

CBSE Class 12 Yoga 2026 Question Paper with Solutions

Time Allowed :2 Hours	Maximum Marks :50	Total Questions :21
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General Instructions

1. Please read the instructions carefully.
2. This Question Paper consists of **21** questions in **two** Sections: Section-**A** & Section-**B**.
3. Section-**A** has Objective type questions, whereas Section-**B** contains Subjective type questions.
4. 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.
5. All questions of a particular section must be attempted in the correct order.
6. Section - **A**: Objective Type Questions(**24** Marks)
 - (a) This section has **5** questions.
 - (b) There is no negative marking.
 - (c) Do as per instructions given.
 - (d) Marks allotted are mentioned against each question/part.
7. Section - **B**: Objective Type Questions(**26** Marks)
 - (a) This section has **16** questions.
 - (b) A candidate has to do **10** questions.
 - (c) Do as per instructions given.
 - (d) Marks allotted are mentioned against each question/part.

Section A

1(i). Identify the preposition in this sentence –
“The shop is at the end of the road.”

- (A) the
- (B) of
- (C) at
- (D) is

Correct Answer: (C) at

Solution:

Step 1: Understanding the Concept:

A preposition is a word used to link nouns, pronouns, or phrases to other words within a sentence.

They act to connect the people, objects, time, and locations of a sentence.

Step 2: Detailed Explanation:

In the sentence “The shop is at the end of the road”:

1. “The” is an article.
2. “shop” and “road” are nouns.
3. “is” is a helping/linking verb.
4. “at” and “of” are prepositions.

“at” indicates the specific point or location (at the end).

“of” indicates relationship or belonging (of the road).

Since both (B) and (C) are technically prepositions, in standard competitive examinations for this level (like CBSE Employability Skills), “at” is often the primary intended answer as it starts the prepositional phrase defining the location.

Step 3: Final Answer:

The preposition used in the sentence is “at”.

💡 Quick Tip

Prepositions usually precede a noun or a pronoun to show its relationship with another word in the sentence. Common examples include: in, on, at, by, with, and of.

1(ii). Define the term “stress”.

Correct Answer: Stress is a state of mental or emotional strain resulting from adverse or demanding circumstances.

Solution:**Step 1: Understanding the Concept:**

Stress is the body’s method of reacting to a condition such as a threat, challenge, or physical and psychological barrier.

Step 2: Detailed Explanation:

Stress can be defined as a physical, mental, or emotional response to any change that requires an adjustment or response.

It is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

While “Eustress” (positive stress) can motivate us, “Distress” (negative stress) can lead to health issues if not managed properly.

Step 3: Final Answer:

Stress is the body’s reaction to any change that requires an adjustment or response.

 Quick Tip

In exams, remember that stress is a biological response. Use keywords like “reaction”, “demand”, and “adjustment” to define it precisely.

1(iii). Which of the following is not the part of “Big Five Factors” of personality ?

- (A) Neuroticism
- (B) Openness
- (C) Timely
- (D) Agreeableness

Correct Answer: (C) Timely

Solution:

Step 1: Understanding the Concept:

The “Big Five” personality traits, also known as the five-factor model (FFM), is a taxonomy for personality traits.

Step 2: Detailed Explanation:

The five factors are often represented by the acronym OCEAN:

1. **Openness:** Appreciation for art, emotion, adventure, and unusual ideas.
2. **Conscientiousness:** A tendency to be organized and dependable.
3. **Extraversion:** Energy, positive emotions, and the tendency to seek company.
4. **Agreeableness:** A tendency to be compassionate and cooperative rather than suspicious and antagonistic.
5. **Neuroticism:** The tendency to experience unpleasant emotions easily, such as anger, anxiety, or depression.

“Timely” is a characteristic of time management or a specific behavior, but it is not one of the fundamental Big Five personality factors.

Step 3: Final Answer:

“Timely” is not part of the Big Five Factors of personality.

 Quick Tip

Memorize the acronym OCEAN (Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism) to recall the Big Five personality traits easily.

1(iv). How many textboxes does the first slide of Libre Office Impress have by default ?

- (A) 3
- (B) 4
- (C) 1
- (D) 2

Correct Answer: (D) 2

Solution:

Step 1: Understanding the Concept:

LibreOffice Impress is a presentation software. When you start a new presentation, it opens with a default slide layout.

Step 2: Detailed Explanation:

The very first slide in a new LibreOffice Impress presentation uses the “Title Slide” layout.

By default, the Title Slide layout contains exactly two placeholders (text boxes):

1. One for the **Title** (“Click to add title”).
2. One for the **Subtitle** (“Click to add text”).

Step 3: Final Answer:

The first slide has 2 textboxes by default.

 Quick Tip

Remember that the first slide is always a Title Slide, which requires both a main heading and a sub-heading/description, hence two boxes.

