

Exam. Code : 404801

Subject Code : 7131

**Diploma in Cosmetology (Full Time) 1st Semester
Paper—II**

Time Allowed—3 Hours] [Maximum Marks—50

Note :—There are **EIGHT** questions. Candidates are required to attempt any **FIVE** questions. All questions carry equal marks.

SECTION—A

1. Define Yoga. What are the rules to be followed for performing yoga ?
2. What do you mean by Aerobics ? Why Aerobics is important in today's scenario ?

SECTION—B

3. Explain the Holistic Benefits of Dhanur Asana.
4. Define Asana. Write in detail about Jal Asana — its techniques, precautions and effects.

SECTION—C

5. Diagrammatically explain the structure of hair.
6. What factors influence hair growth ?

SECTION—D

7. Write the different techniques used for hair cut.
8. (a) What are different types of hair cut ?
(b) Explain the Razor cut.

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