

SHRIMATI INDIRA GANDHI COLLEGE
(Nationally Accredited at 'A' Grade(3rd cycle) by NACC)
(Affiliated to Bharathidasan University)
Tiruchirappalli-620002



**DEPARTMENT OF
FASHION TECHNOLOGY & COSTUME DESIGNING**

CERTIFICATE COURSE IN BEAUTY CULTURE & HEALTH CARE



**STUDY MATERIAL FOR CERTIFICATE COURSE
IN
BEAUTY CULTURE & HEALTH CARE**

**Prepared by
D.Jeyapradha M.Tech
Asst.Professor**

SCHEME OF EXAMINATIONS

Paper	Sub. Code	Description	Exam Hrs	Marks
1.	CBH1	Beauty Culture	3 hrs	100
2.	CBH2P	Beauty Culture Lab	3 hrs	50
3.	CBH3	Health Care	3 hrs	100
4.	CBH4P	Body Perfection Lab	3 hrs	50
Total				300

CERTIFICATE COURSE

IN

**BEAUTY CULTURE & HEALTH
CARE**

PAPER – I

BEAUTY CULTURE

BEAUTY CULTURE

SYLLABUS

UNIT-I

PERSONALITY DEVELOPMENT AND GROWING.

Self Analysis and Personality Traits: Communication Skills, ,Etiquette & Manners, Selection of Dresses according of climate, Occasion and Body Build up, Selection of Make-up according to Climate and Occasion.

Various safety measures to be taken up by Beauticians for ensuring personal and public safety.

UNIT-II

SKIN DIORDER AND SKIN CARE.

Causes and Remedies of Common Skin Disease Disorders and Preventive Measures.

TYPES OF FACES AND BLEACHING.

Need for Bleaching & Facial, Types of bleaching, Skin diseases, Types of facial for Dry skin & Oily skin, Facial by creams.

UNIT-III

EYE CARE & SHAPING.

Importance of Eye care, Safety & Need for Eye brow Shaping, Methods of eyebrow shaping –Threading, Tweezing.

MANICURE AND PEDICURE.

Knowledge about Nails, Definition, importance and procedure, precautions, Diseases and Disorders – Causes, Treatment.

UNIT-IV

CARE OF HAIR

Importance of Hair care, Presentations from lice, Methods of hair care – By clay powder, Soap, Shampoo and Conditioner.

UNWANTED/SUPER FLUOUS HAIR.

Method of removing unwanted Hair – Hot Wax, Cold wax, pluck, Threading, Using cream and lotion.

UNIT-V

HAIRSTYLES

Types of Juba-one roll, Two roll, Inter lock, Bridal, Use of switches, Types of Choti – French, Fish Flat, Four Parting Flat, Use Of Artificial Choti and Prandi, Hair cutting & its importance, cutting according to facial bones (faces),Types of Hair Making, Methods-Wet,Dry.Tools & equipments.

TEXTBOOKS:

1. “By your own beautician”, Around Reejhsinghari, Orient paper blacks, New Delhi.
2. “Beauty ‘U’”, Aruna Gopalakrishnan, Thirumagal Nilayam, Madras.
3. “Herbal Beauty care”, Rashmi Sharama,2/2Mission road Bangalore-21.

BEAUTY CULTURE AND HEALTH CARE

UNIT-I

PERSONALITY DEVELOPMENT AND GROOMING

PART-A

1. **Beauty means health.**
(a) Health (b) style (c) make up (d) none of these
2. **Self grooming includes personal appearance.**
(a) Hair shaft (b) personal appearance (c) body build up (d) climate
3. **Beauty and health gives self confidence.**
(a) Self respect (b) self assured (c) self confidence (d) self reliance
4. **Beautician course is gives self employment.**
(a) Self employment (b) self respect (c) self reliance (d) none
5. **While we can starting a business of our own aspects the things we want are incense and loan.**
(a) Land (b) incense and loan (c) assets (d) none of these
6. **Which colour suitable for summer season?**
(a) Pink, white (b) red, yellow (c) black (d) purple, dark green
7. **Which colour suitable for winter season?**
(a) Pink, orange (b) red, orange (c) purple, pink (d) light green, yellow
8. **In cooling climate dresses are Woolen.**
(a) Woolen (b) cotton (c) synthetic (d) silk
9. **What kind of dress should be wear in hot weather?**
(a) Jean (b) cotton (c) knitted (d) crape
10. **What is beauty?**
(a) Maintain good health & personality (b) only personality
(c) Only health (d) none of these
11. **To begin pal our, which one is first and most necessary?**
(a) More product (b) place (c) amount (d) license.
12. **Beautician one has to carry oneself well in Work.**
(a) Work (b) nice makes up (c) public (d) their owner

13. Vertical line dresses suitable for Short.

- (a) Short (b) stout (c) broad (d) fat figure

14. Horizontal line dresses suitable for thin.

- (a) Short (b) thin (c) fat (d) broad

15. Curved line dresses most suitable for babies.

- (a) Men (b) women (c) babies (d) all of these

PART-B

1. What is beauty?

Beauty means health, yoga, nutrients food exercises etc.

2. What is self- grooming?

After finishing the beautician course some of us may like to open a par lour or some may like to work under a beautician. Self grooming includes personal appearance.

3. Types of make-up.

- Traditional make up
- Modern make up

4. Write about thin figure.

- Wear small motifs dresses
- Vertical line dresses.

5. Write about tall figures.

- Broken dresses
- Cross effect design
- Avoid vertical designs

6. Write about short figures.

- Wear unbroken dresses.
- Avoid too long too big dresses.

7. What are the safety measures taken by beautician?

- Use quality product
- Avoid Expert product
- Avoid chemical product
- Fulfill the customer needs

8. Self analysis and personality traits.

After finishing the beautician course some of us, may like open beauty Par lour is some may like to work and your beautician.

9. How to open par lour?

Things like getting license, loans, allocations of a par lour, starting a business of your own are some of the aspects which need lot of in traction with various types of people.

10. What kind of dresses used in cool climate?

- Wool cloth is used
- Wear dark color dresses
- Wear jean cloth

11. What kind of dresses used in hot climate?

- Wear cotton dresses
- Wear light colour
- Avoid wool and synthetic

12. What are the steps to begin beautician to become a par lour?

- Get license
- New one quality product
- Efficient workers

13. Write about good par lour.

- Attend in the customers
- Fulfilling their needs
- Managing the staff
- Handling the money
- Improving the business

PART-C

1. Define self grooming.

- self grooming includes personal appearance
- The behavior way a person dresses up, hair style, foot wear etc.
- After finishing the beautician course some of us may like to open a par lour.
- While running a Perl our, attending the customers, fulfilling their needs.
- Managing the staff, handing the money, improving the business retaining the client.

2. State self analysis and personality.

After finishing the beautician course some of us may like to open beauty par lour are some may like to work and your beautician.

Regarding they experience in the outer world, one has to been patient and hand working things like getting license loan allocation of a par lour starting a business of a own are some of the aspect, which needs lot of interaction with various type of people.

3. Explain selection of dresses to climate.

- Hot weather
- Cold weather

Hot weather:

- light colour dresses
- soft cloth
- cotton material are used

Cold weather:

- Dark colour dresses
- Woolen and jean material
- Synthetic cloth

4. Explain: (i) thin figure (ii) tall figure (iii) short figure.

Thin figure:

- Wear small motif dresses
- Vertical line dresses

Tall figure:

- Broken dresses wear
- Cross effect design
- Avoid vertical design

Short figure:

- Wear unbroken silhouette.
- Avoid too long, too big dresses.
- Horizontal line dresses wear

5. Explain selection of colour to climate.

Climate:

- summer
- winter

Summer:

- Chosen only light colours
- Chosen another dull colours
- Because they are good visual effect with hot climate.

Winter:

- Chosen only dark colours
- Chosen another one bright colour
- Because they are helped with winter climate

PART-D

- 1. Write about selection of dresses according to climate, occasion and body up and body up and selection of make up according to climate and occasion.**
- 2. Write notes about self analysis and personality traits.**
- 3. State various safety measures to be taken to be by beauticians for ensuring personal and public safety.**
- 4. What kind of colour dress used in summer and winter? Why?**
- 5. State about self grooming.**

UNIT-II

SKIN DISORDER AND SKIN CARE

- 1. The skin is the protective layer of the body.**
(a) protective (b) effective (c) normal (d) none of these
- 2. Strike are used for dry skin.**
(a) oily (b) dry (c) normal (d) all type
- 3. Cakes or sticks are used for oily skin.**
(a) Dry (b) oily (c) sensitive (d) normal
- 4. Moisturizers are generally used for the skin dry types.**
(a) Normal (b) dry (c) sensitive (d) oily
- 5. There are five type of skin.**
(a) Five (b) four (c) three (d) two
- 6. Hypo allergic Castries used for sensitive.**
(a) Dry (b) oily (c) sensitive (d) normal
- 7. A Rough red body rash that comes in patches is known as eczema.**
(a) Urticarias (b) eczema (c) scabies (d) warts
- 8. These are required to subliment that primary phrase of skin care nourishing.**
(a) Toners (b) nourishing (c) marks (d) cold creams
- 9. There are three types of layers.**
(a) Three (b) four (c) two (d) one
- 10. The another aspect of the skin is to maintain the heat of the body.**
(a) Sweat (b) cold (c) heat (d) none
- 11. The white patches is called lucoderma.**
(a) Ectoderms (b) lucoderma (c) hypoderma (d) none of these
- 12. Normal skin is usually smooth and supple.**
(a) Normal (b) dry (c) sensitive (d) oily
- 13. Pimples come occasionally due to abnormal activity.**
(a) Marks (b) pimples (c) patches (d) none of these
- 14. Dry patches are seen in the skin move during the cold weather.**
(a) Dry (b) web (c) smooth (d) stiffly

