



Series : RQ3SP

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.



योगा
YOGA



निर्धारित समय : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 50

Maximum Marks : 50

नोट :

- (I) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।
- (II) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- (III) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 21 प्रश्न हैं।
- (IV) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें।
- (V) 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।

NOTE :

- (I) Please check that this question paper contains 15 printed pages.
- (II) 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.
- (III) Please check that this question paper contains 21 questions.
- (IV) Please write down the serial number of the question in the answer-book at the given place before attempting it.
- (V) 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.

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 6 questions on Employability Skills.

4 × 1 = 4

- (i) Identify the preposition in this sentence –

“The shop is at the end of the road.”

1

(A) the

(B) of

(C) at

(D) is

- (ii) Define the term “stress”. 1
- (iii) Which of the following is not the part of “Big Five Factors” of personality ? 1
- (A) Neuroticism (B) Openness
- (C) Timely (D) Agreeableness
- (iv) How many textboxes does the first slide of Libre Office Impress have by default ? 1
- (A) 3 (B) 4
- (C) 1 (D) 2
- (v) _____ is a company that is in the first stage of its operation. 1
- (A) Venture (B) Merger
- (C) Startup (D) Traditional Business
- (vi) Which of the following is not a Green House Gas ? 1
- (A) Nitrogen (B) Methane
- (C) Nitrous oxide (D) Carbon dioxide

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

- (i) Which of the following Kriya improves the eye sight, tones up visual mechanism and helps to calm the mind ? 1
- (A) Sheetali (B) Neti
- (C) Kapalbhati (D) Trataka
- (ii) Rajiv is suffering from digestive tract related problems. Which of the following Kriya should be practiced to remove toxic material from stomach, liver, urinary bladder, large and the small intestines ? 1
- (A) Sutra Neti (B) Nauli
- (C) Trataka (D) Yog Mudra

- (iii) Micronutrients are comprised of _____. 1
 (A) Fats and Proteins (B) Carbohydrates and Vitamin
 (C) Minerals and Vitamins (D) Proteins and Carbohydrates
- (iv) According to Patanjali Yoga Sutras, enlighting the importance of controlling the mind is _____. 1
 (A) Cittavriti Nirodha (B) Cittavikshepa
 (C) Cittaprasadana (D) Citta Abhilasha
- (v) Cardio-pulmonary resuscitation (CPR) is a life saving procedure. The recommended order of C.A.B. intervention is 1
 (A) Cardio-Airways-Breathing
 (B) Cervical-Airways-Breathing
 (C) Chest Compression, Airways, Breathing
 (D) Circulation, Airflow, Breathing
- (vi) A combination of excessive calorie consumption and sedentary life style are the primary causes of _____. 1
 (A) Asthma (B) Obesity
 (C) Hypertension (D) Low Back Pain
3. Answer any **5** out of the given **6** questions. **5 × 1 = 5**
- (i) Which of the following statement is **not** a condition on which the human body remain healthy ? 1
 (A) Adequate nourishment to endocrine glands and other tissues
 (B) Effective removal of waste products
 (C) Proper functioning of all nerve connections
 (D) Thoughtless Awareness
- (ii) Which of the following is **Not** a noticeable feature of tamasic diet ? 1
 (A) Causes exhaustion and laziness
 (B) Individual may experience chronic depression
 (C) Expansion of life span and well-being
 (D) Contains spoiled, unripe and overly processed food
- (iii) Clarity of thoughts, inner freedom, contentment and self confidence are the basis for _____. 1
 (A) Social wellbeing (B) Emotional wellbeing
 (C) Physical wellbeing (D) Mental wellbeing

- (iv) What are the common symptoms of arthritis ? 1
- (A) Chest tightness and coughing
- (B) systolic and diastolic pressure elevate above normal
- (C) Accumulation of excess fat
- (D) Pain, swelling and joint stiffness
- (v) According to Patanjali, Kriya Yoga is classified into three parts. Choose the correct option from the following : 1
- (A) Pranayam, Shoucha, Santosha
- (B) Tapas, Swadhyaya and Ishwar-pranidhan
- (C) Yama, Niyama, Pranayama
- (D) Asana, Pratyahara, Niyama
- (vi) Yogic philosophy views the person as having five Koshas, which surround the divine self or atmaa. Which of the following kosha, relates to energy body ? 1
- (A) Annamaya kosha (B) Manomaya kosha
- (C) Pranmaya kosha (D) Vijnanmaya kosha
4. Answer any 5 out of the given 6 questions. 5 × 1 = 5
- (i) This type of meditation is for those who regularly participate in prayer, as it is based on communicating with God. 1
- (A) Movement Meditation (B) Mantra Meditation
- (C) Spiritual Meditation (D) Focused Meditation
- (ii) Sanjiv admires 'Shrimad Bhagwat Gita' and has full faith in its sacred preaching. The type of yoga highlighted in it as a path to achieve true knowledge about the self is _____. 1
- (A) Bhakti Yoga (B) Karma Yoga
- (C) Jnan Yoga (D) Bahirang Yoga
- (iii) Which of the following statement is associated with "Samatvam Yog Uchate" – a teaching of Bhagvat Geeta ? 1
- (A) Yoga is skill in action
- (B) Practice of equanimity of mind
- (C) Eating healthy and right food
- (D) Cultivation of spirituality