1(v). _____ is a company that is in the first stage of its operation.

- (A) Venture
- (B) Merger
- (C) Startup
- (D) Traditional Business

Correct Answer: (C) Startup

Solution:

Step 1: Understanding the Concept:

In entrepreneurship, different terms define businesses based on their stage of growth and business model.

Step 2: Detailed Explanation:

1. **Startup:** A company in the initial stages of business operations, often founded by one or more entrepreneurs to develop a unique product or service.
2. **Venture:** A risky or daring journey or undertaking; often used to describe the capital (Venture Capital) invested in a startup.

3. **Merger:** The combination of two existing companies into one new company.
4. **Traditional Business:** An established business model that follows standard industry practices.

Step 3: Final Answer:

A Startup is a company in the first stage of its operation.

 Quick Tip

Startups are characterized by innovation and scalability, while being in the very early phase of market entry.

1(vi). Which of the following is not a Green House Gas ?

- (A) Nitrogen
- (B) Methane
- (C) Nitrous oxide
- (D) Carbon dioxide

Correct Answer: (A) Nitrogen

Solution:

Step 1: Understanding the Concept:

Greenhouse gases (GHGs) are gases in Earth's atmosphere that trap heat. They let sunlight pass through the atmosphere, but they prevent the heat that the sunlight brings from leaving the atmosphere.

Step 2: Detailed Explanation:

Common Greenhouse Gases include:

- Carbon dioxide (CO_2)
- Methane (CH_4)
- Nitrous oxide (N_2O)
- Water vapor and Fluorinated gases.

Nitrogen (N_2) makes up about 78% of Earth's atmosphere but is not a greenhouse gas because its molecules, which consist of two atoms of the same element, do not vibrate in a way that traps infrared radiation.

Step 3: Final Answer:

Nitrogen is not a greenhouse gas.

 Quick Tip

The major components of our air, Nitrogen (78%) and Oxygen (21%), are NOT greenhouse gases.

2(i). Which of the following Kriya improves the eye sight, tones up visual mechanism and helps to calm the mind ?

- (A) Sheetalī
- (B) Neti
- (C) Kapalbhātī
- (D) Tratakā

Correct Answer: (D) Tratakā

Solution:

Step 1: Understanding the Concept:

Shatkarmas are the six purification techniques in Hatha Yoga.

Step 2: Detailed Explanation:

- **Tratakā:** It is the practice of steady gazing at a particular point or object (like a candle flame) without blinking. It is known to strengthen the eye muscles, improve vision, and increase concentration and mental calm.
- **Sheetalī:** A cooling pranayama (breathing technique).
- **Neti:** A cleansing process for the nasal passages.
- **Kapalbhātī:** A breathing technique for skull-shining and blood purification.

Step 3: Final Answer:

Tratakā is the Kriya that improves eyesight and calms the mind.

 Quick Tip

Associate “Tratakā” with “Gazing” and “Eyes”. It is one of the most effective methods for developing Dharana (concentration).

2(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 ?

- (A) Sutra Neti
- (B) Nauli
- (C) Tratakā
- (D) Yog Mudra

Correct Answer: (B) Nauli

Solution:

Step 1: Understanding the Concept:

Nauli is one of the Shatkarmas (cleansing actions) focused on the abdominal region.

Step 2: Detailed Explanation:

Nauli involves the isolation and churning of the abdominal muscles. This action massages the internal organs, including the stomach, liver, and intestines.

It helps in:

1. Strengthening the abdominal muscles.
2. Stimulating digestion and removing toxins from the entire digestive tract.
3. Balancing the endocrine system.

Sutra Neti is for nasal cleaning, Trataka for eyes, and Yog Mudra is a gesture or posture.

Step 3: Final Answer:

Nauli should be practiced to detoxify and improve the digestive tract.

 Quick Tip

Nauli is often called “abdominal churning”. It is the primary yogic practice for maintaining abdominal health.

2(iii). Micronutrients are comprised of _____.

- (A) Fats and Proteins
- (B) Carbohydrates and Vitamin
- (C) Minerals and Vitamins
- (D) Proteins and Carbohydrates

Correct Answer: (C) Minerals and Vitamins

Solution:

Step 1: Understanding the Concept:

Nutrients are divided into two categories: Macronutrients (needed in large amounts) and Micronutrients (needed in small amounts).

Step 2: Detailed Explanation:

1. **Macronutrients:** Include Carbohydrates, Proteins, and Fats. These provide energy to the body.
2. **Micronutrients:** Include Vitamins and Minerals. Although needed in minute quantities, they are essential for various physiological functions, growth, and disease prevention.

Step 3: Final Answer:

Micronutrients consist of Minerals and Vitamins.

💡 Quick Tip

Macro = Large (Carbs, Fats, Protein). Micro = Small (Vitamins, Minerals). This classification is based on the quantity required by the body.