15. The oily skin looks **shiny and thick** and that in colour.
(a) Shiny and thick (b) rough and thin (c) smooth and stiff (d) none.
16. **Vitamins**, calcium and protein are very much necessary to keep the skin smooth and glowing.
17. Vitamin-A include the fruit **banana**.
(a) Banana (b) apple (c) orange (d) papaya
18. Cauliflower has so much of **vitamin-k**.
(a) vitamin-k (b) vitamin-A (c) vitamin-B (d) vitamin –C
19. There are **2** types of bleaching.
(a) 2 (b) 3 (c) 4 (d) 5
20. Most of the people are willing to do **herbal bleach**.
(a) Herbal bleach (b) chemical bleach (c) foreign bleach (d) none
21. There are **two** types of foreign bleach.
(a) Five (b) four (c) three (d) two
22. The Indian bleach is divided in to **two** types.
(a) Two (b) three (c) four (d) five
23. **Bleaching** will remove the substance.
(a) Bleaching (b) facial (c) make up (d) pedicure
24. Bleaching increase the skin colour by action **hydrogen peroxide** .
(a) Carbon monoxide (b) hydrogen peroxide (c) calcium carbonates (d) none
25. The **melanin** pigments is the cause for the colour of the skin.
(a) Patches (b) melanin (c) layer (d) none.
26. The cream bleach will make the facial hair look slightly **brown**
(a) Brown (b) black (c) blue (d) red
27. There are **two** types of facial.
(a) Two (b) three (c) four (d) five
28. The inflammation of the skin near the sweet gland causes **scalds**.
(a) Scalds (b) enemas (c) prickly heat (d) warts.

29. The hair which is within the skin is enclosed by a tissue called as cuticle.

- (a) Cuticle (b) hair bulbs (c) follicle (d) shaft

30. There are two type of wax.

- (a) Two (b) one (c) three (d) all the above

31. Warm wax is advisable.

- (a) Warm (b) cold (c) heat (d) none

32. Steams are classified into three types.

- (a) Two (b) three (c) four (d) five.

33. Hot wax is not so painful.

- (a) Hot (b) cold (c) hot and cold (d) none.

34. Cold wax is time consuming.

- (a) Hot (b) cold (c) hot and cold (d) none

35. Hot and cold wax gives smooth touch.

- (a) Smooth (b) rough (c) soft (d) none of these.

PART-B

1. Different types of skin:-

- normal skin
- dry skin
- oily skin
- sensitive skin
- combination skin

2. Define bleaching/

Bleaching will remove the suntan. It gives natural look. It helps to bring the natural skin complexion. Bleaching increase the skin colour by action hydrogen peroxide.

3. Types of bleaching.

Two types of bleaching

1. Foreign
2. Indian

Foreign contain two types:

1. Jolen
2. Wella

Indian contains two types:

1. Fem
2. Powder

9. Define Leucoderma.

If there is no melanin pigment then you will have white patches in the skin. This is called leucoderma.

5. Types of facial.

- * Herbal
- * Galvanic facial
- * Dry fruit facial
- * Fruit facial
- * Pimple facial

6. Define normal dry and oily skin.

Normal skin:

*It is usually smooth and supple

*Pimples come occasionally due to abnormal activity.

Dry skin:

- *Dry skin is flakey and dull looking
- *Especially on the checks and around the eyes.

Oily skin:

- *The oily skin looks shiny and thick and dull in colours.

7. Name the protein used in vitamin-E.

Cereals have lot of vitamin E. It will make the skin soft. You will all the types of protein in vitamin E. (Fish, Chicken, Mutton, Egg, Crans, Fish (Sura), Curd, Milk, Cheese, Butter, Gee etc).

8. Define pimple facial.

People who have got pimple mustn't go for normal facial, Because when the massage is given the pimples will get aggravated and spread all over the face, so they must go for mini-facial.

9. Write any three advantages and Disadvantages of facial.

Advantage:

- * Cleansing
- * It improves the blood circulation
- * Skins become soft

Disadvantages

- * Swiveling
- * Winkle
- * Skin disorder

10. Gives five remedies of pimple facial.

- * Must drink lot of water and juices
- * Wash the face with pottu kadala maavu scrub the pimple with nails
- * Won't scrub the pimple with nails
- * Infection will spread due to nails.
- * Cut the nail and wash and keep it clean

11. Define Waxing.

Waxing is to remove the unwanted hair from the unwanted places. It is a temporary hair removal method .Waxing is two types 1.Cold wax and hot wax.

12. Give any three differences of hot wax and cold wax.

Cold wax:

This product will be cold during the application. It is time consuming more pain usage of more products. Result is polar.

Hot wax:

During application the product will be hot, It is less painful less consuming and good result.

13. Define hot wax.

- * It is less painful, less time consuming and good result
- * After the removal of the hair, Moisturizing lotion ice cube or ice water may be applied to bring down the burning sensation

14. Uses of hot and cold wax.

- * It gives good skin complexion
- * It gives smooth touch
- * It helps to give more feminine look

15. Different type of hair.

- * Normal hair
- * Dry hair
- * Oily hair
- * Silky hair
- * Damaged hair.

16. Different types of skin layers.

- * Epidermis
- * Dermis
- * Leo dermis

17. Types of steams.

- * Direct steam
- * Indirect steam
- * Hot towels steam

18. What are the common skin diseases?

- * Sorisis
- * Abbergy
- * Pimple

PART-C

1. Explain facial by all types of cream.

Herbal facial:

Cleaning, Scrub, Steaming, blackest (remover), ice, cube, massage, pack, ice towel refreshing the ice towel.

Galvanic facial:

Cleaning, Scrub (fruit pack), (Honey scrub) steaming, Blackheads, ice cube massage, gel, pack, refreshing.

Dry fruit facial:

Cleaning, scrub, massage, pack, eye pack

Fruit facial:

Cleaning, scrub, massage, pack, eye pack, refreshing with ice towel, thermo pack.

2. What are the vitamins much necessary to keep the skin smooth and glowing?

Vitamins, calcium and protein are very much necessary to keep the skin smooth and glowing.

1. Vitamin-A
2. Vitamin-B
3. Vitamin-C
4. Vitamin-D
5. Vitamin-E
6. Vitamin-K

3. What are the proteins used in the entire vitamin?

Vitamin-A: All greens, yellow banana

Vitamin-B: All greens, raw rice, wheat dhal

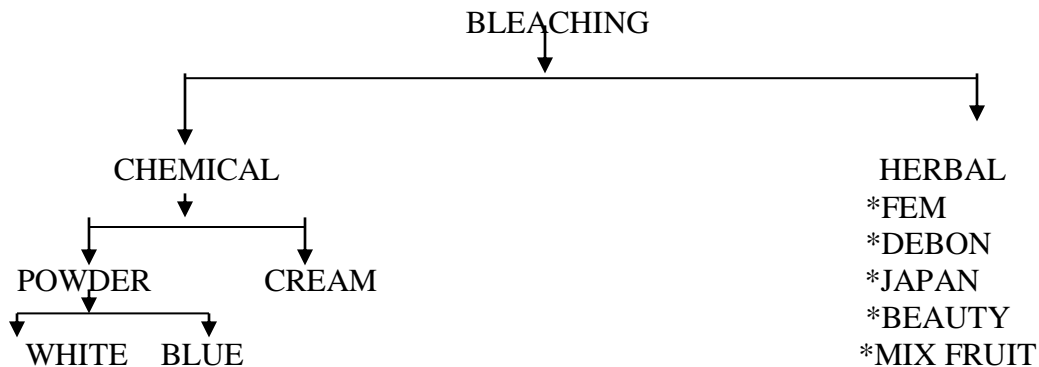
Vitamin-C: Citrus fruit

Vitamin-D: Calcium, milk and milk product

Vitamin-E: Curd, milk, cheese

Vitamin-K: Cauliflower has so much of vitamin k

4. Draw the flowchart and explain the type of bleaching.



5. Define galvanic facial.

- * cleansing
- * Scrub
- * Steaming
- * Black heads
- * Ice cube
- * Massage
- * Gel
- * Pack
- * Refreshing

6. Define the facial massage the strokes.

- * Massage from front and press the shoulder and move towards the back of neck near the ears
- * From front with the help of two thumb and press the back of the shoulders near the neck.
- * Closing all the fingers rotating from the neck brings towards the shoulder
- * From shoulders to the back of neck you have to massage
- * Neck lifting upwards massage one by one up to chin
- * With the help of our finger, massage from chin to ear.
- * With the help of our four fingers massage the cheek.
- * Padding all the fingers rotate the cheek in the upwards infection
- * Massage the cheek as in the figure 8
- * Massage the tension point
- * Rotate the eyeball
- * Forehead massage in upward direction with both hands
- * Taping pinching for full face

7. Define waxing and explain the type of wax.

Waxing is to remove the unwanted hair from the unwanted places. It is a temporary hair removal method. Waxing is of two types one is cold wax and another is hot wax.

Two types of wax

- Hot wax
- Cold wax.

8. Define the advantages and disadvantages of facial.

- * Cleansing improves the blood circulation
- * Gives glow to the skin
- * Reduces tension and gives relaxation to the muscles
- * Skin becomes soft.
- * Black & white heads are removed.

Disadvantage:

- Swelling
- Winkle
- Skin disorder
- Rashes
- Allergy
- Wrong Procedure of Massage will make the skin sagging.

9. Give the instruction of bleach:

- * First remove all the ornaments.
- * Before bleaching keep all the hair way from your face with the head band.
- * Wipe off the face with cleanser.
- * Wrap a towel around the neck and back
- * Remove the jewellery away the jewellery around the neck
- * After washing the bleaching given ice pack.

