

Question Booklet and Answer Key Hair and Skin Care Instructor

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English Version

1. ਐਠ ਲਿਖਿਆਂ ਵਿੱਚੋਂ ਸਹੀ ਸਮਾਸੀ ਸ਼ਬਦ ਚੁਣੋ:
(A) ਡਾਕ-ਚਿੱਠੀ (B) ਡਾਕ-ਪੋਸਟ (C) ਡਾਕ-ਖਾਨਾ (D) ਡਾਕ-ਬੰਡਾਈ
2. 'ਕੁੜੱਤਣ' ਸ਼ਬਦ ਦਾ ਵਿਰੋਧੀ ਸ਼ਬਦ ਚੁਣੋ:
(A) ਨਮਕੀਨ (B) ਮਿਠਾਸ (C) ਫਿੱਕਾ (D) ਕੌੜਾ
3. ਨਿਸ਼ਚੇ-ਵਾਚਕ ਪੜਨਾਵ ਚੁਣੋ:
(A) ਤੁਸੀਂ (B) ਅਸੀਂ (C) ਉਹ (D) ਮੈਂ
4. ਪਤੀ ਦੀ ਦੂਸਰੀ ਪਤਨੀ:
(A) ਦੂਜੀ ਤੀਵੀਂ (B) ਦੂਜੀ ਘਰ ਵਾਲੀ (C) ਭਰਜਾਈ (D) ਸੌਂਕਣ
5. ਸ਼ੁੱਧ ਮੁਹਾਵਰਾ ਚੁਣੋ:
(A) ਸਾਹ ਸੁੱਕਣਾ (B) ਸਾਹ ਰੁਕਣਾ (C) ਸਾਹ ਲੈਣਾ (D) ਸਾਹ ਦੇਣਾ

Directions (Q. No. 6-8):- Out of the four given options, choose the correct preposition to be filled in the blanks: -

6. Your lecture is irrelevant ___ the theme of the seminar.
(A) of (B) to (C) with (D) in
7. Hari's essay is replete ___ demographic statistics.
(A) of (B) with (C) at (D) from
8. He has no aptitude ___ Physics.
(A) in (B) for (C) with (D) at

Directions (Q.No 9-10) :- Out of the four given options, choose the correct antonym of the given word:-

9. Babel
(A) Conversation (B) Silence (C) Betrayal (D) Beast
10. Cognate
(A) Related (B) Unrelated (C) Hatred (D) Jealousy
11. Who was the Guru of Bala Mardana?
A)Guru Ram Das B)Guru Angad Dev C)Guru Nanak Dev D)Guru Gobind Singh
12. Central University of Punjab (CUP) is located at
A) Talwandi Saboo B) Amritsar C) Bathinda D) Fatehgarh Sahib
13. Who is present Guru of Sikhs?
A) Guru Nanak Sahib Ji B) Guru Gobind Singh Ji
C) Guru Granth Sahib Ji D) Baba Ji 'Pind Wale'

14. Which revolutionary is supposed to be the master mind in the attack on Harding?
A) Kartar Singh Sarabha B) Lal Hardayal
C) Sohan Singh Bhakna D) V.D. Savarkar
15. What percent of the best quality cotton Punjab produces in India?
A) 60% B) 70% C) 40% D) 50%
16. Which vitamin is provided by sunlight to the body?
A) Vitamin A B) Vitamin B C) Vitamin C D) Vitamin D
17. The term Green Revolution has been used to indicate higher production through:
A) creation of grasslands B) planting more trees
C) creation of gardens in urban areas D) enhanced agricultural productivity per hectare
18. The members of the Rajya Sabha are:
A) elected indirectly
B) mostly nominated
C) elected directly as well as indirectly
D) elected by the members of the Legislative Assemblies and Legislative Councils of States
19. All India Muslim League was formed in
A) Dhaka B) Lahore C) Aligarh D) Lucknow
20. Which of the following has a 51:49 joint venture with Japanese automobile company Nissan for manufacturing light commercial vehicles in India?
A) Tata Motors B) Ashok Leyland C) Mahindra and Mahindra D) Bajaj Auto
21. Choose the odd one out.
A) Feeling B) Joy C) Anxiety D) Anger
22. In a certain coding system, 'rbm std bro pus' means 'the cat is beautiful', 'tnh pus dim std' means 'the dog is brown', 'pus dim bro pus cus' means 'the dog has the cat'. What is the code for 'has'?
A) std B) dim C) bro D) cus
23. Q's mother is sister of P and daughter of M. S is daughter of P and sister of T. How is M related to T?
A) Grandmother B) Father C) Grandfather D) Grandfather or Grandmother
24. Deepak said to Nitin, "That boy playing football is the younger of the two brothers of the daughter of my father's wife." How is the boy playing football related to Deepak?
A) Son B) Brother C) Cousin D) Nephew
25. Daksh is taller than Manick but not as tall as Rohan. Somesh is shorter than Daksh but taller than Farhan. Who among them is the shortest?
A) Daksh B) Manick C) Farhan D) Cannot be determined
26. Five boys took part in a race. Raj finished before Mohit but behind Gaurav. Ashish finished before Sanchit but behind Mohit. Who won the race?
A) Raj B) Gaurav C) Mohit D) Ashish
27. You go North, turn right, then right again and then go to the left. In which direction are you now?
A) North B) South C) East D) West

