

Exam. Code : 304602

Subject Code : 5436

P.G. Diploma in Cosmetology 2nd Semester

YOGA AND SALON MANAGEMENT

Paper—I

Time Allowed—Three Hours] [Maximum Marks—50

Note :— Attempt **FIVE** questions in all, selecting **ONE** question in each unit. The **FIFTH** question may be attempted from any section. All questions carry equal marks.

SECTION—A

1. (i) What do you mean by Asanas ? 2
- (ii) Explain the *technique* and *benefits* of any 4 Asanas in detail. 8
2. Differentiate between Yoga and Aerobics. 10

SECTION—B

3. (i) Write the concept of Balanced Diet. 5
- (ii) Name and discuss 5 Food Groups. 5
4. Write the sources of :
 - (i) Vitamin D
 - (ii) Vitamin B
 - (iii) Vitamin B₂
 - (iv) Vitamin B₁₂. 10

SECTION—C

5. Write a note on Salon Planning and Location. 10
6. Write a note on types of Employees. 10

SECTION—D

7. Write different methods of sterilization and sanitation. 10
8. Discuss any 5 terms used in relation to disinfection. 10