

Series : WXY4Z

SET-4

प्रश्न-पत्र कोड
Q.P. Code **365**

रोल नं.
Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड का 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 दाहिन हाथ की आर दिए गए प्रश्न-पत्र काड का परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें।
- इस प्रश्न-पत्र का पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बज किया जाएगा। 10.15 बज से 10.30 बज तक परीक्षार्थी केवल प्रश्न-पत्र का 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 at the given place before attempting it.**
- 15 minutes 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 : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 50

Maximum Marks : 50

721

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 **5** 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 given **six** questions on Employability Skills : **4 × 1 = 4**
- (i) The new Biofuel Policy announced by the Government of India on _____ **1**
- (A) 15 August, 2015 (B) 13 July, 2008
(C) 10 August, 2018 (D) 7 October, 2019
- (ii) Nishant's grand father had many health issues due to non-participation in physical activities. He got an idea to start a Yoga Centre for Senior Citizens. Soon 20 people joined his yoga classes. Nishant is a/an _____. **1**
- (A) Entrepreneur (B) Wage Employed
(C) Labourer (D) Unskilled Worker
- (iii) On the basis of Rohit's previous performances he got scholarship to be spent on his athletic training. What kind of motivation is this ? **1**
- (A) Amotivation (B) Cognitive Motivation
(C) Intrinsic Motivation (D) Extrinsic Motivation
- (iv) Acronym 'SMART' is used to set goals. What does letter 'S' implies for **1**
- (A) Social (B) Sacrifies
(C) Specific (D) Seasonal
- (v) An employee requested his manager to grant him a short leave. Which of the following statement is a correct and clear request ? **1**
- (A) Please allow me to reach office at 11 AM as I have an appointment with dentist.
(B) Sir, I have an appointment on 11 June 2019, please allow for short leave.
(C) Please allow me to reach late to office as I have an appointment with the dentist.
(D) Please allow me to reach office at 11 AM on Tuesday, 11 June 2019, as I have an appointment with a dentist.

- (vi) What is correct order of steps for sorting data ? 1
- (A) Select all rows and columns, click sort and then select data. Click on Sort Key 1.
- (B) Select all rows and columns to be sorted, click on Data, select Sort, click on Sort Key 1 and select total from the drop-down.
- (C) Select total from the drop-down, click on data, select sort, select all rows and columns.
- (D) Select sort, click on Sort Key 1, select total from the drop-down, select all rows and columns, click on Data.

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

- (i) Nidhi is suffering from gastric trouble and indigestion. Which of the following Kriya will be beneficial for her ? 1
- (A) Kapalbhati (B) Neti
(C) Dhauti (D) Tratak
- (ii) Which of the following asana is **NOT** effective for strengthening the abdominal muscles ? 1
- (A) Bhujangasana (B) Shalabhasana
(C) Paschimottanasana (D) Vrikshasana
- (iii) Wheezing, shortness of breath, chest tightness and coughing are the symptoms of _____. 1
- (A) Arthritis (B) Bronchial Asthma
(C) Hypertension (D) Diabetes
- (iv) According to Yogic Philosophy a person has five koshas, which surround the divine self or the atman. Which of the following kosha helps to evolve better intra-personal and inter personal relationship ? 1
- (A) Vijnanamaya kosha (B) Anandmaya kosha
(C) Annamaya kosha (D) Pranamaya kosha
- (v) Which of the following Sukshama Vyayama is **NOT** recommended to manage arthritis ? 1
- (A) Griva-Sakti-Vikasaka
(B) Vaksha-Sthla-Shakti Vikasaka
(C) Skandh-tatha Bahu-Mula Sakti Vikasaka
(D) Kati-Sakti-Vikasaka
- (vi) Surya Namaskar, Tratak and Pranayama help to maintain the functions of pineal gland, responsible for _____. 1
- (A) Physical Development (B) Cognitive Development
(C) Emotional Development (D) Social Development

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

- (i) _____ is a method for purifying the large intestine either with or without water. 1
(A) Nauli (B) Dhauti
(C) Basti (D) Neti
- (ii) Normally, a healthy person should practice asanas and pranayamas everyday for _____ respectively. 1
(A) 30 minutes; 15 to 20 minutes (B) 45 minutes; 15 to 20 minutes
(C) 30 minutes; 10 to 15 minutes (D) 40 minutes; 10 to 20 minutes
- (iii) _____ means union of pranic force and mental force. 1
(A) Kriya Yoga (B) Hath Yoga
(C) Karma Yoga (D) Jnan Yoga
- (iv) Which of the following are the characteristics of good stress ? 1
(A) Motivates and focusses energy (B) Anxiety and Tension
(C) Decreased Performance (D) Mental and Physical problems
- (v) Ashtanga Yoga of Patanjali consists of eight limbs. Which of the following limb is not a part of Antaranga Yoga ? 1
(A) Samadhi (B) Dhyana
(C) Dharana (D) Pratyahara
- (vi) Trataka is a still-gazing based technique for eyes, that helps to _____. 1
(A) Improve balance
(B) Cleanse respiratory passage
(C) Cure sinus and asthma
(D) Calm mind and remove distraction