28. Read the trend of characters in the following matrix and find out the missing character.

7	4	5
8	7	6
3	3	?
29	19	31

- A) 3 B) 4 C) 5 D) 6
29. How many 4's are there preceded by 7 but not followed by 3?
5 9 3 2 1 7 4 2 6 9 7 4 6 1 3 2 8 7 4 1 3 8 3 2 5 6 7 4 3 9 5 8 2 0 1 8 7 4 6 3
A) Three B) Four C) Five D) Six
30. Replace the question mark(?) in the given series.
2, 3, 8, 27, 112, ?
A) 226 B) 339 C) 452 D) 565
31. $\frac{7+7+\frac{7}{7}}{(7+7+7)/7} = ?$
A) $\frac{15}{21}$ B) 5 C) $14\frac{2}{3}$ D) $15\frac{1}{3}$
32. The average temperature of Monday, Tuesday, Wednesday and Thursday was 38°C and that of Tuesday, Wednesday, Thursday and Friday was 40°C. If the temperature on Monday was 30°C, what was the temperature on Friday?
A) 40°C B) 39°C C) 38°C D) 30°C
33. Three years ago, the average age of A and B was 18 years. With C joining them now, the average becomes 22 years. How old is C now?
A) 24 years B) 27 years C) 28 years D) 30 years
34. The selling price of an article is $\frac{4}{3}$ times its cost price. The gain percent is:
A) $20\frac{1}{3}\%$ B) $20\frac{1}{2}\%$ C) $25\frac{1}{4}\%$ D) $33\frac{1}{3}\%$
35. A can do a work in 4 days, B can do it in 5 days and C can do it in 10 days. A, B and C together can do the work in
A) $1\frac{3}{5}$ days B) $1\frac{9}{11}$ days C) $2\frac{5}{6}$ days D) 3 days
36. Walking with $\frac{3}{4}$ of his usual speed a man covers a certain distance in 2 hours more than the time he takes to cover the distance at his usual speed. The time taken by him to cover the distance with usual speed is
A) $4\frac{1}{2}$ hours B) $5\frac{1}{2}$ hours C) 5 hours D) 6 hours
37. A sum of ₹ 600 amounts to ₹ 720 in 4 years. What will it amount to if the rate of interest is increased by 2%?
A) ₹ 724 B) ₹ 648 C) ₹ 768 D) ₹ 792
38. If the diagonal of a rectangle is 17 cm long and its perimeter is 46 cm, the area of the rectangle is:
A) 100 cm² B) 110 cm² C) 120 cm² D) 150 cm²

39. At what time between 5.30 and 6 will the hands of a clock be at right angles?
A) $43\frac{5}{11}$ min. past 5 B) $43\frac{7}{11}$ min. past 5 C) 40 min. past 5 D) 45 min. past 5
40. What is the greatest number of 3 digits which when divided by 6, 9, 12 leaves a remainder 3 in each case?
A) 903 B) 939 C) 975 D) 996
41. In order to develop rapport with your pupils, you should
A) guide them B) treat them in a democratic way
C) have communicative ability D) all of the above
42. The teacher's job is to teach the subject efficiently and also find out
A) if students are listening him silently
B) if students are sitting properly
C) if students are well dressed
D) if students are understanding what he is teaching
43. The most important teaching aid for a teacher is
A) black-board B) maps and charts C) colour pictures D) graphs and tables
44. An effective teaching means all of the following except
A) a teacher teaches with enthusiasm
B) a teacher finds fault in his students
C) a teacher prefers to make subject matter understood
D) emphasizes on subject, moral and cultural values
45. The most appropriate meaning of learning is
A) personal adjustment B) modification of behavior
C) inculcation of knowledge D) acquisition of skills
46. Who is the best motivator of a student in the school?
A) the teacher B) the headmaster C) the management D) peer group
47. Which of the following is not appropriate tool for Formative Assessment?
A) term test B) quiz and games C) assignments D) oral questions
48. The term curriculum is used in education to indicate
A) the courses prescribed for an examination
B) the contents of a broad subject selected for a particular class
C) the sum total of all experiences provided for students by an educational institution
D) the field covered by a particular course of study
49. Arrange the following steps of teaching process in order
1) relating present knowledge with previous knowledge
2) re-teaching
3) formulation of objective
4) presentation of material
A) 1, 3, 2, 4 B) 2, 3, 4, 1 C) 3, 4, 1, 2 D) 3, 1, 4, 2
50. Observation method in teaching should be
A) scientific B) philosophical C) normative D) none of these
51. To undo your last action in MS-PowerPoint, press
A) Control P B) Control S C) Control N D) Control Z

