



Series €FGHE



Set-4

प्रश्न-पत्र कोड
Q.P. Code **365**

रोल नं.

Roll No.

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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.

योग YOGA

निर्धारित समय : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 50

Maximum Marks : 50

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी 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 परीक्षार्थी 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 15 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.



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General Instructions :

- (i) *Please read the instructions carefully.*
- (ii) *This Question Paper consists of **21** questions in **two** Sections : Section-A & Section-B.*
- (iii) *Section – A has Objective type questions whereas Section – B contains subjective type questions.*
- (iv) *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.*
- (v) *All questions of a particular section must be attempted in the correct order.*
- (vi) *Section – A : Objective Type Questions (**24** marks)*
 - (a) *This section has **05** questions.*
 - (b) *There is no negative marking.*
 - (c) *Do as per the instructions given.*
 - (d) *Marks allotted are mentioned against each question/part.*
- (vii) *Section – B : Subjective Type Questions (**26** marks)*
 - (a) *This section has **16** questions.*
 - (b) *A candidate has to do **10** questions.*
 - (c) *Do as per the instructions given.*
 - (d) *Marks allotted are mentioned against each question/part.*

Section – A
(Objective Type Questions)

1. Answer any 4 questions out of the given 6 questions on Employability Skills : **4 × 1 = 4**
- (i) “Entrepreneurship is the process by which individuals pursue opportunities without regard to the resources they currently control.” **1**
The above definition is given by _____
(a) William Wordsworth (b) David Miller
(c) Stevenson and Jarillo (d) Rabindranath Tagore
- (ii) A good way to control stress is _____. **1**
(a) Eating Junk food (b) Taking nature walk
(c) Listening loud music (d) To attend late night parties
- (iii) _____ is NOT a sign of self-awareness. **1**
(a) Having conscious knowledge of your own self
(b) Faith in your capabilities
(c) Taking care of personal hygiene
(d) Quarrelling with others
- (iv) Which of the following functions can NOT be performed with the help of spreadsheet ? **1**
(a) Writing letters
(b) Maintaining records
(c) Analyzing data
(d) Performing financial calculations
- (v) Ravi has a yoga center, where many yoga teachers are working as yoga instructors. Ravi is a/an _____. **1**
(a) Wage employed person (b) Entrepreneur
(c) Unskilled worker (d) Skilled worker
- (vi) A _____ is a rectangle shaped box, where the row and column meet. **1**
(a) Worksheet (b) Workbook
(c) Cell (d) Name box

2. Answer any 5 out of the given 6 questions :

5 × 1 = 5

- (i) Read the below passage carefully and identify the correct yoga practice : 1

It is still-gazing based technique for eyes. In this purifying method, we place a light source like a flame at a manageable distance, then look at the point of the flame without blinking our eyes until tears start to flow.

- (a) Kapalbhati (b) Nauli
(c) Trataka (d) Basti

- (ii) What diet should be followed by a yoga practitioner ? 1

- (a) Tamsik (b) Satvik
(c) Rajsik (d) Tamsik and Satvik

- (iii) In which disease we should avoid the practise of Kapalbhati ? 1

- (a) Acidity (b) Sinus
(c) Slipped disc (d) Hair loss

- (iv) The yoga sutra “Sthira Sukham Asanam” has been taken from which book ? 1

- (a) Bhagwad Gita (b) Upanisad
(c) Ramayan (d) Yoga sutras of Patanjali

- (v) Which of the following is helpful to relieve lower back pain ? 1

- (a) Regular exercise
(b) Attending late night functions
(c) Sleeping in the wrong position
(d) Lifting heavy weight