2(iv). According to Patanjali Yoga Sutras, enlighting the importance of controlling the mind is _____.

- (A) Cittavriti Nirodha
- (B) Cittavikshepa
- (C) Cittaprasadana
- (D) Citta Abhilasha

Correct Answer: (A) Cittavriti Nirodha

Solution:**Step 1: Understanding the Concept:**

Patanjali's Yoga Sutra defines the very purpose and definition of Yoga in its second verse (1.2).

Step 2: Detailed Explanation:

The Sutra states: "*Yogash citta-vritti-nirodhah*".

- **Citta:** Mind/Consciousness.
- **Vritti:** Fluctuations/Patterns/Vibrations.
- **Nirodha:** Control/Cessation/Restriction.

This essentially means Yoga is the control or cessation of the fluctuations of the mind.

Step 3: Final Answer:

The term is Cittavriti Nirodha.

💡 Quick Tip

Remember the phrase "*Yogash citta-vritti-nirodhah*" as it is the foundational definition of Yoga according to Patanjali.

2(v). Cardio-pulmonary resuscitation (CPR) is a life saving procedure. The recommended order of C.A.B. intervention is _____.

- (A) Cardio-Airways-Breathing
- (B) Cervical-Airways-Breathing

- (C) Chest Compression, Airways, Breathing
(D) Circulation, Airflow, Breathing

Correct Answer: (C) Chest Compression, Airways, Breathing

Solution:

Step 1: Understanding the Concept:

CPR is an emergency procedure that combines chest compressions often with artificial ventilation. The American Heart Association updated the sequence from A-B-C to C-A-B in 2010.

Step 2: Detailed Explanation:

The C-A-B acronym stands for:

1. **C**ompressions (Chest Compressions): To restore blood circulation.
2. **A**irway: To clear the passage for air.
3. **B**reathing: To provide oxygenation (rescue breaths).

Starting with compressions ensures that oxygen-rich blood reaches the brain and heart as quickly as possible.

Step 3: Final Answer:

The recommended order is Chest Compression, Airways, Breathing.

 Quick Tip

The transition from ABC to CAB was made because chest compressions are the most critical step in maintaining vital organ perfusion during cardiac arrest.

2(vi). A combination of excessive calorie consumption and sedentary life style are the primary causes of _____.

- (A) Asthma
(B) Obesity
(C) Hypertension
(D) Low Back Pain

Correct Answer: (B) Obesity

Solution:

Step 1: Understanding the Concept:

Weight gain occurs when the energy intake (calories consumed) exceeds energy expenditure (physical activity).

Step 2: Detailed Explanation:

- **Excessive calories:** High intake of energy-dense foods.
- **Sedentary lifestyle:** Lack of physical movement or exercise.

When these two factors combine, the body stores the excess energy as fat, leading to Obesity.

While obesity can contribute to Hypertension and Back Pain, it is the direct primary result of this combination.

Step 3: Final Answer:

The primary cause of Obesity is high calorie intake and a sedentary lifestyle.

 Quick Tip

Always think of energy balance (Input vs Output) when dealing with questions about weight and obesity.

3(i). Which of the following statement is not a condition on which the human body remain healthy ?

- (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

Correct Answer: (D) Thoughtless Awareness

Solution:

Step 1: Understanding the Concept:

Physical health depends on various physiological processes working in harmony.

Step 2: Detailed Explanation:

- **(A), (B), and (C):** These are essential *physiological* conditions. Without nourishment, waste removal, and nerve communication, the body's physical systems fail.
- **(D) Thoughtless Awareness:** This is a state of consciousness achieved during deep meditation (Nirvichara Samadhi). While it benefits mental and spiritual health, it is a *practice* or a *state of mind*, not a fundamental physiological condition (like metabolism or excretion) required for basic physical survival or health.

Step 3: Final Answer:

Thoughtless Awareness is not a basic physiological condition for physical health in the context of the other options.

 Quick Tip

Differentiate between physiological necessities (food, waste removal) and spiritual/mental goals (meditation states).

3(ii). Which of the following is Not a noticeable feature of tamasic diet ?

- (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

Correct Answer: (C) Expansion of life span and well-being

Solution:

Step 1: Understanding the Concept:

In Yoga, food is categorized into three types: Sattvic, Rajasic, and Tamasic.

Step 2: Detailed Explanation:

- **Tamasic Diet:** Includes stale, over-processed, chemically treated, or non-vegetarian food. It creates dullness, laziness (Alasya), and negative mental states like depression.

- **Sattvic Diet:** Includes fresh, pure, and light foods. This diet is responsible for the **expansion of life span, well-being, and clarity of mind.**

Therefore, option (C) is a feature of a Sattvic diet, not a Tamasic one.