52. To save your file in MS-PowerPoint/ MS-Word, press
A) Control P B) Control S C) Control N D) Control Z
53. A universal serial bus (USB) port _____.
A) is a special type of serial port designed to connect the system unit to a musical instrument
B) is high-speed parallel port used to attach peripheral devices like disk drives, printers
C) can connect up to 127 different peripheral devices with a single connector
D) allows wireless devices to transmit signals to a computer via infrared light waves
54. Match the following:
a) HTML (i) Protocol for sending electronic mail on the Internet.
b) HTTP (ii) Organization that charges fee to enable to connect to the Internet.
c) ISP (iii) Set of tags and related rules that are used to create web pages.
d) SMTP (iv) Internet standard that supports exchange of information on Web.
- A) a)-(iv) b)-(i) c)- (ii) d)-(iii)
B) a)-(iii) b)-(iv) c)- (ii) d)-(i)
C) a)-(iii) b)-(ii) c)- (iv) d)-(i)
D) a)-(iv) b)-(i) c)- (iii) d)-(ii)
55. Portrait and Landscape in MS-Office are
A) Page Layout B) Paper Size C) Page Orientation D) All of above
56. Give one suitable word for verbal communication with a client to determine desired results.
a) Reflective listening b) Communication c) Client consultation d) Clarify
57. The cells of all living things are composed of a substance called _____
a) Nucleus b) Protoplasm c) Cell membrane d) Cytoplasm
58. Which asana is a good remedy for constipation?
a) Virasana b) Dhanurasana c) Savasana d) Paschimottanasana
59. Which component of food helps in building up of bones, blood and body tissues?
a) Fats b) Vitamins c) Proteins d) Carbohydrate
60. If the skin gets rash after treading, what will be the first step you take to prevent further rash ?
a) Massage with moisturizer cream b) Apply astringent
c) Apply antiseptic lotion d) Clean with warm water
61. Which chemical agent can be used for disinfecting electrodes objects with sharp edges?
a) Antiseptic b) Formalin c) Alcohol d) Steaming
62. Which tissue carries food, waste products and hormones through the body?
a) Nerve tissue b) Muscular tissue c) Connective tissue d) Liquid tissue
63. The impression projected by a person engaged in any profession, consisting of outward appearance and conduct exhibited in the workplace is known as _____
a) Professional image b) Physical presentation
c) Ergonomics d) Mantle presentation

64. What is the technical term for temporary hair loss experienced at the conclusion of a pregnancy?
a) Alopecia areate b) Postpartum alopecia c) Androgenic alopecia d) Canities
65. In roller setting , which base is used for least volume ?
a) On base b) Half base c) Full base d) Off base
66. Conditioners that either remain on the hair for a very short period(1or 5 minutes) or are left in the hair during styling are known as _____
a) Protein conditioners b) Instant conditioners
c) Scalp conditioners d) Deep conditioners
67. _____ is a fibrous protein that gives the skin form and strength.
a) Elastin b) Oil glands c) Melanin d) Collagen
68. Which rays are called ' Ageing rays' ?
a) UVA rays b) UVB rays c) UV rays d) UVV rays
69. For stage make up, which base or foundation has to be applied?
a) Cream base b) Liquid base c) Pan cake base d) Gel base
70. While cutting hair, what other term can we use for elevation ?
a) Sections b) Projection c) Guide line d) Cutting line
71. _____ type of massage consists of short, quick tapping, slapping and hacking movements.
a) Friction b) Petrissage c) Effleurage d) Tapotement
72. While giving the client a blunt cut, we need to pay close attention to _____
a) Crown and hair line b) Hair line and nape
c) Front and crown d) Crown and nape
73. Give one suitable word for special cosmetic preparation applied to the face to benefit and beautify the skin ; usually a setting product.
a) Massage cream b) Packs c) Mask d) Toners
74. Which asana helps in the proper functioning of the thyroid gland ?
a) Naukasana b) Sarvangasana c) Sirshasana d) Salabhasana
75. Carbohydrates which are high in fibre, take's body longer to break down are known as _____
a) Good carbohydrates b) Bad carbohydrates
c) Complete carbohydrates d) Strachy products
76. Which bones form the bridge of nose ?
a) Lacrimal bones b) Hyoid bones c) Nasal bones d) Frontal bones
77. Which eyes can be lengthened by extending the shadow beyond the outer corner of the eyes ?
a) Round eyes b) Close set eyes c) Small eyes d) Heavy lidded eyes
78. In thermal curls, which base curls provide a strong curl with full volume?
a) Half base curls b) Volume base curls c) Off base curls d) Full base curls
79. A shampoo that is alkaline will have a rating ranging from _____
a) 0 to 5.2 b) 2 to 6.1 c) 7.1 to 14 d) 14.5 to 19.1