- (vi) Dharana, Dhyana and Samadhi constitute the form of _____. 1

- (a) Bahiranga yoga (b) Kriya yoga
(c) Antaranga yoga (d) Hatha yoga

3. Answer any 5 out of the given 6 questions :

5 × 1 = 5

- (i) Srimad Bhagwad Gita has been originally written in _____. 1
- (a) Hindi (b) Tamil
(c) Awadh (d) Sanskrit
- (ii) A person suffering from hypertension should avoid 1
- (a) Boiled vegetables (b) Pickles and Chutney
(c) Green salad (d) Less salty food
- (iii) _____ is the effect of good stress. 1
- (a) Improved performance (b) Increased fear
(c) Increased laziness (d) Increased tension
- (iv) Asthma directly affects which of the following system ? 1
- (a) Digestive system
(b) Cardiovascular system
(c) Respiratory system
(d) Excretory system
- (v) Which of the following asanas can NOT be recommended to the patient of Bronchial Asthma ? 1
- (a) Katichakrasana (b) Uttanpadasana
(c) Ushtrasana (d) Matsyasana
- (vi) Which one of the following is NOT a benefit of Trataka Kriya ? 1
- (a) It improves the eyesight.
(b) It removes obesity.
(c) It tones up the visual mechanism.
(d) It helps to calm the mind.

4. Answer any 5 out of the given 6 questions :

5 × 1 = 5

(i) Patanjali has divided Kriya yoga into how many parts ? 1

- (a) Four (b) Three
(c) Two (d) Five

(ii) _____ is a part of Yama. 1

- (a) Santosh (b) Swadhyaya
(c) Ishwara Pranidhana (d) Brahmacharya

(iii) Which yogic kriya is beneficial for Hypertension ? 1

- (a) Basti (b) Jalneti
(c) Dhauti (d) Nauli

(iv) _____ is a part of Niyama. 1

- (a) Ahimsa (b) Tapa
(c) Asteya (d) Satya

(v) _____ is NOT suitable asana for reducing stress. 1

- (a) Shavasana (b) Sethubandhasana
(c) Ardha Chakrasana (d) Shirsasana

(vi) "Meditation is a state of pure consciousness which transcends the inner and outer senses".

From the following, select the statement which is irrelevant in this context : 1

- (a) Meditation improves quality of life.
(b) Meditation helps to increase concentration.
(c) Meditation enables to focus on present moment.
(d) Meditation dwells on unchangeable past.

5. Answer any **5** out of the given **6** questions : **5 × 1 = 5**
- (i) An asthma patient should avoid _____. **1**
 (a) Cold food (b) Vegetables soup
 (c) Fresh fruits (d) Coconut water
- (ii) Which of the following is NOT a Pathya (wholesome) food for Yogi ? **1**
 (a) Dry ginger (b) Garlic
 (c) Rice (d) Milk
- (iii) Bhagwad Gita has been translated into how many languages ? **1**
 (a) 15 (b) 75
 (c) 50 (d) 95
- (iv) Which of the following is NOT a part of CPR ? **1**
 (a) Chest compressions
 (b) Opening of Air ways
 (c) Mouth to mouth resuscitation
 (d) Infusion of oxygenated blood
- (v) What is the meaning of the word Kapal in Kapalbhati ? **1**
 (a) Nose (b) Mouth
 (c) Neck (d) Skull
- (vi) Tea and Coffee are examples of _____. **1**
 (a) Tamsik food (b) Rajsik food
 (c) Satvik food (d) Yogic food

Section – B

(Subjective Type Questions)

Answer any **3** out of the given **5** questions on Employability skills. Answer each question in **20** to **30** words : **3 × 2 = 6**

6. There are many major functions of an entrepreneur. Explain the function with respect to 'Turning ideas into action'. **2**
7. Mention any two advantages of presentation software in digital presentation. **2**

8. Define motivation. What are its sources ? 2
9. Write down names of four types of entrepreneurs. 2
10. Describe any two personality disorders. 2

Answer any 4 out of the given 6 questions. Answer each question in 20 to 30 words : $4 \times 2 = 8$

11. Write down the four benefits of Kapalbhati. 2
12. What impact does stress have on our Muscular system ? 2
13. What are the limitations for women while practicing Yogasana ? 2
14. What is Obesity ? 2
15. List down any four signs and symptoms of Arthritis. 2
16. Name any two asanas and pranayamas that provide relief from low back pain. 2

Answer any 3 out of the given 5 questions in 80 to 100 words each. $3 \times 4 = 12$

17. Explain the yogic management of Arthritis in detail. 4
18. Describe how yoga helps in our emotional and spiritual development. 4
19. What is Bahiranga yoga ? Briefly explain its limbs. 4
20. What do you understand by Shatkarma Kriya ? Write four significance of Shatkarma Kriyas. 4
21. Explain the concept of healthy living described in Bhagwad Gita. 4
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