10. Different between the hot wax and cold wax.

Hot Wax:

- Not so painful
- Less time Consuming
- Usage of less product
- You can make yourself

Certificate In Beauty Culture & Health Care

- Hygienic
- It helps to remove the dead cell
- Neat finishing
- Regrowth is slow

Cold Wax:

- Painful
- Time Consuming
- Usage of more product use.
- You have to buy from the shop
- Not so hygienic
- Not so
- Not so neat finishing
- Regrowth is fast

PART-D

- 1. What is cleansing cream? Describe the right way to use a cleanser.**
- 2. Discuss on the different types of facial used for combination and sensitive skin.**
- 3. Explain what are the safety measures to be taken by beauticians.**
- 4. What are the silent disease and preventive measure?**
- 5. Explain the important factors to be considered. While selection of clothing for summer season, a person with dark complexion, a tall and thin person and a stout and short person.**

UNIT – III

EYE CARE AND SHAPING

PART – A

- 1. All nails enamels contains kaolin.**
 - a) Cellulose nitrate
 - b) Cellulite
 - c) Hydroquinone
 - d) Kaolin

- 2. Puller's earth contain aluminum silicate.**
 - a) Kaolin
 - b) Aluminum silicate
 - c) Glycerin
 - d) Boric acid

- 3. Frequent and prolonged immersion of the hands in water is the primary cause of paronychia.**
 - a) White patches in the nail
 - b) Brittleness
 - c) Paronychia
 - d) Bangnails

- 4. Keep the eyebrows as natural as possible for a rectangular face.**
 - a) a rectangular face
 - b) a angular face
 - c) an oval face
 - d) a trapezoidal face

- 5. Clinging fabrics that outlines the figure closely are not recommended for short and plump figures.**
 - a) Short and plump figure
 - b) The tiny figure
 - c) Tall and thin figure
 - d) An average figure

- 6. Manicure should the done once in 15 days.**
 - a) 10 days
 - b) 15 days
 - c) A month
 - d) 6 months

- 7. This type of hair looks dull and bas split endsaira.**
 - a) All the type of hair
 - b) Dry hair
 - c) Greasy hair
 - d) Normal hair

8. Killers each contain Borie acid

- a) Kaolin
- b) Borie acid
- c) Glycerine
- d) Aluminium silicate

9. Maintain is also a Latin word

- a) Latin
- b) French
- c) English
- d) none

10. Tweeber is placed on the base of the hair

- a) Thread
- b) Eyebrow
- c) Tweeber
- d) None

11. Epilation should be done by an expert beautician

- a) Depilation
- b) Epilation
- c) Tweebing
- e) None

12. Threading has time consuming

- a) Threading
- b) Tweebing
- c) Bleaching
- e) Colouring

13. Tweebing has more painful

- a) Tweebing
- b) Bleaching
- c) Threading
- d) Colouring

14. In threading, the right hand make 7- 8 twists and hold other end of the thread with your left hand thump

- a) 7 – 8 twists
- b) 5 – 6 twists
- c) 4 – 5 twists

d) None

15. Electricity is used to remove the hair

- a) Machine
- b) Eyebrow
- c) Electricity
- d) None

PART-B

1. What are procedures for manicure?

- Give massage for the hands with locations
- Then clean that hands and apply the nail polish.

2. What are procedures for pedicure?

- Remove the nail polish with acetone
- Soak the legs in above solution for 10 minutes.

3. What are the causes of split ends?

- a) Avoid bad shampoo
- b) Frequent washing with proper cleansing agent
- c) Rinsing should done properly

4. Explain threading.

In this method thread is twisted like scissor. This thread is explain need and released by the movement of the figure work will be neat and it is neat and less time consuming.

5. Methods of eyebrow.

Keep one of the threads in your mouth with your right hand make 7 to 8 twists and hold the other end of the threads with your left hand thumb

6. Explain importance of eye care.

- a) Do cleans
- b) Apply under eye gel
- c) Put Glossy pack and then cover aluminates fibril along the pack.

7. What the needs eyebrow shaping?

This is very important and to set the eyebrow in Indian style, the best method is threading. It gives a special looks to the face.

8. Define the method of eyebrow shaping threading, tweezing.

In this method thread is twisted like a scissor. This thread is expanded and released by the movement of the finger.

Tweezing:

In this method tweezers or plucked is used on the skill area

9. What is the method of eye treatment?

- Do cleans
- Apply under eye gel
- Put glossy pack
- Leave 15 minutes
- Apply moisturizer.

10. Define manicure.

Manicure is also a Latin word, main means hands; cure means to take case of the hand.

11. Define pedicure.

Pedicure is a Latin word, Pedi means fact, and cure means to take care of the feet for beauty treatment.

12. Define tweezing.

In this method tweezers or pluckier is used on the skin areas. Tweeber is placed on the base of the hair and immediately removed.

13. Define Epilation.

Electrically is used to remove the hair. It is a permanent method. It should be done by an expert beautician. Only few hairs will be removed in one sitting.

14. Give any two procedure of threading.

- a) Must apply powder before starting the threading
- b) While doing the right hand side eyebrow. You must stand in front of the client.

15. Define any two procedure of pedicure.

- a) Soak the led in above solution for 10 minute.
- b) Filling the nails with the nail file – in. It must be done before.

16. Define depilation.

In this method chemical lotion or cream is used to destroy the hair. Then the destroyed hair will be removed with help of cotton or old material.

17. Define any two procedure of manicure.

- a) Take out the nail polish with acetone
- b) File the nails in oval shape

18. Difference between threading and tweezing.

Threading

- In the method thread is twisted like a scissor. This thread is expanded and relaxed by the movement of the fingers
- Quick work, equal pain as that of waxing good result

Tweezing

- In this method tweezers or puckers is used on the skin are use
- This way hair will be removed from the follicle areas

PART –C

1. Write the item method of eye treatments.

Items:

- cleansing
- under eye gel
- glossy pack
- aluminum foil
- infra red lamp
- sun screen

Method:

- do clean
- apply under eye gel
- put glossy pack and then cover alumina foil along the pack
- apply moisturizing

2. Write the safety and need for eyebrow shaping.

This is very, very important and to set the Indian style the best method is threading it gives a special look to the face

- Threading

- Tweezing
- Depilation
- Epilation

3. Write pedicure ,manicure.

Pedicure

- definition
- procedure

Manicure

- definition
- procedure

4. Difference between threading and tweezing.

Threading:

- In this method thread is twisted like a scissor
- This thread is expanded and relaxed by the movement of the finger

Tweezing:

- In this method tweezers or pluckers is used on the skin area
- Tweezers is placed on the base should be plucked and removed

5. How will you take care of your hands?

- Take out the nail polish with acetone
- File the nails in the oval shape
- Soak the hand
- Gives massage for the hands with the lotion
- Then clean the hand and
- Apply the nail polish

6. How will you take care of your nails?

- soak the hand in the hot water + shampoo+ hydrogen peroxide
- use the cuticle cream and pusher and clean the nails

7. Write about depilation and expiation.

Depilation:

- In this method chemical lotion or cream is used to destroy the hair
- Will be rough or coarse in due course

Epilation:

- electricity is used to remove the hair
- only few hair will be removed in one setting

8. Write the procedure of threading.

- must apply the powder before starting the threading
- While doing the right hand side eyebrow. You must stand in front of the client
- first clean the top of the eyebrow
- always shape the eyebrow thick and in curved shape

9. Write short notes about Eye treatment-II.

Items:

- e) Rose water
- f) Turmeric cleanser
- g) Cotton
- h) Oxy gel
- i) Oxy pack
- j) Galvanic machine
- k) Almond under Eye cream
- l) Beauty packs (or) glozy pack.

They are three methods of eye treatment-II

- i. methods(I)
- ii. methods(II)
- iii. methods(III)

10. Explain the procedure of manicure and pedicure.

Manicure:

- m) Take out the nail polish with acetone
- n) File the nails in oval shape
- o) Give massage for the hands with lotion
- p) Then clean the hand and apply the nail polish

Pedicure:

- q) Remove the nail polish with acetone
- r) Soak the legs in above solution for 10 minutes
- s) Beat gently with the knuckle in the foot
- t) Hold the ankle and rotate the feet clockwise and anti clockwise.

PART- D

- 1. Explain pedicure.**
- 2. Describe the shape of the eyebrow.**
- 3. Explain manicure.**
- 4. Explain the important of manicure and pedicure in care of hand and feet.**
- 5. What the causes are for nails problem how would you avoid damage of your nails?**
- 6. Describe the trips that help you to decide on the shape of eyebrow.**

UNIT-IV

PART-IV

Choose the correct answer:

- 1) **Which type has spilt ends?**
a) Dry hair b) normal hair
c) Oily hair d) all

- 2) **The hair that is within the skin is enclosed by a tissue called as_____.**
a) Cuticle b) hair bulb
c) Follicle d) shaft

- 3) **The darker hair contains_____.**
a) more of carbon and lesser amount of carbon
b) lesser oxygen and more of carbon
c) more carbon and oxygen
d) lesser carbon and oxygen

- 4) **This is the chief component of hair_____.**
a) Peptine b) oxygen
c) Sulphur d) keratin

- 5) **The study of hair, technically called_____.**
a) Trichology b) graphology
c) Psychology d) topography

- 6) **Which shampoo dyes the hair while cleaning?**
a) Dry shampoo b) dye shampoo
c) Wet shampoo d) egg shampoo

- 7) **The lighter hair contains_____.**
a) More amount of carbon and lesser amount of oxygen.
b) More amount of oxygen and lesser amount of carbon.
c) More amount of sulphur and lesser amount of carbon.
d) More amount of zinc and sulphur.