Step 3: Final Answer:

Expansion of life span and well-being is not a feature of a Tamasic diet.

💡 Quick Tip

Tamas = Darkness/Dullness. Sattva = Purity/Light. Rajas = Activity/Passion. Associate the food effects accordingly.

3(iii). Clarity of thoughts, inner freedom, contentment and self confidence are the basis for _____.

- (A) Social wellbeing
- (B) Emotional wellbeing
- (C) Physical wellbeing
- (D) Mental wellbeing

Correct Answer: (D) Mental wellbeing

Solution:

Step 1: Understanding the Concept:

Wellbeing is a multidimensional concept covering physical, mental, social, and emotional aspects.

Step 2: Detailed Explanation:

- **Mental wellbeing** refers to the state of cognitive health. It includes how we think, feel, and

behave.

- Characteristics like clarity of thought, inner contentment, and self-confidence directly relate to the psychological and cognitive state of an individual.
- While emotional wellbeing is closely related, “clarity of thoughts” is a cognitive (mental) process.

Step 3: Final Answer:

These are the basis for mental wellbeing.

 Quick Tip

Keywords like “thoughts” and “clarity” usually point towards the mental dimension of health.

3(iv). What are the common symptoms of arthritis ?

- (A) Chest tightness and coughing
- (B) systolic and diastolic pressure elevate above normal
- (C) Accumulation of excess fat
- (D) Pain, swelling and joint stiffness

Correct Answer: (D) Pain, swelling and joint stiffness

Solution:

Step 1: Understanding the Concept:

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints.

Step 2: Detailed Explanation:

- (A): Symptoms of respiratory issues like Asthma.
- (B): Definition of Hypertension (High Blood Pressure).
- (C): Description of Obesity.
- (D): Arthritis specifically affects joints, leading to pain, redness, swelling (inflammation), and decreased range of motion (stiffness).

Step 3: Final Answer:

Common symptoms of arthritis are pain, swelling, and joint stiffness.

 Quick Tip

Arthritis = Joint Inflammation. Any symptom involving joints will be the correct answer.

3(v). According to Patanjali, Kriya Yoga is classified into three parts. Choose the correct option from the following :

- (A) Pranayam, Shoucha, Santosha
- (B) Tapas, Swadhyaya and Ishwar-pranidhan
- (C) Yama, Niyama, Pranayama
- (D) Asana, Pratyahara, Niyama

Correct Answer: (B) Tapas, Swadhyaya and Ishwar-pranidhan

Solution:

Step 1: Understanding the Concept:

Kriya Yoga is mentioned in the second chapter (Sadhana Pada) of Patanjali's Yoga Sutras.

Step 2: Detailed Explanation:

Sutra 2.1 states: *"tapah svadhyayeshvarapranidhanani kriya-yogah"*.

- **Tapah (Tapas):** Austerity, discipline, or heat.
- **Svadhyaya:** Self-study or study of sacred texts.
- **Isvarapranidhana:** Surrender to God/Supreme Reality.

These three components together constitute Kriya Yoga.

Step 3: Final Answer:

Kriya Yoga consists of Tapas, Swadhyaya, and Ishwar-pranidhan.

💡 Quick Tip

Do not confuse Kriya Yoga (3 parts) with Ashtanga Yoga (8 parts). Kriya Yoga is specifically mentioned in Sadhana Pada 2.1.

3(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 ?

- (A) Annamaya kosha
- (B) Manomaya kosha
- (C) Pranmaya kosha
- (D) Vijnanmaya kosha

Correct Answer: (C) Pranmaya kosha

Solution:

Step 1: Understanding the Concept:

The Pancha Kosha (five sheaths) model describes the different layers of human existence from the material to the spiritual.

Step 2: Detailed Explanation:

1. **Annamaya Kosha:** The food sheath (physical body).
2. **Pranmaya Kosha:** The vital energy sheath (breath/life force/energy body).
3. **Manomaya Kosha:** The mental sheath (mind/emotions).
4. **Vijnanmaya Kosha:** The wisdom sheath (intellect/discernment).
5. **Anandmaya Kosha:** The bliss sheath (spiritual core).

Step 3: Final Answer:

The Pranmaya kosha relates to the energy body.

💡 Quick Tip

“Prana” means vital life force or energy. Thus, Pranmaya is the energy sheath.

4(i). This type of meditation is for those who regularly participate in prayer, as it is based on communicating with God.

- (A) Movement Meditation
- (B) Mantra Meditation
- (C) Spiritual Meditation
- (D) Focused Meditation

Correct Answer: (C) Spiritual Meditation

Solution:**Step 1: Understanding the Concept:**

Different meditation styles cater to different temperaments and spiritual needs.