80. Which of the following area is better suited to do patch test for bleach ?
a) Neck b) Hand c) Face d) Behind the ear
81. Which asana develops the arm muscles and increases the capacity of the thoracic cage ?
a) Surya namskar b) Padmasana c) Gomukhasana d) Konasana
82. The cuticle splits around the nail means _____
a) Hang nails b) Tile shaped nails c) Blue nails d) Egg shell nails
83. Which substance is used to remove hair by pulling it out of the follicle ?
a) Electrolysis b) Epilator c) Sugaring d) Photo epilation
84. _____ is the science of the anatomy, structure and function of the bones.
a) Protoplasm b) Osteoarthritis c) Cytoplasm d) Osteology
85. For backaches and kidney problem, which asana will have a beneficial effect ?
a) Bhujangasana b) Naukasana c) Cakrasana d) Mayurasana
86. Mixing equal parts of two primary colors are known as _____
a) Tertiary colours b) Secondary colours
c) Supplementary colours d) Complementary colours
87. The thick hair on the skin is known as _____
a) Hirsutism b) Hyper pigmentation c) Hypertrichosis d) Herpes
88. Which implement is used to remove dry flaky skin and smooth calluses on the foot ?
a) Paddle b) Emery board c) Cuticle nipper d) Nail clipper
89. _____ is the process of stopping the action of a permanent wave solution and hardening the hair in its new form by the application of a chemical solution.
a) Permanent waving lotion b) Neutralization c) Volumes d) Oxidizers
90. What is the contra indication of depilatory creams?
a) Cuts b) Infection c) Less time consuming d) Hard hair growth
91. Which deficiency can cause diseases like RICKETS ?
a) Vitamin A b) Vitamin D c) Vitamin E d) Vitamin K
92. Which system is made up of a group of specialized glands that affect the growth, development, sexual activities and health of entire body?
a) Circulatory system b) Digestive system
c) Endocrine system d) Respiratory system
93. Which layer of the hair contains melanin pigment ?
a) Cortex b) Medulla c) Cuticle d) Follicle
94. _____ is the extension of the cuticle at the base of the nail body that partly over laps the lunula.
a) Free edge b) Hyponychium c) Matrix bed d) Eponychium
95. For what maximum time duration oil can be left on an oily scalp ?
a) Overnight b) 5 hours c) 1 hour d) 2 hours

96. Which glands secrete an oily substance called sebum ?
a) Dermal papilla b) Arrector pilli c) Adipose tissue d) Sebaceous glands
97. _____ are also usually used with a croquignole wrapping technique.
a) Straight rods b) Concave rods c) Convex rods d) Round rods
98. Which volume can used for additional lift with permanent hair colour ?
a) 20 Volume b) 10 Volume c) 40 Volume d) 30 Volume
99. Which system is responsible for purifying the body by eliminating waste matter?
a) Nervous system b) Excretory system
c) Circulatory system d) Respiratory system
100. _____ carry impulses from the brain to the muscles.
a) Mixed nerves b) Cervical nerves c) Motor nerves d) Buccal nerves

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Answer- Key

Code: HSCI-17(Hair & Skin Care Instructor)

Q.	Ans.	Q.	Ans	Q.	Ans.	Q.	Ans.
1	C	26	B	51	D	76	C
2	B	27	C	52	B	77	A
3	C	28	C	53	C	78	D
4	D	29	B	54	B	79	C
5	A	30	D	55	C	80	D
6	B	31	B	56	C	81	C
7	B	32	C	57	B	82	A
8	B	33	A	58	D	83	B
9	B	34	D	59	C	84	D
10	B	35	B	60	A	85	A
11	C	36	D	61	C	86	B
12	C	37	C	62	D	87	C
13	C	38	C	63	A	88	A
14	B	39	B	64	B	89	B
15	B	40	C	65	D	90	D
16	D	41	D	66	B	91	B
17	D	42	D	67	D	92	C
18	A	43	A	68	A	93	A
19	A	44	B	69	C	94	D
20	D	45	B	70	B	95	C
21	A	46	A	71	D	96	D
22	D	47	A	72	A	97	A
23	D	48	C	73	C	98	D
24	B	49	D	74	B	99	B
25	D	50	A	75	A	100	C