- 8) **The blonde hair contains the pigment granule called_____.**
a) Eumelanin b) phaeomelanin
c) Erythomelanin d) collagen

- 9) **This type of hair looks dull and has spilt ends_____.**
a) All the types of hairs b) dry hair
c) Greasy hair d) normal hair

- 10) **The deficiency of this leads to nail disorders_____.**
a) Potassium b) calcium
c) Sulphur d) vitamin-D
- 11) **All nail enamels contain_____.**
a) Cellulose nitrate b) cellulite
c) Hydroquinone d) kaolin
- 12) **Frequent and prolong immersion of the hands in water is the primary cause of_____.**
a) White patches in the nails b) brittleness
c) Paronychia d) hangnails
- 13) **Killers (or) fullers each contains_____.**
a) Kaolin b) boric acid
c) Glycerin d) aluminum silicate
- 14) **Manicure should be done once in_____.**
a) 10 days b) 15 days
c) A month d) 6 months
- 15) **This is used to thicken the eyelashes.**
a) Eye liner b) mascara
c) Eye lash d) rouse
- 16) **_____Methods of removing unwanted hair.**
a) Hot wax, cold wax b) hot wax
c) Cold wax d) manicure, pedicure
- 17) **A smooth red oozy rash that comes in patches is known as_____.**
a) Warts b) eczema
c) Scabies d) urticarias
- 18) **The eye-brow as natural as possible for _____.**
a) Rectangular face b) oval face
c) Triangular face d) trapezoidal face
- 19) **Nail enamels contain_____.**
a) Kaolin b) cellulite
c) Hydroquinone c) cellular nitrate
- 20) **Liquid rouge is a mixture of _____.**
i) Methyl cellulose, glycerol, wetting agent.
ii) Water soluble colour, preservation, water
iii) Methyl cellulose, preservation, water.
iv) Glycerol, methyl cellulose.

Certificate In Beauty Culture & Health Care

- a) (Iii) and (ii) b) (i) and (ii)
c) (i) and (iv) d) (iii) and (i)

21) Round face should have this type of eye-brows_____.

- a) Crescent shaped b) long
c) Straight d) thick and straight

22) _____ Methods of hair care.

- a) hair wash, hair massage, head massage, mehndi dye
b) head massage
c) cuticle
d) hair bulb

23) There are _____ types of hair.

- a) Six b) five
c) seven d) three

24) Hot wax is_____.

- a) Painful b) not so painful
c) More painful d) flak knife

25) Hot wax uses a _____ knife.

- a) Flat b) round
c) Sharp d) straight

PART-B

METHOD OF REMOVING UNWANTED HAIR:-

1. What is mean by hot wax?

Hot wax:-

Waxing is a better method compared to other methods. It removes the hair follicle portion. After the removed of the hair moisturizing lotion, ice cube (or) ice water may be applied to bring down the burining generation.

2. Waxing-Definition.

Waxing is to remove the unwanted hair from the unwanted places. It is a temporary hair removal method. There are two types of waxing one is cold wax and another one is hot wax.

3. What is mean by cold wax?

Cold wax:-

This product will be cold during the application. It's time consuming more pain, usage of more product result is poor.

4. Threading [Eye brow] definition.

In this method thread is twisted like a scissor work will be neat and it is less time consuming Quick work, equal pain as that of waxing good result .It gives a special look to the face.

5. Write short notes on tweezing.

In this method tweezers (or) pucker is used on the skin areas, Tweezer are placed on the base of the hair and immediately this hair should be plucked and removed. This way hair will be removed from the follicle areas.

6. Different between threading and plucked [Tweezing].

Threading	Puckers (Tweezing)
1. Less time consuming	1.Consumes more time
2. Less painful	2.More painful
3. Can give curved shapes	3.No present shapes
4. Gives neat finishing	4.There is no neat finishing

7. Write any two points about the different types of hair falling treatment.

1. Brush the hair thoroughly to remove the upper layer of dandruff.
2. Cube a lemon into two halves and massages it all through the head.

8. What are the uses of hot oil massage?

1. Hot oil will go inside the scales faster than cold oil
2. The massage will improve the blood circulation and relieve headache.

9. What are the causes of hair falling?

1. Hormonal imbalance, pregnancy, lactating.
2. Tension, Worries
3. Lack sleep.

10. Define dandruff care.

If people who come for hot oil massage have more dandruff, then we can give massage with electro comb in the high frequency unit which will remove the dandruff.

Kodine + Milk + camphor

PART-C

1. Discuss in detail about dandruff.

1. Dandruff care
2. Dandruff care
3. Causes of dandruff

2. How will you choose your shampoo?

Before we choose our shampoo we should concentrate on some important points.

1. Hair condition
2. Dandruff control
3. Structure of hair growth
4. Hair thickness
5. Know about the ratio of using the product

3. What are the different methods of removing unwanted hair?

Various unwanted methods of removing unwanted hair such as

1. Waxing
2. Plucking (or) Tweezing
3. Threading

4. What are the procedures of waxing?

1. First apply powder on the place where you are doing waxing.
2. Then must heat up the wax before applying.
3. Must test the heat with our hands.
4. Then remove the wax with the flat knife see the direction of, the hair growth and applying in the same direction.
5. After waxing apply cream for moisturizing.

5. Write short note about waxing.

Waxing is to remove the unwanted hair from the unwanted places. It is a temporary hair removal method.

- (i) Cold wax
- (ii) Hot wax

Cold wax is time consuming, very painful and the result, is not that satisfactory.
Hot wax consumes less time, less pain and gives clean finishing.

PART-D

- 1. Discuss the importance of hair care.**
- 2. How to choose your powder soap shampoo and conditioner?**
- 3. What are the different methods of removing unwanted hair?**
- 4. Explain hot wax, cold wax and using cream and lotion.**
- 5. Difference between Hot wax and Cold wax.**

UNIT-V

HAIR STYLE

PART – A

1. Now a days herbal dye like _____black rose are used.
a) Rose mehandi b) red mehandi
c) Powders d) creams
2. Henna is _____agent used in the dye procedure.
a) Colouring b) cleansing
c) Facial d) bleaching
3. Mehendi powder is used in_____.
a) 20grms b) 100grms
c) 50grms d) 200grms
4. Katha power used in_____.
a) 4 tsp b) 3tsp
c) 2tsp d) 1tsp
5. Hair cut and hair colouring increases the person's _____.
a) Personality b) need
c) Colour d) none
6. Deep “u” cut while taking it upwards keeps the finger more upwards
from_____>
a) 5^oto25^o b) 10^o to 25^o
c) 10^oto35^o d) 5^oto 15^o
7. BOB cut is generally done for _____.
a) Babies b) men
c) Women d) all of these
8. Give dryer and make it outwards_____.
a) Cure b) straight
c) Long d) short
9. Take_____of the hair at the back and cut it short like boy cut.
a) 1/2nd b)3/4th
c) 1/4th d) 1/3rd
10. Front fringe take up and do _____steps.

- a) 3-4steps b) 1-4steps
c) 2-3steps d) 3-steps

11. To make one person look nice _____ is very important.

- a) Trimming b) bleaching
c) Facial d) hair styling

12. Dressing like plait is suitable for grand occasions _____.

- a) U cut b) V cut
c) Trimming d) long hair

13. There are _____ types of hair cuts and styles.

- a) Four b) five
c) Ten d) many

14. Hair cut and hair colouring makes the person's personality _____.

- a) Increase b) decrease
c) Better d) cute

15. To level the hair, _____ line should be maintained during cutting.

- a) Equal b) unequal
c) Slanting d) cross

16. Hair may be cut into different shape according to _____.

- a) Facial shape b) type of the hair
c) Body structure d) height of the person

17. In deep "u" cut, while taking it upwards keep the fingers more slanting from _____.

- a) 5° to 25° b) 10° to 25°
c) 5° to 40° d) 5° to 35°

18. For BOB cut divide the hair into _____.

- a) Two equal parts b) three equal parts
c) One part d) four equal parts.

HAIR STYLES

PART-B

1. Define Herbal cosmetics.

Edible items in the kitchen can be used as cosmetic. Especially if they are not in use for eatable purpose; they can also for cosmetic purpose. They can be use of for cleaning, nourishing, beautifying, and bleaching.

2. Write any three points of herbal cosmetics.

Half or over ripe banana, mash and apply on the face. When it becomes dry rub it with wet cotton. The blackheads will be erased.

Add a few drops of alcohol and lemon juice to the white of an egg and mix thoroughly. Apply for pimple and patches.

3. Define Trimming.

To level the hair, equal line should be maintained during cutting, Hair may be cut into different shape according to facial shape type of the hair and clients interest.

4. Define Hair cutting.

U cut ,V cut, Step ,cut,Finge cut, Dolly cut, feather cut straight cut are some of the hair cuts used in the parlour,Long and short hair cut.

5. Write any nine hair cut model.

Straight cut
Simple "U" cut
Deep "Uncut
Bob Cut
Boy Cut
Step cut
Veg cut
Mushroom cut
Front cut

6. Write any five points of straight cut.

1. First comb the hair neatly.
2. Spray water in the portion where we must do hair cut

3. Comb the hair with the right hand and hold the hair with your left hand. The hair should be between the fore finger and middle finger of the left hand
4. The first cut must be made in the centre part of the hair
5. Now cut the hair neatly in a straight line.

7. Write any four points of simple “U” cut.

1. Wrap the towel around the shoulder of the client
2. Spray water where the hair cut should be done
3. Take the centre part of the hair and cut it straight.
4. Take the next layer and keep the two fingers of left hand slightly upward, now cut it in the same direction.

8. Write any Three points of Deep”U” cut.

As you did for slight U. Start from the centre part of the hair & cut it straight. While taking it upwards keep the figures more slanting from 5^0 to 25^0 . The more slanting you keep the more deep U shape you will get.

9. Write any three points of Bob cut.

1. This is generally done for babies
2. Start from the backside of the hair
3. Take the lowermost layer and cut it to level of the neck

10 Write any three points of Boy cut.

1. Spray water and take partition on whichever side you want
2. Start cutting from the longer side
3. Take the front portion of the hair and take it down wards and cut it.

11. Write any three points of step cut.

1. Spray water and give a neat U cut.
2. Take the centre of the hair at the back side
3. Start cutting it at the lowest level and take it slightly upwards and cut it.

