

CBSE Class 10 Beauty and Wellness Question Paper 2026 with Solution Memory Based

Time Allowed :3 Hours	Maximum Marks :50	Total Questions :21
-----------------------	-------------------	---------------------

General Instructions

1. Please read the instructions carefully.
2. This Question Paper consists of 21 questions in two sections : Section-A Section-B.
3. Section-A has Objective type questions, whereas Section-B contains Subjective type questions.
4. Please read the instructions carefully. Out of the given $(5 + 16) = 21$ questions, a candidate has to answer $(5 + 10) = 15$ questions in the allotted (maximum) time of 2 hours.
5. Please read the instructions carefully. All questions of a particular section must be attempted in the correct order

1. The receiver's acknowledgement and response to the message is called _____ in communication.

Correct Answer: feedback

Solution:

Step 1: Understanding the Concept:

The communication cycle involves a sender, a message, a channel, a receiver, and feedback.

Step 3: Detailed Explanation:

Communication is a two-way process. When a sender transmits a message, the receiver interprets it and sends a return message to indicate understanding or provide a reaction.

This return message is known as **feedback**. Without feedback, one cannot be sure if the message was received and understood correctly.

- **Channel:** The medium through which the message is sent.
- **Information:** The content of the message.
- **Transfer:** The act of moving the message.

Step 4: Final Answer:

The acknowledgement and response from the receiver is called **feedback**.

💡 Quick Tip

Feedback makes communication a cycle rather than a linear process. It ensures effective communication.

2. Why is the ability to work independently important in the work place ?

Correct Answer: To promote personal growth and decision making.

Solution:

Step 1: Understanding the Concept:

Working independently means taking ownership of tasks without constant supervision.

Step 3: Detailed Explanation:

- Working independently demonstrates reliability and initiative.
- It forces an individual to solve problems on their own and make decisions, which directly contributes to **personal growth** and confidence.
- It does not mean avoiding teamwork (Option C) but rather being a capable individual contributor within a team.
- It leads to taking on more responsibility, not less (Option B).

Step 4: Final Answer:

The ability to work independently is important to **promote personal growth and decision making**.

Quick Tip

Independent workers are self-motivated and require less supervision, making them valuable assets to any organization.

3. Which of the following is NOT a stress management technique ?

Correct Answer: Worrying about stressors

Solution:

Step 1: Understanding the Concept:

Stress management involves techniques intended to equip a person with effective coping mechanisms for dealing with psychological stress.

Step 3: Detailed Explanation:

- **Physical exercise, Meditation, and Yoga** are all proven methods to reduce stress hormones (like cortisol) and promote relaxation.
- **Worrying about stressors** is a negative reaction that increases anxiety and prolongs the stress response, rather than managing or reducing it.

Step 4: Final Answer:

Worrying about stressors is not a management technique; it is a symptom or cause of further stress.

 Quick Tip

Effective stress management shifts focus away from the problem (worrying) towards solutions or relaxation (action/calm).

4. Which type of files are typically removed during a routine cleanup to optimize computer performance ?

Correct Answer: Temporary files

Solution:

Step 1: Understanding the Concept:

Computer maintenance involves removing unnecessary data to free up storage space and improve processing speed.

Step 3: Detailed Explanation:

- **System files** are critical for the OS to run; deleting them causes crashes.
- **Software Applications** are programs the user needs.
- **Important documents** are user data that must be preserved.
- **Temporary files** are created by programs to hold data temporarily while they are running. Once the task is done, these files are often left behind, cluttering the drive. Removing them is safe and improves performance.

Step 4: Final Answer:

Temporary files are typically removed during routine cleanup.

 Quick Tip

Tools like "Disk Cleanup" in Windows specifically target temporary files, cache, and recycle bin contents to optimize performance.

5. Which function of an entrepreneur involves to create a new method, idea or product ?

Correct Answer: Innovation

Solution:

Step 1: Understanding the Concept:

Entrepreneurship is often defined by the introduction of something new to the market.

Step 3: Detailed Explanation:

- **Innovation** is the specific process of translating an idea or invention into a good or service that creates value. It involves creating new methods, ideas, or products.
- Managing risk, dividing income, and making decisions are functions of an entrepreneur, but they relate to operations and management, not the specific act of creation.

Step 4: Final Answer:

The function is **Innovation**.

 Quick Tip

Entrepreneurs are often called "Innovators" because they disrupt current markets with new solutions.

6. Which of the following is a consequence of unsustainable practices that harm ecosystem and biodiversity ?

Correct Answer: Environmental degradation

Solution:

Step 1: Understanding the Concept:

Sustainable development aims to meet present needs without compromising future generations. Unsustainable practices do the opposite.

Step 3: Detailed Explanation:

- Unsustainable practices (like over-mining, deforestation, pollution) deplete resources faster than they replenish.
- This directly leads to the deterioration of the environment, known as **Environmental degradation**, which includes loss of biodiversity and destruction of ecosystems.
- Short-term profits (C) might be a *motivation* for the practice, but the *consequence* on the ecosystem is degradation.

Step 4: Final Answer:

The consequence is **Environmental degradation**.

 Quick Tip

Sustainability focuses on the "3 Ps": People, Planet, and Profit. Harm to the "Planet" is environmental degradation.

7. What is the process of removal of impurities accumulated in the skin pores known as ?

Correct Answer: Cleansing

Solution:

Step 1: Understanding the Concept:

Skincare routines follow a specific order: Cleansing, Toning, Moisturizing (CTM).

Step 3: Detailed Explanation:

- **Cleansing** is the first and most critical step. Its primary purpose is to remove dirt, oil, makeup, pollution, and other impurities that accumulate on the skin surface and in the pores throughout the day.
- Skin analysis is examining the skin type.
- Moisturizing hydrates the skin.
- Toning balances the skin's pH.

Step 4: Final Answer:

The process is known as **Cleansing**.

 Quick Tip

Cleansing should always be the first step in any skincare regimen to ensure subsequent products penetrate effectively.

8. What is used as a finishing agent for cleansing ?

Correct Answer: Tonners and Freshners

Solution:

Step 1: Understanding the Concept:

After cleansing, the skin's pH may be disturbed, and traces of the cleanser or stubborn dirt might remain.

Step 3: Detailed Explanation:

- **Toners (or Freshners/Astringents)** are used immediately after cleansing.
- They act as a "finishing agent" by removing any residual cleanser or debris and restoring the skin's natural pH balance before moisturizing.
- Cleansing cream is the cleanser itself, not the finishing agent.

Step 4: Final Answer:

The finishing agents used are **Tonners and Freshners**.

💡 Quick Tip

"Fresheners" are typically mild toners suitable for dry or sensitive skin, containing very little alcohol.

9. What is the role of a Moisturizer ?

Correct Answer: Hydration

Solution:

Step 1: Understanding the Concept:

The skin needs water to remain elastic, soft, and healthy.

Step 3: Detailed Explanation:

- The primary function of a **moisturizer** is **hydration**.
- It works by trapping moisture in the skin (occlusives) or drawing moisture from the air/deeper layers to the surface (humectants).
- This prevents dryness and maintains the skin barrier.

Step 4: Final Answer:

The role of a moisturizer is **Hydration**.

💡 Quick Tip

Even oily skin needs a moisturizer (hydration) to prevent the skin from overproducing oil to compensate for dehydration.