

Series : €ABA€

SET-4

प्रश्न-पत्र कोड 365
Q.P. Code

रोल नं.
Roll No.

--	--	--	--	--	--	--	--

परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।
Candidates must write the Q.P. Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 8 हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 21 प्रश्न हैं।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।
- Please check that this question paper contains 8 printed pages.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 21 questions.
- **Please write down the Serial Number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

*



योगा
YOGA



निर्धारित समय : 1 घण्टा

Time allowed : 1 hour

अधिकतम अंक : 25

Maximum Marks : 25

General Instructions :

- (i) *Please read the instructions carefully.*
- (ii) *This question paper is divided into **03 Sections** viz. **Section A, Section B and Section C.***
- (iii) ***Section A** is of **05** marks and has **06** questions on Employability skills.*
 - (a) *Question numbers **1** to **4** are **one** mark questions. Attempt any **three** questions.*
 - (b) *Question numbers **5** and **6** are **two** marks questions. Attempt any **one** question.*
- (iv) ***Section B** is of **12** marks and has **12** questions on Subject specific skills.*
 - (a) *Question numbers **7** to **12** are **one** mark questions. Attempt any **four** questions.*
 - (b) *Question numbers **13** to **18** are **two** marks questions. Attempt any **four** questions.*
- (v) ***Section C** is of **08** marks and has **03** Competency based questions.*

*Question numbers **19** to **21** are **four** marks questions. Attempt any **two** questions.*
- (vi) *Do as per the instructions given in the respective sections.*
- (vii) *Marks allotted are mentioned against each section/question.*

Section – A

Answer any 3 questions out of given 4 questions.

1 × 3 = 3

- 1. Who is called a family business entrepreneur ? **1**
- 2. Mention any two major functions of an entrepreneur ? **1**

3. Name any 2 areas of Green Jobs in construction sector. 1

4. Mention any two plants which help to purify the air in our house. 1

Answer any 1 question out of the given 2 questions. 2 × 1 = 2

5. What do you understand by 'Start-Ups' ? 2

6. State any two benefits of green jobs. 2

Section – B

Answer any 4 questions out of given 6 questions. 1 × 4 = 4

7. Write any two examples of Tamasic diet. 1

8. What are Macronutrients ? 1

9. Name any two asanas that provide relief from lower back pain. 1

10. What do you understand by Cittaprasadana ? 1

11. Mention two pranayams that are good for managing Arthritis. 1

12. Write any two symptoms of Arthritis. 1

Answer any 4 out of the given 6 questions.

13. Write a short note on Sattvic Diet. 2

14. Define the term 'Hypertension'. 2

15. List down any four causes of lower back pain. 2

16. Describe any two characteristics of Good Stress. 2

17. What is mental health according to WHO ? 2

18. While having food how much space should be given to food, water and air in the stomach ? 2

Section – C

(COMPETENCY BASED QUESTIONS)

Answer any 2 questions out of given 3 questions.

19. Ravi lives in Delhi, during winter when AQI is very high he suffers from wheezing, shortness of breath, chest tightness and coughing. **1 + 3 = 4**
(A) What disease is Ravi suffering from ?
(B) Suggest yogic management for this disease.
20. Satyam is often very irritable at home. He is anxious about his upcoming exams. He lacks motivation to study. He gets angry on small things. **1 + 3 = 4**
(A) Satyam is suffering from which disease ?
(B) How this can be managed by Yoga ?
21. Monu does not like to play outdoor games. He hates to eat salad and fruits. He has gained a lot of weight which has made him very lazy. **1 + 3 = 4**
(A) Is it possible to bring a change in Monu's condition through yoga ?
(B) Explain your answer and the concerned yogic practice in detail.
-