



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) Kapalbhati
(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. $5 \times 1 = 5$

- (i) Ashish wants to perform prone line asana. Choose one of the following asana which is practiced in prone line. 1
(A) Pawanmuktasan (B) Shalabhasana
(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. $5 \times 1 = 5$
- (i) Humming bee breath, that soothes the nervous system is also known as _____ pranayama. 1
(A) Bhramari (B) Anulom-vilom
(C) Ujjayi (D) Sheetali
- (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) Kapalbhata
(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. $3 \times 2 = 6$

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.