Positivity
   (b) Professionalism
   (c) Physical presentation
   (d) Exercise

3. _____ is most effective type of decontamination.
   (a) Sterilization
   (b) Penetration
   (c) Transplantation
   (d) Micro organisms

4. The term OSHA refers to
   (a) Open Stands Health Approach
   (b) Organisation for Safety Hazards Associated
   (c) Occupational Safety and Health Administration
   (d) Ocean Hazards Association

5. The natural arch of the eyebrow follows the curved line of the
   (a) Curve
   (b) Arch
   (c) Shape
   (d) Orbit

6. Patch test is done to determine the possible
   (a) Pattern
   (b) Analysis
   (c) Allergies
   (d) Tweezing

7. The purpose of pedicure is
   (a) Muscle 7 skin treatment
   (b) Lips and ear treatment
   (c) Steam treatment
   (d) Feet, toes and toenails treatment

8. Wavy ridges of the nails are called as
   (a) Corrugations
   (b) Muscular
   (c) Appendage
   (d) wrapping

9. Facial treatments are beneficial for
   (a) Activating glandular activity
   (b) Maintaining sanitation
   (c) Bacteria removal
   (d) Temporary removal of sweat glands

10. Astringent lotion is used for _____ type.
   (a) Dry skin
   (b) Oily skin
   (c) Combination skin
   (d) Dead skin

11. Massage is used to
   (a) Exercise facial muscles and stimulate circulation
   (b) Manipulate the facial bone and muscle
   (c) Adding to the clients confidence
   (d) Providing relaxation

12. Mask facials are recommended for _____skin type.
   (a) Dry (b) Fair
   (c) Dark (d) Patchy

13. Dry skin is caused by an insufficient flow of
   (a) Blood
   (b) Oil
   (c) Liquid
   (d) Fluid

14. What is the technical term used for the study of hair ?
   (a) Psychology
   (b) Sociology
   (c) Trichology
   (d) Biology

15. The growing phase of hair growth cycle is known as
(a) Catagen (b) Telogen
(c) Oxygen (d) Anagen

16. Hair flowing in the same direction is known as
(a) Hair stream
(b) Cowlick
(c) Wharl
(d) Wavy

17. _____belongs to the group of temporary methods for the removal of superfluous hair.
(a) Depilatory method
(b) Electrolysis
(c) Thermolysis
(d) Epilator

18. _____ invented the technique of permanent removal of hair.
(a) Charles Darwin
(b) Isaac Newton
(c) Charles E. Michel
(d) harles Davis

19. The portion of the hair structure extending above the skin surface is called as
(a) Follicle
(b) Hair shaft
(c) Hair root
(d) Hair bulb

20. air is composed chiefly of the _____ protein.
(a) Melanin
(b) Tannin
(c) Keratin
(d) Vellum

21. Porosity of hair means
(a) Density
(b) Absorption of moisture
(c) Dryness
(d) Texture

22. The excessive shedding at the epithelial cell is the cause for
(a) Dandruff
(b) Lice
(c) Dry hair
(d) Hair fall

23. The Medical term for dandruff is
(a) Epidermis
(b) Tinea
(c) Scabies
(d) Pityriasis

24. Selection of shampoo is based on the condition of
(a) Skin type
(b) Hair
(c) Eyes
(d) Nail

25. Hair _____ are made before cutting the hair.
(a) Sections
(b) Perming
(c) Straightening
(d) Colouring

26. Carved out of a shaping without disturbing the shaping is referred as
(a) Braiding
(b) Wet styling
(c) Pin curl
(d) Roller curl

27. _____ is a term applied to lightening of the hair.
(a) Blonding
(b) Blending
(c) Colour priming
(d) Coding

28. Permanent waving with an alkaline/acid balanced solution is known as
(a) Straightening
(b) Bonding
(c) Bleaching
(d) Perming

29. _____ is the main objective of makeup application.
(a) To emphasize the client's facial features
(b) To remove hair
(c) Relaxation
(d) To moisturize

30. _____ is a way of life, an integrated system of education for the body, mind and inner spirit.
(a) Yoga
(b) Deep breathing
(c) Dhyana
(d) Samadhi

31. Which of the following shape suits very low forehead ?
(a) Outward shape
(b) Straight line
(c) A low arch
(d) High arch

32. All sessions of yogasanas begin with _____
(a) Shavasana
(b) Surya namaskar
(c) Padmasana
(d) Vajrasana

33. The asanas emphasize deep breathing, relaxed movements and _____
(a) Mental concentration
(b) Balancing emotions
(c) Pressure on various points
(d) Strengthening the nadis

34. Surya namaskar in itself is a complete exercise, there are _____ phases of it.
(a) 10
(b) 12
(c) 15
(d) 13

35. When the mind becomes one – pointed and steady, it will naturally go beyond the normal mundane awareness into the state referred to as
(a) Asana
(b) Positive thinking
(c) Meditation
(d) Fasting

36. Which of the following is an important function of personal hygiene ?
(a) Rest
(b) Daily bathing
(c) Exercise
(d) Eating

37. Practicing higher standards of _____ protects your health.
(a) Sanitation
(b) Posture
(c) Ethics
(d) Punctuality

38. _____ is one of the hygiene rule.
(a) Concentration
(b) Reputation
(c) Sanitation
(d) Body posture

39. Which among the following does not belong to the group of disinfectants ?
(a) Virucidal
(b) Bactericidal
(c) Fungicidal
(d) Organisational

40. Tweezing is one of the method used for
(a) Hair colouring
(b) Shaping the eyebrows
(c) Waxing
(d) Weaving

41. Manicure is used to improve the appearance of the following body parts
(a) Face
(b) Hair
(c) Eyebrows
(d) Hands and nails

42 Facial treatment falls under
(a) Adding and activating treatment
(b) Preservative and corrective treatments
(c) Material and implementation treatment
(d) Preventing and adopting treatment

43. The attachment of the opposite end of the muscle to another muscle is known as
(a) Insertion
(b) Stroking
(c) Treating
(d) Soothing

44. _____ is one of the safety precautions taken while using hot wax.
(a) Resist wax on sensitive skin
(b) Use water before applying wax
(c) Spread wax evenly
(d) Melt wax in a double boiler

45. _____ is the technical term for grey hair.
(a) C rly hair
(b) Ringed hair
(c) antities
(d) Hair fall

46. _____ is one of the important elements of hair styling.
(a) Form
(b) Figure
(c) Curl
(d) Height

47. _____ can cure all diseases of stomach and back pain and very beneficial in eliminating diabetes and all intestine related ailments.
(a) Pashchimottasana
(b) Matsyendrasana
(c) Ushtrasana
(d) Simhasana

48. ood posture improves
(a) Movements
(b) Running
(c) Waxing
(d) Appearance

49. _____ tool is used for facial.
(a) Soaping
(b) Facial steamer
(c) Perfume
(d) Oil

50. The colour in client's hair, skin and eyes is the result of the body's ability to make pigment which is called as
(a) Melanin
(b) Tannin
(c) Haemoglobin
(d) Vitamin