Step 2: Detailed Explanation:

- **Spiritual Meditation:** Involves a deep connection with something greater than oneself, often practiced in the context of religious or spiritual traditions. It involves silent prayer and seeking a deeper connection with the divine.
- **Mantra Meditation:** Focuses on repetitive sound or chant.
- **Focused Meditation:** Focuses on a single object or sensation.
- **Movement Meditation:** Involves active focus through movement (e.g., Tai Chi or Yoga).

Step 3: Final Answer:

Spiritual Meditation is the one based on communicating with God.

💡 Quick Tip

If the question mentions “God” or “Prayer”, look for “Spiritual” or “Bhakti” related terms.

4(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 _____.

- (A) Bhakti Yoga
- (B) Karma Yoga
- (C) Jnan Yoga
- (D) Bahirang Yoga

Correct Answer: (C) Jnan Yoga

Solution:

Step 1: Understanding the Concept:

The Bhagavad Gita outlines three main paths (margas) to liberation.

Step 2: Detailed Explanation:

1. **Karma Yoga:** The path of selfless action.
2. **Bhakti Yoga:** The path of devotion and love.
3. **Jnan Yoga (Jnana Yoga):** The path of knowledge and wisdom. It involves discriminating between the real and the unreal to achieve self-realization. It is specifically highlighted as the path to “true knowledge about the self”.

Step 3: Final Answer:

Jnan Yoga is the path to achieve true knowledge about the self.

 Quick Tip

“Jnana” literally means knowledge. Therefore, it is the Yoga of knowledge.

4(iii). Which of the following statement is associated with “Samatvam Yog Uchate” – a teaching of Bhagvat Geeta ?

- (A) Yoga is skill in action
- (B) Practice of equanimity of mind
- (C) Eating healthy and right food
- (D) Cultivation of spirituality

Correct Answer: (B) Practice of equanimity of mind

Solution:

Step 1: Understanding the Concept:

The Bhagavad Gita provides several definitions of Yoga.

Step 2: Detailed Explanation:

In Chapter 2, Verse 48, it is said: “*samatva yoga ucyate*”.

- **Samatvam:** Equanimity, evenness of mind, or balance.
- **Ucyate:** Is called.

This means that Yoga is defined as being equanimous in success and failure, pleasure and pain.

Note: “Yoga is skill in action” refers to “*yogah karmasu kauśalam*” (2.50).

Step 3: Final Answer:

The statement associated is the practice of equanimity of mind.

💡 Quick Tip

“Samatva” comes from “Sama” (equal/even). Equanimity is the state of being mentally balanced.

4(iv). Which of the following are helpful in attaining higher level of buddhi ?

- (A) Dhyana and Jnan Yoga
- (B) Dhyana and Bhakti Yoga
- (C) Bhakti Yoga and Karma Yoga
- (D) Dharna and Jnan Yoga

Correct Answer: (A) Dhyana and Jnan Yoga

Solution:**Step 1: Understanding the Concept:**

“Buddhi” refers to the higher intellect, wisdom, and discernment.

Step 2: Detailed Explanation:

- **Jnan Yoga:** Is the path of wisdom. It involves intellectual inquiry and developing discernment (Viveka) to reach the truth.

- **Dhyana (Meditation):** Is the practice that calms the lower mind and allows the higher intellect (Buddhi) to function clearly and reach higher states of consciousness.

While Bhakti and Karma yoga are paths to liberation, Jnan and Dhyana are specifically focused on refining the intellect and consciousness.

Step 3: Final Answer:

Dhyana and Jnan Yoga are helpful in attaining a higher level of buddhi.

💡 Quick Tip

Buddhi = Intellect. Jnan = Knowledge. They are naturally linked in yogic philosophy.

4(v). Good intellect, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath, known as

- (A) Manomaya Kosha
- (B) Annamaya Kosha
- (C) Pranmaya Kosha
- (D) Anandmaya Kosha

Correct Answer: (D) Anandmaya Kosha

Solution:

Step 1: Understanding the Concept:

This refers back to the Pancha Kosha model.

Step 2: Detailed Explanation:

The question asks about the *innermost* sheath.

1. **Vijnanmaya Kosha** is where intellect and wisdom reside.
2. **Anandmaya Kosha** is the **innermost** layer, representing bliss and the closest layer to the Atman (Self). It is the source from which pure wisdom and psychic abilities are said to emerge when the outer sheaths are purified.

While Vijnanmaya is the “wisdom sheath”, the Anandmaya is described as the innermost core. In many exam contexts for this syllabus, the “Bliss Sheath” is considered the innermost destination where the highest qualities reflect.

Step 3: Final Answer:

The innermost sheath is the Anandmaya Kosha.

💡 Quick Tip

Ananda = Bliss. It is the core of human existence according to the Kosha model.

4(vi). Which of the following is Not the characteristic feature of good stress ?

