



BASICS OF PERSONAL HYGIENE

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Basics of Personal Hygiene

QP Code: BWS/N9021

NSQF Level: 2

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	50
Practical	30
Viva	20
Total	100

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 50

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. What is personal hygiene?
 - a) Fashion
 - b) Cleanliness and healthy habits
 - c) Makeup
 - d) Decoration
2. Why is personal hygiene important?
 - a) Save time
 - b) Prevent diseases
 - c) Decoration
 - d) Fashion
3. Which practice is part of hand hygiene?
 - a) Applying cream
 - b) Washing hands with soap
 - c) Wearing rings
 - d) Using perfume

4. How often should hands be washed?
 - a) Once a week
 - b) Before meals and after toilet use
 - c) Once a day
 - d) Only when dirty
5. Why is bathing important?
 - a) Decoration
 - b) Remove dirt and body odour
 - c) Fashion
 - d) Save time
6. How often should one bathe?
 - a) Once a month
 - b) Daily or as required
 - c) Once a year
 - d) Never
7. Why is oral hygiene important?
 - a) Decoration
 - b) Prevent bad breath and dental problems
 - c) Fashion
 - d) Save time
8. How many times should teeth be brushed daily?
 - a) Once
 - b) Twice
 - c) Once a week
 - d) Only when needed
9. Why should nails be trimmed regularly?
 - a) Decoration
 - b) Prevent dirt and infection
 - c) Fashion
 - d) Save time
10. What helps maintain foot hygiene?
 - a) Wet socks
 - b) Cleaning and drying feet properly
 - c) Tight shoes
 - d) Ignoring nails
11. Why is hair hygiene important?
 - a) Decoration
 - b) Prevent dandruff and scalp problems
 - c) Fashion
 - d) Save time

12. What is correct coughing etiquette?
- a) Cough openly
 - b) Cover mouth with elbow or tissue
 - c) Turn away only
 - d) Ignore
13. Why is sneezing etiquette important?
- a) Decoration
 - b) Prevent spread of germs
 - c) Save time
 - d) Discipline
14. What should be done after using the toilet?
- a) Leave immediately
 - b) Wash hands properly
 - c) Use phone
 - d) Drink water only
15. Why should clothes be kept clean?
- a) Decoration
 - b) Prevent skin problems
 - c) Fashion
 - d) Save money
16. Which habit helps prevent infection?
- a) Sharing towels
 - b) Washing hands regularly
 - c) Ignoring hygiene
 - d) Wearing perfume
17. Why should personal belongings be kept clean?
- a) Decoration
 - b) Reduce germs
 - c) Save time
 - d) Branding
18. Why is waste disposal important?
- a) Decoration
 - b) Maintain cleanliness and health
 - c) Save effort
 - d) Fashion
19. Which is correct waste disposal practice?
- a) Throw anywhere
 - b) Use dustbin
 - c) Hide waste
 - d) Burn plastic

20. Why is hygiene important in community living?

- a) Decoration
- b) Prevent spread of diseases
- c) Save time
- d) Branding

21. What reflects good personal hygiene?

- a) Clean appearance
- b) Expensive clothes
- c) Makeup
- d) Silence

22. Why should hands be dried after washing?

- a) Decoration
- b) Prevent germs
- c) Fashion
- d) Save time

23. Which practice helps prevent body odour?

- a) Skipping bath
- b) Regular bathing
- c) Perfume only
- d) Tight clothes

24. Why should shoes be kept clean and dry?

- a) Decoration
- b) Prevent foot infection
- c) Fashion
- d) Save time

25. What should be done with used tissues?

- a) Keep in pocket
- b) Dispose in dustbin
- c) Reuse
- d) Hide

26. Why is cleanliness important at workplace?

- a) Decoration
- b) Health and safety
- c) Fashion
- d) Save time

27. What is personal grooming?

- a) Decoration
- b) Maintaining neat and clean appearance
- c) Fashion
- d) Makeup only

28. Why is hygiene important daily?
- a) Exam purpose
 - b) Healthy lifestyle
 - c) Decoration
 - d) Fashion
29. What helps keep surroundings hygienic?
- a) Regular cleaning
 - b) Ignoring waste
 - c) Closing windows
 - d) Decoration
30. What is the best way to maintain hygiene?
- a) Occasionally
 - b) Daily good hygiene practices
 - c) Perfume only
 - d) Ignoring habits

SAMPLE



SECTION B – PRACTICAL

Total Marks: 30

Practical Task

Demonstrate Personal Hygiene Practices, including:

- Proper hand washing technique
- Correct use of soap and water
- Nail cleanliness and trimming (demonstration)
- Personal grooming (clean appearance)
- Correct coughing and sneezing etiquette
- Proper waste disposal

Assessment Criteria

Criteria	Marks
Hand washing technique	10
Grooming & cleanliness	10
Hygiene etiquette & waste disposal	10
Total	30

SECTION C – VIVA VOCE

Total Marks: 20

Viva Questions

1. What is personal hygiene?
2. Why is hand washing important?
3. How does hygiene prevent diseases?
4. What is correct coughing etiquette?
5. Why should nails be kept short and clean?

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.