Viva Exam Preparation for Lakme Academy Beauty Therapy Course

Skin Science aur Anatomy

1. Skin Structure:

- *Question*: "Aap skin ke alag-alag layers (layers) aur unke functions (functions) ko explain kar sakte hain?"

- *Answer*: "Ji haan, human skin teen main layers me divided (divided) hoti hai: Epidermis (Epi-der-mis), Dermis (Der-mis), aur Hypodermis (Hypo-der-mis). Epidermis sabse outer layer hai jo protection (pro-tection) provide karti hai, dermis me blood vessels (vessels), hair follicles (hair follicles), aur sweat glands (sweat glands) hote hain, aur hypodermis fat storage (fat storage) ke liye responsible (responsible) hota hai."

2. Skin Types:

- *Question*: "Aap kaise alag-alag skin types identify (identify) karte hain aur har type ke liye suitable treatments (treatments) kya hain?"

- *Answer*: "Skin types ko generally (generally) chaar categories (categories) me divide kiya jata hai: Normal, Oily (Oily), Dry (Dry), aur Combination (Combination). Normal skin balanced hoti hai, oily skin me excess sebum (se-bum) produce hota hai, dry skin me moisture (moisture) kam hoti hai, aur combination skin me kuch areas oily aur kuch dry hote hain. Har type ki skin ke liye specific (specific) products aur treatments use karne chahiye."

Advanced Skin Treatments

3. Vacuum Suction:

- *Question*: "Vacuum suction kya hota hai aur yeh skin ke liye kaise beneficial (beneficial) hota hai?"

- *Answer*: "Vacuum suction ek mechanical (mechanical) treatment hai jo skin se impurities (impurities) aur dead cells (dead cells) remove karne ke liye use hota hai. Yeh circulation (circulation) improve karta hai aur lymphatic drainage (drainage) promote karta hai, jisse skin clearer aur healthier (healthier) lagti hai."

4. Ultrasound Therapy:

- *Question*: "Ultrasound therapy kaise kaam karti hai aur iske kya benefits (benefits) hain?"

- *Answer*: "Ultrasound therapy sound waves (waves) ke through skin ke deeper layers ko stimulate (stimulate) karti hai, jisse collagen (collagen) production increase hota hai aur skin tightening (tightening) aur rejuvenation (rejuvenation) hoti hai. Yeh anti-aging treatments me commonly (commonly) use hoti hai."

5. High Frequency:

- *Question*: "High frequency therapy ka basic principle (principle) kya hai aur yeh skin ke liye kaise beneficial hota hai?"

- *Answer*: "High frequency therapy ek electrical (electrical) treatment hai jo high-frequency current (current) use karti hai. Yeh acne, fine lines (lines), aur hair growth (growth) ke liye beneficial hoti hai kyunki yeh skin me oxygen (oxygen) flow aur blood circulation (circulation) ko improve karti hai."

6. LED Light Therapy:

- *Question*: "LED light therapy me alag-alag wavelengths (wavelengths) kaun si hoti hain aur inka skin pe kya effect hota hai?"

- *Answer*: "LED light therapy me alag-alag colors (colors) ki lights use hoti hain, jaise red, blue, aur green, jinka alag-alag effects (effects) hota hai. Red light collagen production (production) increase karti hai, blue light acne bacteria (bacteria) ko kill karti hai, aur green light pigmentation (pigmentation) ko reduce karti hai."

7. Galvanic Treatment:

- *Question*: "Galvanic treatment kya hota hai aur yeh skin ke liye kaise beneficial hota hai?"

- *Answer*: "Galvanic treatment ek type ka electrotherapy (electrotherapy) hai jo galvanic current (current) use karti hai. Yeh deep cleansing (cleansing) aur product penetration (penetration) me help karti hai. Isme two main processes (processes) hote hain: desincrustation (desin-crus-tation) aur iontophoresis (ionto-pho-resis). Desincrustation oily skin ko clean karta hai aur iontophoresis active ingredients (ingredients) ko skin me deeply (deeply) penetrate karta hai."

Cosmetic Chemistry

8. Ingredients:

- *Question*: "Anti-aging products me kaun se key ingredients hote hain aur yeh kaise kaam karte hain?"

- *Answer*: "Anti-aging products me commonly retinoids (retinoids), hyaluronic acid (hyaluronic acid), vitamin C (vitamin C), aur peptides (peptides) hote hain. Retinoids skin cell turnover (turnover) ko increase karte hain, hyaluronic acid hydration (hydration) ko enhance karta hai, vitamin C antioxidant (antioxidant) hai, aur peptides collagen production (production) ko stimulate karte hain."

9. Formulation:

- *Question*: "Emulsions aur serums ke formulation aur use me kya difference hota hai?"

- *Answer*: "Emulsions ek type ka cream ya lotion (lotion) hota hai jo water aur oil phases (phases) ko mix karta hai. Yeh generally (generally) thicker hote hain. Serums lightweight (lightweight) aur highly concentrated (concentrated) hote hain, jo specific (specific) skin concerns (concerns) ko target karte hain aur jaldi absorb (absorb) hote hain."

Skin Disorders aur Diseases

10. Acne:

- *Question*: "Acne ke main causes (causes) kya hain aur aap ise kaise treat karenge?"

- *Answer*: "Acne ke main causes hormonal changes (changes), excess sebum production (production), clogged pores (pores), aur bacteria (bacteria) hain. Treatment me cleansing (cleansing), exfoliation (exfoliation), aur specific (specific) acne treatments jaise salicylic acid (salicylic acid) aur benzoyl peroxide (benzoyl peroxide) use kiye jate hain."