- (A) Motivates
- (B) Anxiety
- (C) Focuses Energy
- (D) Improves performance

Correct Answer: (B) Anxiety

Solution:

Step 1: Understanding the Concept:

Stress can be positive (Eustress) or negative (Distress).

Step 2: Detailed Explanation:

- **Eustress (Good Stress):** It is short-term, feels exciting, and is perceived as within our coping abilities. It motivates us, focuses our energy, and improves performance (e.g., stress before an exam or a sports match).

- **Distress (Bad Stress):** It causes anxiety, feels unpleasant, and can lead to mental and physical problems.

Therefore, **Anxiety** is a characteristic of negative stress, not good stress.

Step 3: Final Answer:

Anxiety is not a characteristic of good stress.

💡 Quick Tip

Good stress is short-term and improves focus; bad stress is long-term and causes worry or anxiety.

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 _____.

(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

Correct Answer: (D) 100 chest compressions

Solution:**Step 1: Understanding the Concept:**

Cardiopulmonary Resuscitation (CPR) is an emergency procedure used when the heart stops beating.

For untrained bystanders, "Hands-only CPR" is recommended, which focuses solely on maintaining blood circulation through chest compressions.

Step 2: Detailed Explanation:

According to modern emergency medical guidelines (like those from the American Heart Association), if a person is not trained in rescue breathing, they should perform continuous chest compressions.

The recommended rate for chest compressions is between 100 and 120 compressions per minute. Option (A) describes the standard 30:2 ratio used by trained rescuers, whereas "Hands-only" means skipping breaths and focusing on the high-frequency compressions to keep oxygenated blood moving to the brain and vital organs.

Therefore, providing 100 chest compressions per minute is the correct intervention for an untrained individual.

Step 3: Final Answer:

The recommended rate for hands-only CPR is at least 100 chest compressions per minute.

💡 Quick Tip

Think of the beat of the song “Stayin’ Alive” by the Bee Gees; it has a tempo of about 100-103 beats per minute, which is the perfect rhythm for CPR compressions.

5(ii). Which of the following is Not a prone line asana ?

- (A) Bhujang-asana
- (B) Makar-asana
- (C) Supt-vajrasana
- (D) Shalabhasana

Correct Answer: (C) Supt-vajrasana

Solution:**Step 1: Understanding the Concept:**

Asanas are classified based on the starting body position: Standing, Sitting, Prone, or Supine.

- **Prone:** Lying on the stomach (face down).

- **Supine:** Lying on the back (face up).

Step 2: Detailed Explanation:

1. **Bhujang-asana (Cobra Pose):** The practitioner lies on their stomach and lifts the chest. It is a **Prone** pose.

2. **Makar-asana (Crocodile Pose):** A relaxation pose performed while lying on the stomach. It is a **Prone** pose.

3. **Shalabhasana (Locust Pose):** The practitioner lies on the stomach and lifts the legs. It is a **Prone** pose.

4. **Supt-vajrasana (Supine Thunderbolt Pose):** The practitioner first sits in Vajrasana and then leans back to lie on their back. “Supta” means reclining or supine.

Step 3: Final Answer:

Supt-vajrasana is a supine pose, not a prone pose.

💡 Quick Tip

The prefix “Supt-” or “Supta-” in Sanskrit asana names almost always indicates a reclining/supine position (on the back), such as Supta Padangusthasana or Supta Badha Konasana.

5(iii). According to yogic philosophy, which of the following is the outer most sheath ?

- (A) Annamaya Kosha
- (B) Manomaya Kosha
- (C) Pranmaya Kosha
- (D) Vijnanamaya Kosha

Correct Answer: (A) Annamaya Kosha

Solution:

Step 1: Understanding the Concept:

In Taittiriya Upanishad, the human existence is described through five sheaths (Pancha Kosha) that cover the Atman (Self).

Step 2: Detailed Explanation:

The sheaths are arranged from the grossest (physical) to the subtlest (spiritual) layers:

1. **Annamaya Kosha:** The food-apparent sheath (Physical body). This is the **outermost** layer.
2. **Pranamaya Kosha:** The air/energy-apparent sheath (Vital life force).
3. **Manomaya Kosha:** The mind-apparent sheath (Mental and emotional layer).
4. **Vijnanamaya Kosha:** The wisdom-apparent sheath (Intellect and discernment).
5. **Anandamaya Kosha:** The bliss-apparent sheath (The innermost core).

Step 3: Final Answer:

The Annamaya Kosha is the outermost sheath as it represents the physical body made of food.

 Quick Tip

Remember the order from outside to inside: Physical → Energy → Mind → Intellect → Bliss. (Anna → Prana → Mana → Vijnana → Ananda).

5(iv). Maharishi Patanjali precisely explains the effects of mental distraction. Which of the following is Not the symptoms of 'Cittavikshepa' ?

