



Series & RQPS

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.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 21 प्रश्न हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- 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.
- Please check that this question paper contains 21 questions.
- 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 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.



योग
YOGA



निर्धारित समय : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 50

Maximum Marks : 50

Section – A
(Objective Type Questions)

1. Answer any 4 questions out of the given 6 questions. **4 × 1 = 4**
- (i) Which of the following factor can **NOT** become a barrier to active listening ? **1**
- (A) Noise and visual distraction.
(B) Prejudices based on past experience.
(C) Pre-conceptions about the other person.
(D) Conductive environment.
- (ii) Stress is a state of feeling upset, annoyed and hopeless. Which of the following is **NOT** the way to manage stress ? **1**
- (A) Understand and Resolve situation.
(B) Overthink about stressful situation.
(C) Practise Meditation and Yoga.
(D) Maintain accomplishment sheet and enter all achievements.
- (iii) Sheela has lack of self-confidence and she need help in making everyday decisions and surrendering important life-decisions to the care of others. What type of personality disorder is this ? **1**
- (A) Avoidant (B) Obsessive-compulsive
(C) Narcissistic (D) Dependent
- (iv) _____ is a rectangle shaped box, where we can enter text, number, date, formula etc. **1**
- (A) Row (B) Column
(C) Worksheet (D) Cell
- (v) Rohan does not has any entrepreneurial background. What kind of entrepreneur is he ? **1**
- (A) Professional Entrepreneur (B) Social Entrepreneur
(C) First Generation Entrepreneur (D) Service Entrepreneur
- (vi) Which one of the following is a benefit of green job ? **1**
- (A) Decreases the efficiency of energy.
(B) Increases green house gas emission.
(C) It helps to protect and restore ecosystems.
(D) Increase energy cost.

2. Answer any **5** out of the given **6** questions. **5 × 1 = 5**

- (i) Slow deep inhalation, while practising pranayama is called _____. **1**
(A) Anulom-Vilom (B) Puraka
(C) Kumbhaka (D) Rechaka
- (ii) _____ involves focusing the mind on a single object of concentration for long periods of time. **1**
(A) Samadhi (B) Dhyana
(C) Dharana (D) Pranayama
- (iii) Which of the following path is practiced to achieve the true knowledge about the self ? **1**
(A) Jnan Yoga (B) Karma Yoga
(C) Bhakti Yoga (D) Hath Yoga
- (iv) Macronutrients cover principally three components. Choose the correct option from the following : **1**
(A) Proteins, Vitamins, Minerals
(B) Carbohydrates, Proteins, Iron
(C) Vitamins, Fats, Minerals
(D) Carbohydrates, Fats, Proteins
- (v) Which shatkarma helps to relieve stress ? **1**
(A) Neti (B) Kapalbhata
(C) Dhauti (D) Nauli
- (vi) Neeta is suffering from Arthritis. Which of the following pranayama is **NOT** recommended for her ? **1**
(A) Nadishodhan Pranayama (B) Suryabhedan Pranayama
(C) Ujjayi Pranayama (D) Sheetkari Pranayama

3. Answer any **5** out of the given **6** questions. **5 × 1 = 5**

- (i) In which type of meditation, we have awareness of the sound and movement happening around us ? **1**
(A) Spiritual Meditation (B) Focused Meditation
(C) Mindfulness Meditation (D) Movement Meditation

- (ii) Jal Neti is a cleansing procedure for _____ 1
 (A) Elementary canal (B) Nasal passage
 (C) Respiratory passage (D) Stomach
- (iii) Which of the following is the correct option for Sattvic diet ? 1
 (A) Green leafy vegetables, fruits and sprouts.
 (B) Garlic, Onion and Mushroom.
 (C) Fruits, Red Meat and Alcohol.
 (D) Fermented food, Nuts, and Seeds.
- (iv) _____ means union of the Pranic force and Mental force. 1
 (A) Shatkriya (B) Hath Yoga
 (C) Karm Yoga (D) Jnan Yoga
- (v) C-A-B means 1
 (A) Chest compression, Airways, Breathing.
 (B) Central compression, Airways, Breathing.
 (C) Cervical compression, Airways, Breathing.
 (D) Cardiac, Airway, Breathing.
- (vi) Immediate help given to a sick or injured person, while waiting for an ambulance or medical help is known as 1
 (A) Chest compression (B) Elevation
 (C) Rescue breath (D) First Aid

