

## Marking Scheme of Class 11<sup>th</sup>

### Beauty and Wellness

#### [Section-A]

#### Long Answer Types of Questions

**3 x 5 = 15 Marks**

**Q:-1 What is electrocution? Write down the effects of electrocution.**

**Answer:** - When one comes in contact with a voltage, high enough to cause a current flow, the person experiences a shock, causing serious injury or death. It is called 'electrocution'.

#### ***Burns***

Electric shocks may lead to burns, which may be minor or major, depending on the voltage of the current experienced. Shocks above 500 volt can cause breakdown of the skin and injury to internal organs. Burns caused by such shocks can affect the heart too. In extreme cases, organ failure is followed by the death of a person.

#### ***Neurological effects***

Electric shocks can also lead to complications in the peripheral and central nervous system, and these may show up early or later in life. The nervous control of heart and lungs may get affected.

#### ***Fibrillation***

An alternating current of 50 or 60 Hertz can lead to ventricular fibrillation, which is rapid, irregular, unsynchronised contraction of cardiac muscles of ventricles. It can even stop the heartbeat.

#### ***Damage to bones***

Electric shocks, leading to severe muscle contractions, can cause fractures, dislocation of joints, etc.

#### ***Damage to respiratory system***

Electric shocks can also paralyse the respiratory system, affecting the heartbeat or altogether stopping it.

**Or**

**Q:-1... Write a brief note on the type of fire extinguishers**

**Answer:** -

**1. Wet Chemical Extinguisher-** To extinguish coking fire and ordinary combustibles; used to extinguish fire caused by cooking oil, Paper, Clothes Animal or vegetable fat, Wood.

**2. Foam Extinguisher** To extinguish flammable liquid fires caused by oil based paints, greases, hydrocarbon liquids

**3. Water extinguisher** To extinguish fire caused by ordinary combustibles such as paper, wood, clothes.

**4. Halon Extinguisher** To extinguish most type of fire ,except those caused by combustible metals.

**5. Powder extinguisher** To extinguish most type of fire (not preferred to be used in fighting electronic appliances fires)

**6. Co2 Extinguisher** To extinguish most type of fire, except those caused by combustible metals effective in case of electrical fires, less effective in open air due to dispersion.

**Q:-2. Write down the procedure for conducting a patch test.**

**Answer:-**

As chemicals are used in bleaching, it is always recommended to perform the treatment only after conducting a 'patch test'. This test is conducted by following these steps.

Step 1: Select suitable bleach based on the requirement of a client and the person's skin type.

Step 2: Take a teaspoon of bleaching cream.

Step 3: Add two to three grains of ammonia to the bleaching cream and mix well.

Step 4: Apply bleach on a small patch of the skin behind the ear.

Step 5: Wait for 10–15 minutes and observe for allergy or redness on the skin. Step 6: If there is an allergy, then avoid using the bleach. Natural bleach can be used in this case.

Step 7: If no allergy is observed, then one may proceed with the procedure.

**Or**

**Q:-2. What are the advantages of bleaching?**

**Answer:-**

1. It gives instant result (within 10 minutes).

2. It lightens the skin tone.

3. It helps in removing suntan.

4.Reducing dark spots and freckles, lightening dark areas on the elbow or underarm

5.lightening the facial hair and making them less visible

**Q:-3 describe the contra-indications that may restrict a pedicure service.**

**Answer:-** There are certain contra-indications that may require a change or modification in service due to risks but are not necessarily a reason for stopping a treatment. These include the following.

***Onychorrhexis***

It is the dryness and brittleness of the nail that causes its vertical splitting.

***Leukonychia***

It can be described as an injury to the nail that causes white spots on the nail plate.

***Furrows***

These are ridges in the nail caused by trauma, age, injury or ill-health.

***Beau's lines***

These are ridges across the nail caused by ill-health or poor quality manicure.

***Onychophagy***

It is very little free edge and sore skin around the nail caused by biting of the nail and its surrounding skin.