- (A) Depression
- (B) Blissful state of mind
- (C) Trembling of the body
- (D) Irregular breathing

Correct Answer: (B) Blissful state of mind

Solution:

Step 1: Understanding the Concept:

In Yoga Sutras (1.30-1.31), Patanjali identifies obstacles (Antarayas) and their accompanying

symptoms (Vikshepa-Sahabhuva) that arise due to mental distractions (Cittavikshepa).

Step 2: Detailed Explanation:

Sutra 1.31 lists the four main symptoms that accompany a distracted mind:

1. **Duhkha:** Sorrow or Mental Pain (Depression).
2. **Daurmanasya:** Despair or Negative Thinking.
3. **Angamejayatva:** Trembling/Shaking of the body/limbs.
4. **Shvasa-Prashvasa:** Irregular inhalation and exhalation (Irregular breathing).

A **Blissful state of mind** is the result of a steady, concentrated mind (Samadhi), which is the exact opposite of distraction.

Step 3: Final Answer:

Blissful state of mind is not a symptom of Cittavikshepa; it is a goal of Yoga.

💡 Quick Tip

Cittavikshepa refers to a scattered or unstable mind. Symptoms of an unstable mind will always be negative physical or mental states.

5(v). Tarun is obese and wants to reduce body fat. He has started yogic practice. What advice will you give him regarding food ?

- (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.

Correct Answer: (B) Fill half the stomach with food, one quarter with water and fourth quarter should be saved for expansion of air

Solution:

Step 1: Understanding the Concept:

In Yogic dietary guidelines, the concept of **Mitahara** (moderate diet) is emphasized for health and spiritual progress.

Step 2: Detailed Explanation:

Hatha Yoga texts (like Hatha Yoga Pradipika) describe Mitahara with a specific ratio for the stomach's volume:

- **50% (Two parts):** Should be filled with solid food.
 - **25% (One part):** Should be filled with liquid/water.
 - **25% (One part):** Should be left empty for the movement of air and the process of digestion.
- This ensures that the digestive fire (Jatharagni) works efficiently without the stomach being overly burdened, which is crucial for weight management and overall health.

Step 3: Final Answer:

The advice is to fill half the stomach with food, one-quarter with water, and leave one-quarter empty.

💡 Quick Tip

Think of a blender: if you fill it to the very top, it cannot spin effectively. Leaving space (air/gap) is essential for the "churning" of digestion.

5(vi). Hypertension is the elevation of blood pressure above normal. Which of the following is generally accepted as hypertension ?

- (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.

Correct Answer: (D) Systolic BP > 140 & Diastolic BP > 90 mmHg.

Solution:**Step 1: Understanding the Concept:**

Blood pressure (BP) is measured in millimeters of mercury (mmHg) and consists of two numbers: Systolic (pressure when heart beats) and Diastolic (pressure when heart rests).

Step 2: Detailed Explanation:

- **Normal BP:** Typically considered around 120/80 mmHg.
- **Pre-hypertension/Elevated:** 120-129 / < 80 mmHg.
- **Hypertension (Stage 2/General clinical threshold):** Most medical organizations traditionally define clinical hypertension when the reading is consistently at or above **140/90 mmHg**.

Option (A) and (B) show values close to or within the normal range.

Option (C) shows a Diastolic value (140) higher than the Systolic (90), which is physiologically incorrect for a standard BP reading.

Step 3: Final Answer:

Hypertension is generally accepted as a blood pressure reading higher than 140/90 mmHg.

💡 Quick Tip

Remember: Normal is 120/80. High is 140/90. Low (Hypotension) is typically below 90/60.

Section B

6. Explain how “past experiences or mindset” act as a barrier to active listening. How can one overcome it ?

Correct Answer: Past experiences or mindset create a filter of bias that prevents an individual from receiving information objectively. It can be overcome by maintaining an open mind and practicing empathy.

Solution:

Step 1: Understanding the Concept:

Active listening is the ability to fully focus on, understand, and respond to the speaker. Barriers like past experiences act as psychological filters that distort the message being received.

Step 2: Detailed Explanation:

How it acts as a barrier:

1. **Preconceived Notions:** If a listener has had a negative experience with a speaker or a similar topic in the past, they may prematurely judge the current information.
2. **Selective Listening:** A fixed mindset leads the listener to hear only what confirms their existing beliefs, ignoring contradictory but important facts.
3. **Emotional Triggers:** Past traumas or biases can trigger defensive reactions, causing the listener to stop processing what is actually being said.

How to overcome it:

1. **Awareness:** Acknowledge your own biases and consciously put them aside during the conversation.
2. **Empathy:** Try to understand the speaker’s perspective without judgment.
3. **Feedback:** Ask clarifying questions and summarize what you heard to ensure your “mindset filter” didn’t distort the message.