12 Write any three points of veg cut.

1. Take $1/4^{\text{th}}$ of the hair at the back and cut it short like boy cut
2. Take the next layer, depending upon his length of the hair, cut it straight. If it is thick hair, you have to keep it a little longer. Scanty, make it little short.
3. Take the front portion of the hair and act it up to the eyebrow

13. Mushroom cut.

1. Keeping it as a guideline, start doing blunt cut round the head and finish it.
2. At the back with comb and trimmer trim the back short till the blunt cut level.

14. Front Fringe.

1. Take a partition to the left or right according to the face. If it is round face flicks on both sides will be.

PART C

1. Explain

- (i) Trimming
- (ii) Hair cutting
- (iii) Long hair

2. Explain the types of cutting

- (i) Straight cut
- (ii) Simple “U” cut

3. Explain

- (i) Deep “U” cut
- (ii) BOB cut
- (iii) Boy cut

4. Define the

- (i) Star cut
- (ii) Veg cut
- (iii) Mushroom cut

5. Write short note about

- (i) Veg cut
- (ii) Mushroom cut

PART –D

1. Detail about

- (i) **TRIMMING**
- (ii) **HAIR CUTTING**
- (iii) **LONG HAIR CUTTING**

2. What are the types of hair cutting and explain it?

3. State Bridal. What are the procedures to do bridal?

4. Explain Jury-one roll, two roll, inters lock.

5. What are the methods taken for wet, dry hair? What types of tool and equipment are used?

CERTIFICATE EXAMINATION DECEMBER-2008

BEAUTY CULTURE AND HEALTH CARE
BEAUTY CULTURE

PART-A

1) .Striks are used for

- a) Oily skin b) **dry skin**
- c) normal skin d) all type

2) Moisturisers are generally used for the skin types

- a) Normal skin b) **dry skin**
- c) Sensitive skin d) oily skin

3) Hetropo allergic cosetrics used for

- a) Dry skin b) **oily skin**
- b) Sensitive skin d) normal skin

4) Why hair spilt ends

- a) **Dry hair** b) normal hair

Certificate In Beauty Culture & Health Care

c) Oily hair d) all

5) Manicure should be done once in

a) 6months b) one month

b) **15 days** d) 10 days

6).A smooth red oozy that comes in patches is known as

a) Warts b) **Eczema**

c) Scabies d) Urticarias

7).The eyebrow as natural as possible for

a) Rectangle b) **oval face**

c) Triangular face d) trapezoidal face

8) .Killers earch contains

a) Kaolin b) Boric acid

c) **Glycerin** d) aluminums silicate

9) Nail enamels contain

a) Kaolin b) Cellulite

c) Hydroquinone d) **Cellular nitrate**

10).The hair which is within the skin is enclosed by a tissue called as

a) **Cuticle** b) hair bulb

b) Follicle d) shaft

11).Types of bleaching.

12).Method of hair care

13).Explain threading.

14).Types of choti

PART-B

- 16).What is the common skin diseases?
- 17).How will you choose your shampoo?
- 18).Explain importance of eye care
- 19).What is the types of hair making?
- 20).What is the uses of artificial prandi?

PART-C

Answer all questions

- 21) Explain facial by all types of creams.
- 22).How will you take care of your hand and nail?
- 23) Explain importance of hair care.
- 24).Explain types of threading and tweezing.
- 25).What is cleaning cream, also explain cleanser?

PART-D

- 26)(a) Explain What are the safety measures to be taken by Beauticians.

Or

- (b) What are the skin diseases and preventive measures?

- 27)(a) Enumerate the causes of excessive hair loss.

Or

- (b)Describe the shape of eyebrows.

- 28) (a) Explain hair cutting and its importance.

Or

- (b)Explain what are the tools and equipment used in hair making.

Certificate In Beauty Culture & Health Care

CERTIFICATE COURSE

IN

**BEAUTY CULTURE & HEALTH
CARE**

PAPER – II

HEALTH CARE



HEALTH CARE SYLLABUS

UNIT-I

Health Education, Nutrition and Personal Hygiene:

Principles of nutrition, balanced diet, basic principles of health, inter relationship between nutrition, health and personal hygiene.

UNIT-II

Environmental Education:

Various environmental problems like water pollution and noise pollution, importance of disposal of garbage recycling of drainage sewage. Bio-diversity inter-relationship between lifecycle and environment.

UNIT-III

Yogasanas and Exercises:

Importance and benefits of massage, yoga and aerobic exercises. Types of body massages and scalp massage.

UNIT-IV

Body Perfection:

Types of aerobic exercises for body perfection. Balanced diet and desirable nutritional practices.

UNIT-V

Yoga Exercises:

Concept of yoga, types of yogasanas, art of performing yoga, precautions.

Text Books:

1. "Sound Health through Yoga". Dr.k.Chidambaram.
2. "Nutrition", Dr. Swami Nathan.
3. "The Way to Fitness", Prof.Karens Mazzeo.

HEALTH CARE

UNIT-I

PART-A

1. The proper amount of nutrients in the diet called balanced diet.
2. Human milk is universally regarded as the ideal food for nutrition.
3. Milk substitutes prepared from Soya bean.
4. Milk is rich source of calcium.
5. Carbohydrates is the energy giving food.
6. Starch is rich in potato.
7. E.g. of the polysaccharide chitin.
8. The formula for carbohydrates $(CH_2O)_n$.
9. Monosaccharide mean One sugar.
10. Lactose rich in milk.
11. Citrus fruit is rich in Vitamin C.
12. Vitamin A otherwise called as retinol.
13. Deficiency of protein Causes Kwashiorkor.
14. Green leafy vegetables rich in Fiber.
15. Vitamin D rich in Sunlight.
16. Deficiency of Iron causes Anaemia.
17. Glucose is absent in Saliva.
18. Saliva secreted salivary amylase.
19. Gingelly seeds are rich in calcium.
20. Goiter is deficiency of Iodine.

21. Nutrition is derived from nutricus.
22. BMR means Basal Metabolic Rate.
23. Night blindness causes due to deficiency of vitamin A.
24. Deficiency of vitamin C Bleeding gums.
25. Jaggery rich in Iron.
26. Cluster beans rich in Folic acid.
27. Deposition of fat in the body which give rise to obesity.
28. The food rich in protein called body building foods.
29. Keratin present in the hair.
30. Root and tubers rich in starch.
31. Minerals have regulatory function in the body.
32. Sprouted seeds rich in protein.
33. Skimmed milk has low fat.
34. Deficiency of Vitamin D rickets.
35. Cooking softens the connective tissue of meat.
36. Cooking improves the texture of food.
37. Sugar is used to preserve fruits.
38. All energy is stored in the form of ATP.
39. Fats and oils are composed of triglycerides.
40. Enzyme acts as a catalyst.

PART-B

1. What are the functions of foods?

Foods are classified to their functions in their body.
Energy yielding food
Body building food
Protective food

2. What are the fruits rich in Vitamin C?

Alma, orange, Guave, lemon etc.

3. What is broth?

An unqualified thin soup called Broth.

4. What is called salad dressing?

A liquid or a semi liquid served with or on a salad to give it specific flavor.

5. What is Mayonnaise?

A flavoured seasoned emulsion of egg yolks and oil. It can be finished salad dressing or a basic dressing.

6. Define leavening.

Substances such as backing powder or yeast which create bubbles of gas in batters and trough causing them to rise.

7. What are the essential amino acids present in milk?

Lysine is one of the essential amino acid present in the milk.

8. What are the nutrients present in the food?

Energy , protein, calcium, iron, vitamin-A, thiamin, niacin, vitamin – B6 , folic acid , vitamin B12 , vitamin D , vitamin c.

9. What is called health?

It can define as state of complete, physical, mental and social well being and not merely the absence of disease and infirmity.

10. What is called nutrient requirement?

It can be defined as the minimum amount of the absorbed nutrient that is necessary for maintaining the normal physiological functions.

11. What is called anaemia?

The construction of hemoglobin in the bloods tends to be lower and due to the deficiency of Iron.

12. What are called fat soluble vitamins?

Vitamin A, Vitamin D, Vitamin E, Vitamin K.

13. What are the Vitamin A deficiency diseases?

Night blindness, xerthalmia.

14. What are Non- essential amino acids?

Amino acids which cannot be synthesis in our body it must be taken in our diet.

15. Give calcium rich foods.

Milk and milk products and egg etc

PART-C

1. Define protein energy malnutrition.

Hepetomegaly
Oedema
Kwashiorkor
Marasmus
Low calorie nutrient
Chronic infection.
Loss of appetite

2. Define about pregnancy woman.

Protein – 75 kg
Fat - 50 kg
Calcium – 1400mg
Iron - 60 mg
Niacin - 14mg
Riboflavin – 1.3mg

3. Classify carbohydrates.

Carbohydrates contain carbon, hydrogen and oxygen in the ratio 1:2:1
Its formula is $(CH_2O)_n$
Monosaccharide - single sugar unit
Disaccharide - Monosaccharide unit
Polysaccharide - more than 10 monosaccharide.
Monosaccharide - e.g. glucose fructose
Disaccharide - lactose, glucose
Polysaccharide - chitin, amylo pectin

4. Define about water soluble vitamins.

	Sources	Vitamin Deficiency
B1	yeast, pulses, nuts	weakness of heart muscle.
B2	Groundnut, pulses	diarrhoea
NiacinB6	liver, meat, vegetables	anaemia
B12	yeast, fermented food	pernicious anaemia
Vitamin – C	citrus fruits, Alma, guava	bleeding of gums

5. Notes on Anemia.

Megalo blastic anemia
Pernicious anemia
Iron deficiency anemia

Megaloblastis anemia:

Impaired maturation of
Red blood cells
Lack of Appetite

Iron deficiency anaemia:

Inadequate iron intake
Blood losses

Pernicious anaemia:

Ingestion of vita B12
Inadequate absorption of vitamin B12

6. Define obesity.

Accumulation of fat in the adipose tissue.
Lack of exercise
Sedentary life style
Increased intake of food
Genetic factor
Diabetes milletus

7. What is meant by balanced diet?

Diet contains all the nutrition's in proper proportion.
The diets contains - proteins - body building foods
Carbohydrates and fats - energy yielding food
Vitamins and minerals - protective food

8. Principals of diet therapy.

Disease	Food takes
Diabetes milletus	Low sugar diet
Obesity	Low fat diet
Under weight person	high protein diet
Kidney disease	low protein diet
Anaemia	Increased iron intake.