- (iv) Which of the following are helpful in attaining higher level of buddhi ? 1
- (A) Dhyana and Jnan Yoga (B) Dhyana and Bhakti Yoga
(C) Bhakti Yoga and Karma Yoga (D) Dharna and Jnan Yoga
- (v) Good intellect, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath, known as 1
- (A) Manomaya Kosha (B) Annamaya Kosha
(C) Pranmaya Kosha (D) Anandmaya Kosha
- (vi) Which of the following is Not the characteristic feature of good stress ? 1
- (A) Motivates (B) Anxiety
(C) Focuses Energy (D) Improves performance
5. Answer any **5** out of the given **6** questions. **5 × 1 = 5**
- (i) If you are not trained and not confident about giving CPR, then provide hands-only CPR until medical help arrives, that means per minute _____. 1
- (A) 30 chest compressions followed by 2 Rescue breaths.
(B) 50 chest compressions only
(C) 50 chest compressions with 4 Rescue breaths
(D) 100 chest compressions
- (ii) Which of the following is **Not** a prone line asana ? 1
- (A) Bhujang-asana (B) Makar-asana
(C) Supt-vajrasana (D) Shalabhasana
- (iii) According to yogic philosophy, which of the following is the outer most sheath ? 1
- (A) Annamaya Kosha (B) Manomaya Kosha
(C) Pranmaya Kosha (D) Vijnanmay Kosha
- (iv) Maharishi Patanjali precisely explains the effects of mental distraction. Which of the following is Not the symptoms of ‘Cittavikshepa’ ? 1
- (A) Depression (B) Blissful state of mind
(C) Trembling of the body (D) Irregular breathing

- (v) Tarun is obese and wants to reduce body fat. He has started yogic practice. What advise will you give him regarding food ? 1
- (A) Fill half the stomach with food and half with water
- (B) Fill half the stomach with food, one quarter with water and fourth quarter should be saved for expansion of air
- (C) Fill 3 quarter stomach with food and one quarter with water
- (D) Fill 3 quarter stomach with food and one quarter with air.
- (vi) Hypertension is the elevation of blood pressure above normal. Which of the following is generally accepted as hypertension ? 1
- (A) Systolic BP > 120 & Diastolic BP > 60 mmHg.
- (B) Systolic BP > 110 & Diastolic BP > 70 mmHg.
- (C) Systolic BP > 90 & Diastolic BP > 140 mmHg.
- (D) Systolic BP > 140 & Diastolic BP > 90 mmHg.

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. Explain how “past experiences or mindset” act as a barrier to active listening. How can one overcome it ? 2
7. Define ‘Self-Awareness’ and also give an example of how one can be self-aware. 2
8. Mention four ways in which text can be aligned in a slide. 2
9. Briefly explain any four types of entrepreneurs. 2
- 10 Name any two green jobs in following sectors : 2
- (A) Solar and wind energy sector
- (B) Agriculture sector

- Answer any 4 out of the given 6 questions in **20-30** words each. $4 \times 2 = 8$
11. What is 'Basti' ? Explain its any two benefits. $1 + 1 = 2$
 12. Write any four career opportunities in Yoga. $\frac{1}{2} \times 4 = 2$
 13. What are the objectives of First Aid ? $\frac{1}{2} \times 4 = 2$
 14. Name any two asanas and two pranayamas recommended to manage hypertension. $1 + 1 = 2$
 15. Sudha is suffering from wheezing, coughing and shortness of breath. What is this disease called ? Suggest dietary management for this. $\frac{1}{2} + 1\frac{1}{2} = 2$
 16. Raman is facing problems in his everyday life due to a lack of resources to cope with them. What are the sign and symptoms of stress on his mood and behaviour ? 2
- Answer any 3 out of the given 5 questions in **80-100** words each. $3 \times 4 = 12$
17. During morning walk, Vibham and Ritu observed people practicing Yogasanas in the park. They decided to join their practice sessions. Suggest them, some aspects and key points to be kept in mind while performing yogic practices. 4
 18. What do you understand by Hath-Yoga ? What is the significance of Hath-Yoga ? $1 + 3 = 4$
 19. According to Patanjali Yoga, what is the concept of mental well-being ? Explain chittavritti nirodha and chitta prasadana described by Patanjali. $1 + 1\frac{1}{2} + 1\frac{1}{2} = 4$
 20. Explain the procedure of cardio-pulmonary resuscitation (CPR) in children before calling your local emergency help number and the A.E.D. 4
 21. Yoga is considered as an effective tool for development of personality of children. Yoga acts on all five koshas surrounding the self. Explain the effect of yogic practices on any 4 koshas. $1 \times 4 = 4$
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