11. Eczema:

- *Question*: "Agar ek client ko eczema hai, to aap facial treatment ke dauran ise kaise manage karenge?"

- *Answer*: "Eczema ke saath gentle (gentle) products aur techniques use karni chahiye. Harsh exfoliants (exfoliants) aur fragranced products avoid (avoid) karne chahiye. Hydration (hydration) aur soothing (soothing) ingredients jaise aloe vera (aloe vera) aur chamomile (chamomile) beneficial hote hain."

12. Pigmentation Disorders:

- *Question*: "Hyperpigmentation ke liye aap kaun se treatments recommend (recommend) karenge?"

- *Answer*: "Hyperpigmentation ke liye chemical peels (peels), laser treatments (treatments), aur topical (topical) agents jaise kojic acid (kojic acid), vitamin C (vitamin C), aur hydroquinone (hydroquinone) use kiya jata hai. Sun protection (protection) bhi zaroori hai."

Treatment Techniques

13. Facials:

- *Question*: "Anti-aging facial perform karne ke steps (steps) ko describe kijiye."

- *Answer*: "Anti-aging facial me cleansing (cleansing), exfoliation (exfoliation), steam (steam), extraction (extraction), massage (massage), mask (mask), aur moisturization (moisturization) include hota hai. Active ingredients (ingredients) jaise retinoids (retinoids) aur peptides (peptides) use kiye jate hain."

14. Machine Use:

- *Question*: "Microdermabrasion machines use karte waqt kya precautions (precautions) leni chahiye?"

- *Answer*: "Microdermabrasion machines use karte waqt skin type aur condition (condition) ko dhyan me rakhna chahiye. Excessive pressure (pressure) avoid karna chahiye aur post-treatment

(post-treatment) care jaise sun protection (protection) aur hydration (hydration) ensure karna chahiye."

Client Consultation aur Care

15. Consultation Process:

- *Question*: "Client consultation ke dauran aap kaun se key questions puchhenge?"

- *Answer*: "Client consultation ke dauran main skin concerns (concerns), current skincare routine (routine), allergies (allergies), aur medical history (history) ke baare me questions puchhunga. Isse customized (customized) treatment plan banane me madad milti hai."

16. Aftercare Advice:

- *Question*: "Laser treatment ke baad aap kaun sa aftercare advice denge?"

- *Answer*: "Laser treatment ke baad sun exposure (exposure) avoid karna, gentle skincare products (products) use karna, aur hydration (hydration) maintain karna zaroori hai. Post-treatment redness (redness) aur sensitivity (sensitivity) ke liye soothing products (products) recommend kiye jate hain."

Professional Ethics aur Hygiene

17. Hygiene Practices:

- *Question*: "Beauty therapy setting me hygiene maintain karne ke best practices (practices) kya hain?"

- *Answer*: "Hygiene maintain karne ke best practices me clean tools (tools) aur equipment (equipment) use karna, client ke liye fresh towels (towels) aur linens (linens) ensure karna, aur regular sanitization (sanitization) karna shamil hai. Hand washing (washing) aur gloves (gloves) use karna bhi zaroori hai."

18. Client Privacy:

- *Question*: "Treatments ke dauran aap client confidentiality (confidentiality) aur comfort (comfort) kaise ensure karte hain?"

- *Answer*: "Client confidentiality ensure karne ke liye personal information (information) secure (secure) rakhna aur unke treatments ko private (private) environment (environment) me conduct karna zaroori hai. Comfort ensure karne ke liye proper communication (communication), comfortable seating (seating), aur friendly approach (approach) zaroori hain."

Preparation Tips:

1. *Course Material Review karo*: Apne course ke sabhi study materials aur notes ko thoroughly revise karo.

2. *Practical Practice*: Techniques aur equipment use karne ka regular practice karo.

3. *Mock Viva*: Mock viva sessions me participate karo taaki aap orally questions answer karne me comfortable ho jao.

4. *Current Trends*: Beauty therapy me latest trends aur technologies ke saath updated raho.

Viva Exam Presentation Tips

1. Posture aur Body Language:

  - Exam room me confidently enter karo. Straight stand karo, shoulders (shoulders) relaxed rakho aur examiner ko face karo.

  - Khade hote waqt thoda comfortable distance (distance) maintain karo aur apni position fix rakho.

2. Eye Contact aur Smiling:

  - Examiner ke questions sunte waqt eye contact (contact) maintain karo. Yeh dikhata hai ki aap attentive (attentive) aur interested (interested) ho.

  - Answer dete waqt gentle smile (smile) rakho, yeh confidence (confidence) aur friendliness (friendliness) ko depict karta hai.

3. Pauses aur Voice Modulation:

  - Answers dete waqt natural pauses (pauses) lo. Yeh aapko calmly (calmly) aur clearly (clearly) express karne me madad karega.

  - Voice modulation (modulation) ka use karo taaki aapki answers engaging (engaging) lage. Important points pe thoda emphasis (emphasis) do.

4. Hand Gestures:

  - Hand gestures (gestures) ka use moderate rakho, overdo nahi karna. Yeh aapki points ko emphasize (emphasize) karne me madad karega.

  - Hands ko zyada fidget na karo, pocket me na rakho, hands ko naturally position me rakho.

5. Relax aur Be Yourself:

  - Relaxed raho, apne natural self ko present karo. Nervousness (nervousness) ko control karne ke liye deep breaths lo.

- Examiner ko aapke confidence (confidence) aur knowledge (knowledge) se impress karna hai, isliye calmly aur clearly jawab do.