9. What are the diets for adolescents?

Protein	-	65 g
Fat	-	22 g
Calcium	-	600 g
Iron	-	50g
Thiamine	-	1.2 mg
Niacin	-	14 g
Vitamin C	-	40 mg
Vitamin B12	-	0.2 mg
Iron	-	28 mg

10. Define functions of foods.

- Gives energy to our body.
- Essential for metabolic functions
- Maintaining good health
- Protect from our body from infectious disease
- Maintaining the body temperature
- Help for the formation of new tissues.

PART-D

- 1. What are the basic principles of health? Explain?**
- 2. State inters – relationship between nutrition, health and personal hygiene.**
- 3. Write about principles of nutrition and balanced diet.**
- 4. What are the food items taken by progeny ladies?**
- 5. Discuss about malnutrition.**

UNIT-II

PART-A

1. Domestic sewage causes Water borne diseases.
2. Water pollution occurs due to industrial, urban domestic called anthropogenic processes.
3. The growing of blue green algae and green algae which rich nutrient of phosphates and nitrates called Eutrophication.
4. The term detergent means cleansing agent
5. Excessive fertilizers leads to accumulatives of nitrates in children called methemoglobinaemia.
6. Serious skin cancer causes due to Radio activity.
7. Domestic wastes cause typhoid.
8. Cholera is caused by Vibrio cholerae.
9. Oil is major source of pollution in ocean.
10. Basic primary treatment to control water pollution is Filtration.
11. Increase in carbon dioxide in the atmosphere due to over heating called Global Warming.
12. The excessive acid present in rain called acid rain.
13. Cutting of plants & trees clearing the forest called Deforestation.
14. Growing of plants and trees called afforestation.
15. Debris of plants leaves called fossil.
16. Primary sources of controlling air pollution are planting trees.
17. Due to air pollution, Silica causes silicosis.
18. Zoning is the method of controlling air pollution.
19. Hydro carbons which mixed with air called Benzene.

20. Effect of air pollutant on plants is Necrosis.
21. The complex collection of innumerable organisms called Biodiversity.
22. The study of changes in size, colour and taste called Genetic biodiversity.
23. Accumulation of hazardous substance like chromium nickel in the earth called Bioaccumulation.
24. The term garbage means Biodegradable.
25. The term rubbish mean non – biodegradable.
26. Agricultural wastes are used for Manure.
27. EMR (Electro Magnetic Radiation) is other wise called as non – ionizing radiation.
28. The rays which pass from sun is called UV rays.
29. The layer which protect from harmful UV rays called Ozone layer.
30. The term noise is derived from the Latin word Nausea.
31. The sound intensity is measured in decibel.
32. Any one of the noise absorbing tree tamarind.
33. Population explosion means rapid population growth.
34. Progressive warming up of the earth surface due to man made green house gases called Green house effect.
35. Environmental degradation inhibits the development and damages to human health.
36. Water pollution reduces the amount of pure, clear, fresh water.
37. Shelter and food is one of the essential requirements for human life.
38. We use and enjoy sound in the form of music.
39. Nuclear radiation originates from nuclear weapons.
40. The most visible pollutants on the road side is solid waste.

PART-B

1. Define biodiversity.

The biosphere comprises of a complex collection of innumerable organisms.

2. What is environmental pollution?

Termed as ecological crisis which has posed threat to the basic amenities such as air, water and soil.

3. Define deforestation.

It refers to indiscriminate cutting of plants, trees, and clearing of forest.

4. Define about Eutrophication.

The rich supply of nutrient such as nitrate and phosphates to make blue green algae, phytoplankton to grow abundantly called Eutrophication.

5. Define Rubbish.

The term “Rubbish” is used to denote non putrescible or non-biodegradable solid wastes which include combustible, materials e.g. paper, type, cloth, plastic.

6. Define about synthetic detergent.

The term detergent, means cleansing agent which is derived from surfactant.

7. Define noise pollution.

The term noise is derived from the “Latin” word “Nausea”. Which means unwanted unpleasant discomfort sound.

8. What is recycling and reuse?

Recycling and reuse of the waste helps ton reduce the problem of waste disposal. Resource recovery is a method to turn wastes into resources by recovering usable products.

9. Define garbage.

The term garbage includes putrescible or biodegradable food wastes. It comprises animal, fruits or vegetable residue.

10. What are the sources of solid waste?

Domestic source
Institutional source
Industrial source
Agricultural source.

11. What are the methods of sewage waste collection?

Shredding, mechanical separation, Reuse, Thermal process or Biological process.

12. Define green house effect.

Defined as the progressive warming up of the earth surface due to the man made green house gases in the atmosphere.

13. What is called environmental health?

Environmental health is the branch of public health that protects against from the effect of environmental hazards.

14. What is called solid waste?

Solid waste are most visible pollutants which litter roadsides and surroundings and are seen floating in rivers and streams.

15. Define Afforestation.

Growing of plants and trees called afforestation.

16. Define Rubbish.

The term "Rubbish" is used to denote non putrescible or non-biodegradable solid wastes which include combustible, materials e.g. paper, type, cloth, plastic.

PART-C

1. Notes on water pollution.

- Domestic sewage
- Industrial effluent
- Agricultural waste
- Synthetic detergent
- Heavy metal
- Micro organism

2. Notes on noise pollution.

- Industrial noise
- Transport noise
- Neighborhood noise
- Sound intensity level = $\frac{\text{Intensity measured}}{\text{Reference intensity}}$
- Noise pollution derived from the word nausea
- Sound measured by the unit decibel.

3. Notes on characteristics of sound and control of noise pollution.

- Frequency of sound wave
- Intensity of sound wave
- Time of exposure of sound wave
- Intermittent of sound wave

4. What are the threats to biodiversity?

- Habitat fragmentation – alters and destroy natural habits
- Conversion of natural forest to commercial plantation
- Single species may play a species role.
- Subsistence hunting –killing animals to enough food.

5. Discuss about conservation of biodiversity.

- All the sectors must in biodiversity
- Biodiversity conservation must rest within the agencies.
- Mechanism for monitoring implementation
- Insitu conservation: conserving species in its own habitat.
- Exist conservation of plant and animals away from natural habitat.

6. Classification of pollutants.

- The air pollutants can be classified as
- Natural contaminants: natural fog pollen grains.
- Aerosols: dust, smoke, mist, fog.
- Gases and vapors: organic compounds, radio activity compounds.
- Primary pollutant: emitted directly from the identifiable sources.

Secondary pollutant: produced in the air by interaction among two or more pollutent's.

7. Relationship between environment and human health.

- It is the branch of public health
- Environmental degradation inhibits the development.
- This will be damages to human health
- Environmental development and human health closely interlinked such as.
- Air pollution and health
- Water and health
- Solid waste and health

8. What are classifications of solid waste?

- Garbage
- Rubbish
- Ashes and residues
- Construction waste
- `hazardous waste
- Plant waste
- Agricultural waste

9. What are the roles of individual in prevention of pollution?

- Each individual must upgrade their knowledge regarding environment.
- Youth of different region put forward their effort to reducing pollution
- An individual can prefer planting trees
- An individual can avoid two wheeler for short distance Wastages of water , electricity , paper must be strictly prohibited

10. Give notes on bio diversity.

Biodiversity:

Complex collection of innumerable organisms classified into.

Genetic bio diversity:

With the help of genes various variety can be prepared .

Species bio diversity:

Total number of species within a defined area.

Ecosystem biodiversity

Set of life forms interacting within one another.

PART-D

- 1. Write detail about environmental education.**
- 2. Discuss about various environmental problems.**
- 3. Write detail about water pollution.**
- 4. What are the important of disposal of garbage recycling of drainage sewage/explain it?**
- 5. Explain bio – diversity inter relationship between life cycle and environment.**
- 6. Write detail about air pollution and noise pollution.**

YOGA

UNIT-III

PART-A

1. **Who is called the father of yoga?**
a) Vivekananda **b) patanjali**
c) mahatma Gandhi d) rama krishnar
2. **The Sanskrit term yuj means _____.**
a) **to join** b) to break
c) to escape d) to help
3. **Section three of yoga sutra is called as _____.**
a) samathi pada b) kaivalya pada
c) Sadhana pada **d) vibhuti pada**
4. **karma yoga is the realization of self through _____.**
a) Knowledge **b) action and service**
c) Love and devotion d) none
5. **maharishi Mahesh yogi is the originator of _____.**
a) Hatha yoga b) name yoga
c) Transcendental meditation d) raja yoga
6. **asana is _____ anga in raja yoga.**
a) First **b) third**
c) Fifth d) seventh
7. **halasana is a _____ posture.**
a) Rat b) cobra
c) Plough d) moon
8. **mention the asana done from standing position.**
a) Samasana **b) tadasana**
c) Bhujangasana d) mayurasana
9. **Which asana makes the sideways twist on vertebral column?**
a) halasana b) sirs asana
c) swatikasana **d) vakarasana**
10. **Mention the meditation asana.**
a) Viparita karani **b) padmasana**
c) bhujangasana d) salabhasana

11. The final pose of bhujangasana is like a _____.

- a) Lamp **b) cobra**
c) Tree d) table

12. Mention a relaxation asana _____.

- a) Savasana** b) Mayuraasana
c) Sarvangasana d) Dhanurasana

13. _____ is peacock posture.