***Nail separation******Painful, red and swollen nail fold (paronychia)***

Or

**Q:-3 describe the demonstrate the procedure of pedicure**

**Answer:- Pedicure procedure**

- Wash the hands
- Check with the client for contra-indications, if any. Soak both the feet of the client in a pedicure antiseptic soaking solution.
- Dry both the feet and rest them on a clean towel.
- Remove old enamel from the toenails and examine them for infections.
- Shorten or cut the nails using clippers, if required. The nails must be cut straight across to avoid ingrown nails.
- File the nails of each foot using an emery board
- Apply cuticle cream and massage the nails, and place the foot back into the soak. Repeat the steps on the other foot as well.
- Use a callus file or scrub or an exfoliator on hard skin of the sole
- Dry the foot. Pay attention to the area between the toes.
- Apply a cuticle remover, spread around the cuticles and gently push back and lift the cuticle off nails. Light pressure must be applied to avoid damaging rest of the nail and nail plate Use a cuticle knife, dual tool or nippers, if required. Repeat the process on the other foot as well.
- Scrub the nails, clean, rinse and dry them
- File rough edges on the nails.
- Massage the legs one-by-one.
- Squeak and clean the nail plate to ensure that all grease is removed.
- Separate the toes with dividers or tissue papers
- Choose a nail enamel colour and check its texture.
- Apply the base coat, nail enamel and top coat
- Give home care advice to the client and suggest the products that one may buy.
- Record details of the treatment.

**[Section-B]****Short Answer Types Questions**

**6 x 3 = 18 Marks**

**Q:-4. Name any six tools that need to be sterilized.**

**Answer:-**

1. Cuticle knife
2. Cuticle nipper
3. Nail scissors
4. Toenail clippers
5. *Comedone extractor*
6. Cutical Pusher

7. Tweezers

8. Metal scrapper

**Q:-5 Describe any six responsibilities of a Beauty Therapist.**

**Answer:-** Choose any six responsibilities

- Suggest suitable service plans to meet the requirements of the clients.
- Inform the clients of emergency procedures, if required.
- Ascertain the approximate time it will be require to complete a procedure and inform the customer of the same.
- Periodically inform waiting customers of the time left to start their service.
- Prepare the client for a treatment and provide the person with a suitable protective apparel.
- Organise the products, equipment and tools related to a service or treatment.
- Sanitise the hands prior to the commencement of a service.
- Position oneself and the client to ensure privacy and comfort throughout the procedure.
- Select and apply products to suit the client's needs and achieve the desired effect.
- Discontinue a service immediately and provide advice and recommendations to the client in case of contra-actions.
- clean the skin after a procedure to ensure that it is free of dirt, and is toned and moisturised.
- Provide specific post-procedure, home care advice and recommendations for product use and further services to the client.
- Ask questions to check if the client is satisfied with the result.
- Report health and safety risks or hazards to the concerned personnel.
- Report to the supervisor in case of work issues and unruly behaviour of clients.
- Complete the routine documentation in a desired format.

**Q:-6. What is an emery board?**

**Answer:- Emery board**

It has two sides — a coarse side for filing the nails and a fine side for shaping and beveling the nails. Emery boards are difficult to clean, although some manufacturers have developed special cleansers for this purpose.

**Q:-7. Write any three precautions that need to be taken while performing threading.**

**Answer:-**

1. On sensitive skin, there can be redness or rashes so be careful while performing threading.
2. Avoid threading on areas with eruptions like pimples or acne.
3. The length of the thread must be between 24 and 30 inches.
4. A zinc ointment or ice can also be applied to soothe the skin.
5. To remove oiliness, apply talcum powder above the upper lip and eyebrows at time of threading.
6. When working on upper lips ask the client to place the tongue under the lip in order to tighten the skin on the lip.

**Q:-8. What is aging?**

**Answer:-** Aging is a natural process, in which major body parts and systems get affected over time. Aging is of two types — internal and external. Internal aging is caused by the genes one inherits, for example natural skin aging. External aging is caused by environmental factors, such as pollution, smoking, alcohol consumption, sun exposure, etc.

**or**

**Q:-8. What causes wrinkles?**

**Answer:** Aging leads to decrease in the production of skin proteins — collagen and elastin, which are essential for younger and healthy skin. Collagen provides firmness and strength, while elastin provides flexibility and resilience to the skin. **The reduced production of proteins leads to sagging of the skin and wrinkle formation. Lack of lubrication in skin is cause of wrinkle.**

**Q:-9. . Name and describe any two type of skin masks.**

**Answer:-**

***Clay mask***

The main ingredient of such a mask is natural clay, which has a deep cleansing effect on the skin. The mask draws the impurities on the surface of the skin while drying. It unclogs the pores and tightens the skin. It is best for people with normal to oily skin as it absorbs excess oil without stripping the skin of natural oils.

***Peel-off mask***

It, generally, comes in gel, plastic or paraffin sub-types. Such a mask does not absorb as much oil and dirt as clay mask. Peel-off mask is mainly used for tightening the skin and promoting blood circulation. It works best for mature and dry skin as it hydrates and nourishes the skin.

