

**Bachelor of Vocation (Cosmetology & Wellness) - 5th Semester
(2221)**

Paper-IV : Personality Development

Time allowed: 3 hrs.

Max. Marks: 50

Note: Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any section.

Section A

Q1. What are the most important considerations while planning your wardrobe for a formal and an informal occasion?

Q2. Why is personal hygiene important? What are the important principles to be observed in personal hygiene for a more effective personality?

Section B

Q3. What is the relevance of communication skills in different aspects of life? Explain using suitable examples.

Q4. What are important considerations in standing, walking and sitting postures which can lead to healthy life and effective personality?

Section C

Q5. What are the different kinds of accessories which add to personality of both males and females? Exemplify.

Q6. Write a note on fashion and colours and how they can be used to add to one's personality.

Section D

Q7. Elaborate on the role of exercise in daily life. What are the important types of exercises?

Q8. Write a detailed note on importance of yoga and pranayama for general well-being.

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