

SECTION - A : OBJECTIVE TYPE QUESTIONS

Q-1 Answer any 4 questions out of the given 6 questions on Employability Skills.

(1×4=4)

1) Effective communication requires _____

1

- a) Only speaking
c) Speaking and listening

- b) Only listening
d) Writing fast

2) Self-management means _____

1

- a) Managing others
c) Managing money

- b) Managing time and emotions
d) Managing office

3) ICT Stands for _____

1

- a) Information and Communication Technology
c) Indian Computer Technology

- b) Internet Communication Tool
d) Internal Communication Technique

4) Green skills are important for _____

1

- a) Only adults
c) Only students

- b) Past generation
d) Future generation

5) Small business requires _____

1

- a) Big investment only
c) Planning and effort

- b) No effort
d) No skill

6) Which of the following is a green job?

1

- a) Coal mining
c) Plastic manufacturing

- b) Solar panel technician
d) Oil refinery worker

Q-2 Answer any 5 out of the given 6 questions.

(1×5=5)

1) The word 'Yoga' is derived from which language?

1

- a) Hindi
c) Urdu

- b) Sanskrit
d) Gujarati

2) Which asana is also called the 'tree Pose'?

- a) Tadasana
- c) Ustrasana

- b) Trikonasana
- d) Vrikshasana

3) Yoga Sutra is written by?

- a) Maharishi Patanjali
- c) Yogi

- b) Kapila
- d) Shiv

4) How many different asanas in Surya Namaskar?

- a) 11
- c) 12

- b) 13
- d) 10

5) Which day is celebrated as an international yoga day?

- a) June 24
- c) June 27

- b) June 21
- d) June 23

6) Which one of the following is not a limb of ashtanga yoga?

- a) Yama
- c) Pranayama

- b) Niyama
- d) Trataka

Q-3 Answer any 5 out of the given 6 questions.

(1x5=5)

1) What is the appropriate time to eat a meal after yoga practice?

- a) 30 minute
- c) 90 minute

- b) 60 minute
- c) Any Time

2) Which of the following is an example of a Karma Yogi?

- a) Meera Bai
- c) Tulsidas

- b) Swami Vivekananda
- d) Kabir Das

3) Which Shatkarma uses water?

- a) Nauli
- c) Trataka

- b) Kapalbhathi
- d) Neti



How many limbs are there in Ashtanga Yoga?

1

- a) 6
- c) 8

- b) 7
- d) 9

5) Which asana helps to reduce back pain?

1

- a) Bhujangasana
- c) Shalabhasana

- b) Dhanurasana
- d) All of these

6) Which yogic practice improves sleep?

1

- a) Yoga Nidra
- c) Bhastrika Pranayama

- b) Kapalbhata
- d) Anulom Vilom Pranayama

(1x5=5)

Q-4 Answer any 5 out of the given 6 questions.

1) WHO defines health as _____

1

- a) Absence of disease
- c) Complete physical, Mental & Social well-being

- b) Complete physical fitness
- d) Mental fitness

2) What are the proximate principles of food?

1

- a) Protein and fat
- c) Mineral and vitamins

- b) Protein and minerals
- d) Fat and minerals

3) How many kriyas are included in Shatkarma?

1

- a) 5
- c) 7

- b) 9
- d) 6

4) What is the full form of BMI?

1

- a) Body Mass Index
- c) Body Measurement Index

- b) Body Muscle Indicator
- d) Body Metabolism Indicator

5) CPR Training is important because it _____

1

- a) Improves fitness
- c) Saves lives in emergencies

- b) Prevents diseases
- d) Increases stamina

6) Which practice is best to reduce bad stress?

1

- a) Fast food
- c) Overthinking

- b) Pranayama and meditation
- d) Lack of sleep

1) Which of the following is NOT One of the three Yogas in the Bhagavad Gita?

- a) Karma Yoga
- b) Bhakti Yoga
- c) Jnana Yoga
- d) Ashtanga Yoga

2) Which concept explains the relation between food and mind?

- a) Pranayama
- b) Anna-maya Kosha
- c) Dhyana
- d) Samadhi

3) Which of the following is NOT a cause of stress?

- a) Time Management
- b) Work pressure
- c) Financial problems
- d) Family issues

4) Which Asana is called the 'King of Asanas'?

- a) Padmasana
- b) Vajrasana
- c) Sirsasana
- d) Tadasana

5) Which Asana is useful in reducing Obesity?

- a) Halasana
- b) Paschimottanasana
- c) Shavasana
- d) Padmasana

6) Non-Vegetarian food, Spicy, Oily, Stimulating food are called _____

- a) Sattvic Aahara
- b) Tamasic Aahara
- c) Rajasic Aahara
- d) Balanced Aahara

SECTION -B SUBJECTIVE TYPE QUESTIONS

- Answer any 3 out of the given 5 questions. Answer each question in 20 – 30 words. (2x3=6)

Q-6 Write steps to convert a word document in pdf format?

Q-7 What is Aahara? How many types of Aahara are there?

Q-8 Write three types of yoga are described in the Bhagavat Gita? Which type of Yoga was mainly advised to Arjuna by Lord Krishna?

Q-9 What is self-management? Give two Examples of self-management skills.

Q-10 Puja wants to start practicing Yoga Asanas at home. She is confused about the Right time, place, duration and precautions. She also want to know if there are any limitations for women while performing Asanas. Write a detailed guide for her.

Answer any 4 out of the given 6 questions. Answer each question in 20 – 30 words. (2x4=8)

Q-11 Shiva is likely to suffer from Obesity. Write Dietary Changes and Yogic management.

Q-12 What is Stress? Write any two causes and two effects of stress.

Q-13 Ram Wanted to lead a Healthy and disciplined life. Explain How yoga can contribute to Ram's personality development.

Q-14 What is Pranayama? Write the Benefits of Pranayama?

Q-15 What is full form of CPR? Raj sees a man collapse in a park and stop breathing. What first-aid technique should Raj use? Explain the Steps.

Q-16 Describe the causes and the yogic management of lower back pain?

- Answer any 3 out of the given 5 questions. Answer each question in 80 – 100 words. (3x4=12)

Q-17 What is the meaning of Shatkarma? What is the purpose and significance of Shatkarma?

Q-18 Write a short note about any two:-

- A) Physical Health
- B) Mental Health
- C) Social Health
- D) Spiritual Health

Q-19 Describe the significance of Hath Yoga practices in health problems?

Q-20 What is Ashtang yoga? Explain it in relation to all eight limbs of yoga.

Q-21 Explain "Yogah Karmasu Kausalam" in the Bhagavad Gita. Write "Yoga is art and science of Healthy Living".