- a) Padmasana b) Dhanurasana
c) Mayurasana d) Halasana

14. Salabhasana is done from _____ position.

- a) Prone** b) Kneeling
c) Standing d) Sitting

15. _____ is strengthens the abdominal muscles.

- a) Samasana **b) Halasana**
c) Vajrasana d) Makarasana

16. _____ Develops the balancing power in the body.

- a) Virkasana **b) Savasana**
c) Padmasana d) Swastikasana

17. For scoliosis _____ is good remedial asana.

- a) Dhanurasana b) Tadasana
c) Pascimotanasana d) bhujangasana

18. In Ramayana the inhalation through left nostril makes our body _____.

- a) Warm **b) Cool**
c) Fatigue d) stiff

19. The right nostril breath is called as _____.

- a) Suriya nadi **b) kriya**
c) Chandra nadi d) Subhuman nadi

20. Kumbhaka phase is known as _____.

- a) Exhalation b) Inhalations
c) Prana d) Suspension

PART-B

1. Mention the type of aerobic exercise.

- Simple freehand exercise.
- Steping exercise
- Exercise with music
- Whole body exercise
- Rhythmic exercise
- Specific exercise
- Exercise with ball, and equipments

2. Mention the importance of aerobic exercise.

- Aerobic exercise will be very easy to do
- It helps to increase the volume of blood circulation

3. Types of message.

- Body message
- Oil message

4. What is ahimsa?

- Asima is the first of the yamas. Ahimsa means- non-violence. Sainly men have always preached and practiced non-violence in thought word and deed.

5. What is pranayama?

- One must caution yoga teacher against teaching children proanayama as it is not suited to the nature of children.

6. What is Yoga?

- The word yoga means to join, unite or merge. It is derived from the Sanskrit root yuj. It is a science and an ant.

7. What is Satya- yama?

- Satya is the second yama. Santa means truthful, honest or virtueluxes. The life of king harish –Chandra provides a very good example of a min devoted to satya.

8. What is Asteya-yama?

- Asteya is the third yama. Asteya means non- stealing. Sage pantanjali taught that to rob or steal is wrong.

9. What is asana?

- Asana is the third stage of ashtanga yoga. Asana means or posture or a stance. Legends say that asana originated from lord Shiva.

10. What is Dhyana?

- Dhyana is the seventh stage of ashtanga yoga. Dhayana means medifation untemplation or reflection on god.

11. What is samade?

- Samadhi is the eight and final stage of ashtanga yoga. In Samadhi the mind is concentrated perfectly on god for a long time.

PART-C

1 .Types of Aerobic exercise.

- * Simple freehand exercise
- * Steping exercise
- * Exercise with music
- * Whole body exercise
- * Rhythmic exercise
- * Specific exercise for all parts of the body
- * Exercise with ball, and equipment.

2. Benefit of aerobic exercise.

- * Aerobic exercise will be very easy to do.
- * Increase the volume of blood circulation
- * Respiratory rate of the body
- * Increase the flexibility and avoid obesity.
- * It improves the stability of the body and giving social values.
- * Avoiding disease
- * Will get Spiritual and moral values.

3. Write the importance dos and don'ts of yoga.

*** Place**

- * Asanas should be practiced in a clean airy and well it room.

*** Time**

- * The best time to precise asanas is in the morning before break fast or in the evening before dinner.

*** Food**

- * Do not practice asanas immediately after eating.

*** Requirements**

- * All your require for yoga is a mat or a folder.

*** Cleanliness:**

- * There a both if possible, and go the toilet before you begin your practice.

*** Sickness:**

- * When you are sick you must rest.

*** For girls:**

* When you have your menstrual period never do upside down poses such as shriesha- asana

4. Briefly explain.

- * Ulthita means extended. Tri means three and kola means angle.
- * Trickona means triangle.
- * Remember, triangle are format by straight lines.
- * So keep your limb is straight while doing ulthiya trikona –asana.

5. Briefly explain hala-asana.

- * Hala means plough. A long, long time ago there lived a wise king named janwka
- * He had everything a king could wish for but great as he was, he had no children.
- * To seek the blessing of the gods, janaka decided to conduct a religious ceremony. He started ploughing the earth to prepare the ceremonial spot.
- * He took her home and named her, sita which means furrow.

6. Explain Meditation.

* At present most of the people are leading in the mechanical and commercial life in the world. Particularly the office executives, politicians and the capitalists suffer from hypertension or heart ailments, because of their tight time bound engagements.

- * Approach to Medicine:
 - * Dress
 - * Time
 - * Place
 - * Posture
 - * Silent Meditation
 - * Mantra Meditation
 - * Object Meditation
 - * Breathing Meditation

7. Write detail about Approach of Meditation.

*** Dress**

The dress should be loose and preferably in cotton material.

*** Time**

The best time of practice is early morning.

*** Place**

The place of practice is very important while in practice you should not be disturbed by other external factors.

*** Posture**

The best suitable posture for the meditation practice is padmasana as such asana.

*** Silent Meditation**

Sit in an unfortable sitting position with the spine, neck, and head exact and sented.

*** Mantra Meditation**

Sit in a comfortable position with the spine, neck, and head should be erect and centered keep your breathing as normal as possible.

*** Object Meditation**

Keep an object like a rose, or a lighted candle in front of you.

*** Breathing Meditation**

In this type of meditation we are concentrating our mind on our breathing.

8. What are the Systems of yoga?

- The different types of Indian's yoga systems, by which a man can achieve the arms of yoga, are as follows.
- Love and devotion → Bhakthi yoga
- Knowledge → Janna yoga
- Action and service → Karma yoga
- Arousal of psychic force → Kundalini yoga
- Articulated sound voice → Mantra yoga
- Mastery of body → Hatha yoga
- Mastery of mind → Raja yoga

9. Write about scale massage.

- coconut oil
- take three oil heat it
- Apply thoroughly over the head
- Give massage for 15 to 30 mins

Benefits:

- Relaxation
- Makes our body health.

10. What are the benefits of Asanas?

General benefits:

- Padmasana is used for meditation prayer and worship and for pranayama practice.

Physiological:

- The abdominal region receives more supply of the blood.

Therapeutic:

- Padmasana relieves constipation and indigestion
- It is a very good asana for curing knee ailments

Posture:

- The final pose of the asana is very easy and comfortable position .Hence it is called the easy posture.

Position:

- Long sitting position.

PART-D

- 1. Write short note about meditation.**
- 2. What are the importance and benefit of massage?**
- 3. What are the types of body massage?**
- 4. Write detail about scalp massage.**
- 5. Explain about massage.**

UNIT-IV

PART-A

1. Aerobic exercise is ___ exercise.
a) **Simple freehand** b) Breath
c) Spiritual d) All of these
2. Aerobic exercise is ___ exercise.
a) Breathing b) **steping**
c) emotional d) all of these
3. Aerobic exercise improves the _____.
a) body b) mussels
c) blood d) **body segments**
4. Aerobic exercise avoiding _____.
a) Health b) caught
c) **Diseases** d) none of these
5. Aerobic exercise helps to increase the volume of _____.
a) Health b) steping
c) **Blood circulation** d) disease
6. Eat fruits between _____.
a) two days b) half-a-day
c) **One meal** d) one day
7. Include ___ in the diet.
a) **Greens** b) fruits
c) Vegetables d) snaks
8. Vegetable can be taken in steamed form than _____.
a) **Cooked fully** b) half boil
c) Over cooked d) none of these
9. Beetroot, potatoes, carrot are nutritive foods rich in _____.
a) Calcium b) iron
c) **Potassium** d) fibre
10. _____ is very important in the diet.
a) Protein b) calcium
d) Potassium c) **fibre**

11. Vitamins and minerals present in _____.

- a) Fruits b) vegetables
c) Green d) none of these

12. To avoid too of Spanish because of _____.

- a) Contain acid **b) oxalic acid**
c) Vitamins d) all of these

13. For maintains good health _____.

- a) Avoid sugar and sugar food** b) fat
c) Mineral d) protein

14. The junk food is _____.

- a) Potatoes chips** b) fruits
c) Lays d) fried rice

15. Never eat stored food like meat, fish it highly contain _____.

- a) Acids b) virus
c) Bacteria and uric acid d) oxalic acid and virus.

PART –B

1. What is the meaning of yoga?

The yoga means to join or unite. In the yoga sutra, patanjali described yoga as the means by which our mind can be made still, quit and free from all distraction.

2. What is the goal of yoga?

Patanjali explained that when the mind is kept very calm and quiet for a long time in dhyana, we become united with god and attain salvation. When a person attains salvation be reaches the goal of yoga. This goal is called Samadhi or kaivalya.

3. Describe the requirements for yoga.

Patanjali taught that we must practice yoga very diligently and watchfully. Try to keep an even mind, in success or failure, he said. He also taught us to live simply and avoid temptation.

4. What are the problems on the path of yoga?

The wise patanjali was careful to point out the obstacles that we may face while following the path of yoga.

He warned us to beware of ignorance, self importance, anger hatred and excessive attachment.

5. What is the path of yoga?

To enable us to cultivate the good

6. Write about planning of balanced diet.

1. Balanced diet of high lost product
2. Balanced diet of low cost product

7. What are the principles of diet therapy?

1. Regularity in merits
2. Moderation
3. Take small bites of food items
4. Relax diet food well
5. Chew the food well

8. What are the things to avoid for maintaining good health?

- 1 Avoid sugar and sugar foods
2. This is food which has added glucose corn-syrup and sugar activites.

9. What are the types of aerobic exercise?

- ❖ Simple freehand exercise
- ❖ Steping exercise
- ❖ Excerise with music
- ❖ Whole body exercise
- ❖ Rhythmic exercise

10. What is the importance of aerobic exercise?

- * Its help to increase the volume of blood circulation.
- * Its help to increase the respiratory rate of the body.

PART-C

11. Write importance of Aerobic exercise.

1. Aerobic exercise will be very easy to do.
2. Its helps to increase the volume of blood circulation
3. It helps to increase the respiratory rate of the body.
4. Aerobic exercise help to reduce body fact and avoid obesity.
5. It helps to increase the flexibility of the body.