***Cream mask***

It is ideal for people with normal to dry skin as it rejuvenates the skin by moisturising it. Cream mask has emollient or softening properties that make the skin soft.

***Thermal mask***

Such a mask when applied to the face, gradually, warms the surface tissue and opens the pores, thereby, allowing the skin to breathe. It works best for those with enlarged and congested pores as it cleans the pores from deep within.

***Warm oil mask***

It contains beneficial oils, such as almond oil, olive oil, vitamin oil, etc., in equal parts. Therefore, it is best for people having dry or mature skin as it makes the skin soft and supple, and imparts a healthy glow to it by promoting blood circulation.

***Natural mask***

It is based on the rejuvenating properties of plants, herbs and fruits like cucumber, papaya and oatmeal, and is good for every skin type. Natural mask moisturises and revitalises normal to dry skin, and provides nourishment derived from natural ingredients to the skin.

**Or**

**Q:-9. What is a blackhead?**

**Answer:** - Blackheads are a type of mild acne, which get clogged with dirt, oil and sebum. The melanin further oxidizes with these impurities, causing the surface to appear dark or even black. They can appear on the face, neck, shoulders or even back. The main reasons of blackheads are dead skin cells not shedding naturally, changes in the hormone level, medication, acne-causing bacteria, excess oil production in the skin, etc.

### [Section-C]

#### Very Short Answer Types Questions

6 x 2 = 12 Marks

**Q:-10. What do you mean by maintaining record cards?**

**Answer:-** Record card is an important document, which must be maintained by a salon as it contains the past treatments taken by a client, the treatment the person has been booked for, client history, about the products to be used, skin type and allergies, if any.

**Q:-11. When is the base coat applied on a nail?**

**Answer:** - Base coat application is the first step of nail paint application and after finish the manicure and pedicure process.

**Q:-12. Describe the benefits of threading.**

**Answer:** - 1. Threading is suitable for smaller areas like forehead, eyebrows, above the upper lip, chin and other areas on the face.

2. It is less time-consuming than waxing.

3. It is suitable for almost all skin types.

4. No chemical is used in threading.

5. Hair growth is slow after threading.

**Q:-13. Explain with examples the role of government and private agencies in a green economy.**

**Answer Example 1. Swachh Cooperative** integrates informal waste pickers into Pune city's Solid Waste Management system. This project has become a success with the support of government and the waste pickers. Over 9000 entrepreneurial waste pickers now work with dignity and provide a decentralised waste management system. They ensure efficient disposal of wet waste through biogas regeneration, along with recycling of solid waste.

**Example 2. Enbiolet Green Solution Foundation (GSF)** has created a bio-toilet solution for hygienic sanitation in villages and slums in cities that lacked sewage systems. Users or donors fund these bio-toilets while GSF provides training on toilet use and servicing involving the local population creating employment and entrepreneurship opportunities.

**Q:-14 . How can an entrepreneur find out about customer needs?**

**Answer:-**

1. Entrepreneur find which services are fully served to customers

2. Which services are partially served by the government and private agencies?

3. Which services are known by the customers, but not fulfilled by anyone in the market. For example, people in small towns do not have electricity supply at all times, and therefore their children cannot study after sunset.

or

**Q:-14. What are the different aspects of understanding competition?**

**Answer:- (a) Positioning:** One should try and understand how the competitors position their business.

**(b) Pricing:** Pricing means an understanding of the price at which different competitors sell their product or service.

**(c) Offers:** The next information that an entrepreneur can find out is about the kind of offers that the competitors give to their customers, and why does a customer go to them again and again?

**(d) Customer Relations:** important information that must be understood at this stage is how a business stays in touch with its customers and maintains a relationship with them.

**Q:-15 Name the three layers of the skin.**

**Answer:-**

1. Epidermis
2. Dermis
3. Hypodermis or subcutis

Or

**Q:-15. List five functions of the skin.**

**Answer:-**

1. Protection
2. Thermo regulation
3. Hormone synthesis
4. Excretion
5. Immunological role
6. Sensory function

**[Section-D]**

**Objective Types Questions**

**15x 1 = 15 Marks**

16. D
17. Apron
18. Remove hangnails and dead skin
19. Three
20. Thank You
21. Parent
22. Making a to-do-list
23. We can understand where we are spending our time and manage our time better if needed.
24. Delete

- 25. Accept
- 26. False
- 27. False
- 28. Cotton thread
- 29. Watering
- 30. Ammonia