4. Answer any **5** out of the given **6** questions. **5 × 1 = 5**

- (i) Ashish wants to perform prone line asana. Choose one of the following asana which is practiced in prone line. 1
 (A) Pawanmuktasan (B) Shalbhasana
 (C) Naukasana (D) Halasana
- (ii) _____ leads towards awareness of entire structure of one's personality involving physical, mental, emotional and spiritual aspects. 1
 (A) Tapas (B) Swadhyaya
 (C) Ishwar pranidhan (D) Citta prasadana

- (iii) In which type of yoga, works are done without attachment to the results ? 1
- (A) Bhakti Yoga (B) Jnan Yoga
(C) Hath Yoga (D) Karma Yoga
- (iv) Which of the following is **NOT** the characteristic outcome of a bad stress ? 1
- (A) Anxiety (B) Decrease performance
(C) Motivates (D) Tension
- (v) When the nerve roots become compressed or irritated, it results into _____ 1
- (A) Obesity (B) Asthma
(C) Arthritis (D) Back Pain
- (vi) Emotional stability, aggressiveness and stress-tolerance are the characteristics of _____ dimension of personality. 1
- (A) Physical (B) Social
(C) Psychological (D) Spiritual

5. Answer any **5** out of the given **6** questions. **5 × 1 = 5**

- (i) Humming bee breath, that soothes the nervous system is also known as _____ pranayama. 1
- (A) Bhramari (B) Anulom-vilom
(C) Ujjayi (D) Sheetal
- (ii) _____ contains food items which are substantial and cause exhaustion or laziness in a person. 1
- (A) Yogic Diet (B) Wholesome Food
(C) Rajsic Diet (D) Tamsic Diet
- (iii) Which of the following is **NOT** the symptom of Cittavikshepa (mental distraction) ? 1
- (A) Depression (B) Irregular Breathing
(C) Clarity of Thought (D) Trembling of the Body

- (iv) Which of the following Kriya is NOT suggested for the management of Ashtma ? 1
- (A) Jal Neti (B) Kapalbhati
 (C) Vastradhauti (D) Nauli
- (v) At the _____, pranayama restores harmony to the flow of prana (Vital force) by removing blocks and imbalances. 1
- (A) Manomaya Kosha (B) Pranmaya Kosha
 (C) Annamaya Kosha (D) Vijnanamaya Kosha
- (vi) Purva's teacher told her that her Annamaya Kosha is increasing. Which of the following is mainly helpful in increasing the Annamaya Kosha ? 1
- (A) Asana (B) Dhyana
 (C) Pranayama (D) Dharna

Section – B

(Subjective Type Questions)

Answer any **3** out of the given **5** questions in **20-30** words each. **3 × 2 = 6**

6. Acronym 'RESPECT' is used to ensure active listening. Elucidate the expansion of any four letters. $\frac{1}{2} \times 4 = 2$
7. Explain any two dimensions of 'Big Five Factors'. 2
8. Briefly explain any two advanced features in a spreadsheet. 2
9. How 'Time Management' is an important tool of organizational skills ? Explain. 2
10. Aditya wants to work in solar and wind energy. Which type of green jobs are available in solar and wind energy ? Explain with suitable example. 2

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

11. What is the order of CPR interventions in new-born babies ? 2
12. Damini does meditation everyday. What are the benefits of meditation for her ? 2
13. What is Nauli ? Briefly explain. 2
14. Deepak is suffering from obesity. Suggest him 2 Pranayamas and 2 Asanas to manage obesity. 2
15. Briefly explain 'Manomaya Kosha'. 2
16. What are the characteristics of good stress ? Briefly explain. 2

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

17. Practice of Yogic Asanas, inattentively may cause several injuries. Outline some important points to be kept in mind while performing yogic asanas. 4
 18. What is the concept of mental health well-being according to Patanjali yoga ? Explain the causes of faulty mental health. 4
 19. What is the significance of Hath Yoga practices in promotion of Health ? Explain. 4
 20. What are the effects of stress on Respiratory and Digestive System ? How can you manage stress through Yogasanas ? (Enlist 4 asanas.) 4
 21. Shreya's Systolic BP has 150 mm Hg and Diastolic BP 90 mm Hg, and she was diagnosed with moderate Hypertension. 4
 - (a) Suggest dietary management for her.
 - (b) Explain the procedure of 'Ushtrasana' to manage Hypertension.
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