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

- (i) With specific reference to micro-nutrients, choose the incorrect statement from the following : 1
(A) Provide energy and heat
(B) Maintain tissues function
(C) Regulate functions of the body
(D) Comprise of vitamins and minerals.
- (ii) Divansh is suffering from obesity. Which of the following yogic management will help him to control over-eating habits and anxiety ? 1
(A) Dhyana (B) Pranayama
(C) Yama and Niyama (D) Yognidra

- (iii) Ahimsa-Parma-Dharma – this principle teaches us non-violence in thoughts, words and actions. We can study these under the goal of _____. 1
- (A) Mental Health (B) Spiritual Health
(C) Social Health (D) Physical Health
- (iv) _____ enables an individual to control the urge for materialistic and physical pleasures. 1
- (A) Tapas (B) Swadhyaya
(C) Ishwar Pranidhan (D) Pranayama
- (v) Which of the following factors are important for social development ? 1
- (A) Body Systems (B) Stress and Anxiety
(C) Meditation and Mantras (D) Behaviour and Communication
- (vi) _____ includes food items like Red meat, Alcohol, over-ripe or unripe organic products and fermented food. 1
- (A) Rajasic diet (B) Yogic diet
(C) Tamasic diet (D) Balanced diet

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

- (i) Which of the following asana can **NOT** be performed in Supine line position ? 1
- (A) Ardha Halasana (B) Pawanmuktasana
(C) Sarvangasana (D) Makarasana
- (ii) The Bhagwad Gita is a Sanskrit text derived from the Mahabharata epic. The content is in the form of discussion between _____. 1
- (A) Yudhishtir and Arjun (B) Arjun and Shri Krishna
(C) Bhishm Pitamah and Bhim (D) Shri Krishna and Yudhishtir
- (iii) Harshit is facing stress in his business due to lack of resources. Choose the behaviour related effect of stress from the following : 1
- (A) Restlessness and depression
(B) Lack of motivation
(C) Anger outburst and social withdrawal
(D) Feeling overwhelmed
- (iv) Patanjali Yoga Sutras start with the idea of enlightening the importance of controlling the mind, it is known as _____. 1
- (A) Yogah Karmasu Kaushlam (B) Cittavrti Nirodha
(C) Aarogyam Ojas Siddhi (D) Samatvam Yog Uchchayate

- (v) Which machine is used to give electric shock in case of cardiac arrest ? 1
- (A) Mechanical Ventilator
- (B) Pace Maker
- (C) Automated External defibrillator
- (D) Electrocardiogram
- (vi) Cardio pulmonary resuscitation is a life saving procedure that suggests to place heel of hand over the centre of the person's chest and _____. 1
- (A) Push straight down 10 cm @ 80 compressions per minute
- (B) Push straight down 15 cm @ 72 compressions per minute
- (C) Push straight down 20 cm @ 60 compressions per minute
- (D) Push straight down 5 cm @ 100 compressions per minute

SECTION – B

(Subjective Type Questions)

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

6. Mr. Sachin wants to see the marks of students of Class XIIA. To do this, he can use another feature of spread sheet – ‘filters’. What are the steps to apply filters to a table ? 2
7. Active listening is an art, which comprises both a desire to comprehend as well as offer support and empathy to the speaker. What are the stages of active listening ? 2
8. ‘Startup India’ is a flagship initiative of Govt. of India. Rita wants to start a health care unit. But she does not know much about startups. How will you make her understand about startups ? 2
9. Elucidate the ways to become result oriented. 2
10. How can we reduce the amount of waste generated ? Explain. 2

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

11. What are the career opportunities in Yoga ? 2

12. Differentiate between Spiritual and Mantra meditation. $1 + 1 = 2$

13. What are the effects of stress on Respiratory and Cardiovascular System ?
 $\frac{1}{2} \times 4 = 2$

14. Suggest 2 asanas and 2 pranayamas to manage arthritis. $\frac{1}{2} \times 4 = 2$

15. Ramesh was playing football with his friends in their sports period. All of a sudden he became unconscious and fell on the ground. The teacher rushed to the area of incident and start giving CPR. What is the recommended order of CPR interventions for children ? 2

16. Mamta is suffering from low back pain. Due to chronic pain she has lost her working capacity and has to spend largely on health care expenses. Discuss about the causes of pain. 2

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

17. Acharya Rajesh is starting a group for yogic practices. Suggest some essential points to be kept in mind before doing pranayamas, to improve the productivity of yogic practices. 4

18. What are the effects of Mitahara (Yogic Diet) ? Explain. 4

19. Elucidate the concept of mental well being according to Patanjali yoga. What are the effects of Cittavikshepa ? $2 + 2 = 4$

20. What is the role of yoga in the management of hypertension ? Explain the prescribed yogic practices for it. $1 + 3 = 4$

21. According to yogic philosophy, how we can develop personality through yoga ? Explain. 4
