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**Class – PG Diploma**  
**Subject – Cosmetology**  
**Paper- I (Yoga And Salon Management)**

**Time Allowed : 3 Hours**

**Maximum Marks : 50**

**Note:-** Attempt any 5 questions Each question carries ten marks

1. What is Yoga? What are the aims, importance and benefits of Yoga?
2. What is Balanced Diet? Why do we need balanced diet and what are the five food groups? Explain.
3. Explain the functions and sources of carbohydrates, protein, vitamin A, B, C & B complex in relation to skin, eye and hair.
4. Explain following :-
  - (a) Sterilization
  - (b) Distinguish between asepsis, sterile and sepsis
  - (c) Antiseptic
  - (d) Disinfectant
  - (e) Advantages of using quats as a disinfectant.
5. (a) What is Sanitation? Write down the types of sanitizers.
  - (b) What are the safety precautions in the salon?



6. Explain following :-

- (1) What constitutes a good location for a beauty salon?
- (2) What should advertising accomplish for a beauty salon?
- (3) Under what three types of ownership may a beauty salon be operated?

7. Explain the following :-

- (a) General Sanitary suggestions
- (b) Four common equipments required for salon operation.

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