



**Third Semester of ADGDA  
Central Board of Examination  
Dec/Jan - 2020/2021**

**Personal Hygiene (Course - 001-12)**

Duration: 2.5 Hours

Max. Marks: 75

**INSTRUCTIONS**

- ❖ Write answers to each question in proportion to the mark allotted
- ❖ During the first 15 minutes read the questions carefully

**I. DEFINE THE FOLLOWING ANSWER FOR ALL QUESTION      3 x 10 = 30**

1. What is personal hygiene?
2. Difference between cleanliness and hygiene?
3. Define foot care?
4. Define ear hygiene?
5. Define finger nail and toe nail care?
6. Define face hygiene?
7. Social impact?
8. Aesthetic values of personal hygiene?
9. How to take care of clothes hygiene?
10. Indirect way of assessing?

**II. WRITE BRIEF ANSWER FOR ALL QUESTION      5 x 3 = 15**

1. Public health importance of personal hygiene?
2. Components of personal hygiene?
3. Hair care technique?

**IV. WRITE LONG ANSWER FOR ANY 2 QUESTIONS      15 x 2 = 30**

1. How to following the hand care technique-Brief?
2. How to take care of oral care?
3. Planning for the improvement of personal hygiene?