12. Write is the principles of diet therapy.

1. Regularity in means
2. Moderation
3. Take small bites of food items
4. Relax debt slowly
5. Chew the food well
6. Don't eat too many things at meals
7. Avoid complicated mixture
8. Avoid additives
9. Bary the diet from meals to merits
10. The food should be palatable
11. Eat fruits between one meal
12. Include greens in the diet.
13. Rests before meal and walk around the meal.

13. What are the things to avoid marinating good health?

1. Avoid sugar and sugar foods
2. This is food which has added glucose corn-syrup and sugar or brown sugar
3. Avoid more spices and condiments cause stomach upset
4. Avoid more spices and condiments cause stomach upset.
E.g.:- White pepper, cloves lemon
5. Avoid butter maragrain (cream) as it contain greasy substance
6. Do not eat friend foods
7. Avoid processed foods this include variety of food products availed in market
E.g.:-flour items processed biscuits
8. Do not eat baxers food.
Eg: potatoes chips, corn chips.

14. Mention the types of aerobic exercise and explain it.

- * Simple freehand exercise
- * Steping exercise
- * Exercise with music
- * Whole body exercise
- * Rhythm exercise
- * Specific exercise for all parts of the body

15. What are the eight loss of health?

- First law :-The air u breathe
Second law :-The sunlight exposed
Third law :-The power of immediatly
Fourth law :-The rest of body needs
Fifth law :-The exercise you perform
Sixth law :-Food you eat
Seventh law :-The water you drink
Eight laws :-Trust on divinity and virtues

PART-D

- 1. What are the types of Aerobic exercise?**
- 2. Write detail about aerobic exercise for body perfection.**
- 3. Explain balance diet.**
- 4. Write detail about desirable nutritional practice.**
- 5. What types of foods items taken for balance diet?**

UNIT-V

PART-A

1. _____ is called the king of asanas.
a) Yogasana b) Andha Matsyendrasana
c) Sirsasana d) Savasana
2. _____ is lotus posture.
a) Halasana b) Padmasana
c) Trikonasana d) Matsyssana
3. Mention the asana that has the forward bend_____.
a) Tadasana b) Swastikasana
c) Paschimottanasana d) Dhanurasana
4. _____ is done from the supine position.
a) Sarvangasan b) Bhujanagasama
c) Vajrasana d) None
5. _____ is locust posture.
a) Padmasana b) Matsyasana
c) Salabhasana d) Makarasana
6. In Sanskrit ardha means._____.
a) Full b) Half
c) Two d) Three
7. _____ is fish posture.
a) Dharmasana b) Sukhasana
c) Vipaarita karani d) Matsyasana
8. _____ strengthes the forearm.
a) Padmasana b) Mayaurasana
c) Yogasana d) Samasana
9. For lordosis _____ is useful.
a) Trikonasana b) Savasana
c) Vajrasana d) Salabhasana
10. In sitakari pranayama the inhalation of air is through_____.
a) Right nostril b) Left nostril
c) Both nostril d) Mouth
11. There are _____ types of kriyas in yogic practices.

- a) Three **b) Five**
c) Six d) Nine

12. Neti practice will purify the _____ passage.

- a) Nasal** b) Mouth
c) Ear d) Intestine

13. Dhauti cleanse the _____.

- a) Nose b) Eyes
c) Lungs d) Stomach

14. Nauti kriya is used to purify and strengthen the _____.

- a) Vital internal organs b) Ears
c) Vision d) Nose

15. During summer _____ pranayama practice reduces the body temperature.

- a) Sitali **b) ujjayi**
c) Surya bhedana d) Bhastrika

PART-B

1. Define Nadi-suddi.

This exercise cures disease of the heart and the lungs.
Gentle deep breathing as in exercise no.2 can be practiced.

2. Mention the foods to be avoided in the diet of those who practice yoga.

- Do not overload the stomach at night. If the stomach is overloaded you will sleep too much and miss morning meditation.
- Avoided from oil food

3. Define the terms Basic five.

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahra

4. Enumerate the contribution of yogasana on health status.

- In yogic practices we are mainly concerned about the control of body and mind.
- Asanas play a vital role to achieve this purpose.

5. Define Asanas and their practice.

In this section, the various yogic asanas are listed and their practices are described, in terms of position, stages, duration, observance rules, closure and the important benefits.

6. Importance of aerobic Exercise.

Traditionally developed for spiritual development of man, though they are capable of bringing about physical and emotional well being.

7. Define Breathing.

Don't force yourself to breathe deeply or to hold your breath while doing the asanas. Breathe normally while doing the asanas. Always breathe through the nose.

8. What is yogamind?

Always be alert attentive and watchful when you practice. Concentrate on your own pose watch your teachers carefully and pay attention to their instructions.

9. Benefits of uthita triconasana.

- Shapes the legs, strengthens, the ankles.
- Improves the arches of the feet
- Build up the chest.

10. Benefits of halasana.

Keeps the spine supple and healthy.
Helps relieve digestive problems
Rests the brain and make you calm and quiet.

PART-C

1. Explain yoga sutras of patanjali.

- The meaning of yoga
- The goal of yoga
- Requirements for yoga
- Problems on the path of yoga
- The path of yoga

2. Explain the various types of yama.

Yama- ahimsa:

Ahimsa is the first of the yamas. Ahimsa means non- violence.

Yama- satya:

Satya is the second yama. Satya means truthful, honest or virtues.

Yama- asteya:

Asteya is the third yama. Asteya means none stealing.

Yama- brahmacharya:

Brahmacharya is the fourth yama. Bramacharya means self-control or self-discipline.

Yama- paragraph:

Paragraph is the fifth yama. Aparigaraha means not to grasp or clutch onto things.

3. Explain the various types of niyama.

Niyama- saucha:

Saucha is the first of the niyama. Sauch means purity or cleanliness.

Niyama- santosha:

Santosha is the second niyama. Santosha means satisfaction or contentment.

Niyama- tapas:

Tapa is the third niyama. Tapas mean penance, austerity or a burning effect.

Niyama- suadhyaya:

Suadhyaya is the fourth niyama. Suadhyaya means self- study or to know one's self. In the Upanishads there is a story of young boy named nachiketa.

Niyama- ishvara:

Ishvara pranidhana is the last niyama. Ishvara pranidhana means faith in god.

4. Write about asanas and position.

- It is claimed that the number of asanas exceed 80 lakhs
- Asanas are not recommended to girls and women.
- Lying on the floor with face downward is called as prone position.
- In asana practice simple to complex asanas in a progressive manner is good.
- Sarvangasana is done from the standing position

5. Write about asanas and its benefits.

- Sirasana is also considered as king of asanas
- Matyasana enlarges thoracic cage.
- Savasana will not give complete relaxation to the whole body.
- For hyposis bhujangasana is a good remedial one.
- Sirasana activates the function of pituitary gland.

6. Write short note about yoga.

- The word yoga is derived from the Sanskrit term yuj.
- Yoga originated in India.
- The first yoga sutra was written in Tamil.
- The yoga sutra has only four sections.
- In yoga sutra the section two is called sadhana pada.

7. Write short note about pranayama.

- Pranayama can be practiced by both male and female.
- In advanced pranayama practice we are giving much importance to the exhalation phase.
- Sitali pranayama produces warmness in the body.
- In kapalabhati pranayama produces heat in our body.
- The surya bhedana pranayama produces heat in our body.

8. Write short note about kriyas.

- Kriyas means cleaning techniques of the vital internal organs.
- Neti is a process of cleaning and purifying the stomach.
- Trataka is the practice of intense gazing at an object.
- Basti is a technique for washing and toning the large intestine.
- In vastra dhauti practice the rubber tube is used to cleanse the stomach.

PART-D

- 1. What is the concept of yoga?**
- 2. Explain types of yoga sanan.**
- 3. Write short on padmsana and sidhasana.**
- 4. Explain about vajrasana, halasana, paschimottasana.**
- 5. State salabhasana, dhanuvasana, chakras Ana, trikonasana.**

CERTIFICATE COURSE EXAMINAT

Shrimati Indira Gandhi college-Trichy

Beauty Culture and Health Care

HEALTH CARE

Time: Three hours

Maximum: 100 marks

PART A - (15 x 1 = 15)

Answer ALL questions

1. Vitamin 'A' is essential for -----
2. Boiling point of water is -----
3. The best method of health education -----
4. The effect of massage as a whole are ----- and -----
5. The most important step in water purification is -----
6. During manage treatment the manipulation should be -----
7. The best method of refuse disposal is -----
8. Waste water does not contain human excreta is -----
9. Jogging is ----- exercise
10. the cleaning technique which help the balanced functioning of the body is _ -----
11. Ragi is the rich source of -----
12. Cleaning techniques for stimulating the brain cells is -----
13. Hazards of water pollution ----- and -----
14. State of pure consciousness , maximum creativity and bliss -----
15. Prolonged cooking of vegetables ----- vitamins.

Certificate In Beauty Culture & Health Care

PART – B (5 x 2 =10)

Answer ALL questions

16. Define 'Yoga'?
17. Define "Malnutrition "?
18. Define "Sewage "?
19. Define "Manage "?
20. Define "Health "?

PART – C (5 x 6 =30)

Answer ALL questions

21. What are the preparations needed for doing massage?
22. What are the advantages of balanced diet?
23. What are the causes of water pollution?
24. Write the philosophy of health.
25. Write short notes on "Health and Nutrition "?

PART – D (3 x 15 =45)

Answer ALL questions

26. (a) List out the advantages of cooking
Or
(b) List out the hazards refuse.
 27. (a) Explain concept of Yoga.
Or
(b) Explain – aerobic exercises
 28. (a) Explain in detail about the health aspects of sewage disposal.
Or
(b) Explain in detail about the contraindication for muscle massage.
-