Step 3: Final Answer:

Past experiences create internal biases that lead to selective hearing. Overcoming this requires conscious effort to remain objective, practicing empathy, and using feedback loops.

Quick Tip

Active listening is as much about managing your own internal dialogue as it is about hearing the external speaker.

7. Define ‘Self-Awareness’ and also give an example of how one can be self-aware.

Correct Answer: Self-awareness is the conscious knowledge of one’s own character, feelings, motives, and desires. An example is recognizing that you feel anxious before a presentation.

Solution:**Step 1: Understanding the Concept:**

Self-awareness is a key component of emotional intelligence and self-management. It involves monitoring our inner world—our thoughts and emotions—as they arise.

Step 2: Detailed Explanation:

Self-awareness means having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.

It allows you to understand other people, how they perceive you, and your attitude and responses to them in the moment.

Example:

Imagine a student realizes that they tend to procrastinate whenever they are given a complex math assignment. By being **self-aware**, the student identifies that their procrastination is actually a result of a fear of failure rather than laziness. This awareness allows them to seek help early instead of avoiding the task.

Step 3: Final Answer:

Self-awareness is knowing oneself deeply. Recognizing personal triggers (like getting angry when criticized) is a primary example of being self-aware.

💡 Quick Tip

Journaling or reflecting on your daily reactions is one of the most effective ways to build self-awareness.

8. Mention four ways in which text can be aligned in a slide.

Correct Answer: Text can be aligned in four ways: Left, Right, Center, and Justified.

Solution:**Step 1: Understanding the Concept:**

Alignment refers to how the edges of a paragraph or line of text are positioned relative to the margins of a text box or slide.

Step 2: Detailed Explanation:

In presentation software (like LibreOffice Impress or PowerPoint), there are four primary horizontal alignment options:

1. **Left Alignment:** The text is aligned along the left margin, leaving the right edge uneven. This is the default for most languages.
2. **Right Alignment:** The text is aligned along the right margin, leaving the left edge uneven. This is often used for dates or specific citations.
3. **Center Alignment:** The text is centered between the left and right margins. It is commonly used for titles and headings.

4. **Justified Alignment:** The text is aligned evenly along both the left and right margins by adjusting the spacing between words.

Step 3: Final Answer:

The four ways to align text in a slide are Left, Center, Right, and Justified.

 Quick Tip

Use Center alignment for titles to make them stand out, and Left alignment for body text to ensure maximum readability.

9. **Briefly explain any four types of entrepreneurs.**

Correct Answer: Four types of entrepreneurs are Innovative, Imitative, Fabian, and Drone entrepreneurs.

Solution:

Step 1: Understanding the Concept:

Entrepreneurs are classified based on their approach to innovation, risk-taking, and adaptation to market changes.

Step 2: Detailed Explanation:

1. **Innovative Entrepreneurs:** These individuals introduce new products, new methods of production, or discover new markets. They are the true drivers of economic development.
2. **Imitative Entrepreneurs (Adoptive):** They do not innovate themselves but imitate successful innovations introduced by others. They are crucial for developing countries to catch up with global standards.
3. **Fabian Entrepreneurs:** These are very cautious and skeptical. They only adopt changes when there is a clear threat to their business or when it is absolutely necessary for survival.
4. **Drone Entrepreneurs:** These are traditionalists who refuse to adopt any changes or new methods, even if they are suffering losses. They follow old-fashioned ways of doing business.

Step 3: Final Answer:

The four types are Innovative (creators), Imitative (followers), Fabian (cautious), and Drone (rigid) entrepreneurs.

 Quick Tip

Remember “Innovative” as the leader and “Drone” as the one who refuses to change at any cost.

10(A). Name any two green jobs in Solar and wind energy sector.

Correct Answer: (1) Solar Panel Installer (2) Wind Turbine Technician

Solution:

Step 1: Understanding the Concept:

Green jobs are positions in businesses that produce goods or provide services that benefit the environment or conserve natural resources.

Step 2: Detailed Explanation:

In the renewable energy sector, green jobs focus on the infrastructure and maintenance of clean power sources:

1. **Solar Photovoltaic (PV) Installers:** Professionals who assemble, install, and maintain solar panel systems on rooftops or other structures.
2. **Wind Turbine Service Technicians:** Individuals who install, inspect, maintain, and repair wind turbines.

Step 3: Final Answer:

Two green jobs are Solar Panel Installer and Wind Turbine Technician.

 Quick Tip

Green jobs aren't just about environment; they often involve high-tech engineering and construction skills within the renewable energy field.

10(B). Name any two green jobs in Agriculture sector.

Correct Answer: (1) Organic Farmer (2) Agricultural Consultant

Solution:

Step 1: Understanding the Concept:

In agriculture, green jobs aim to reduce the environmental impact of farming practices and promote sustainability.

Step 2: Detailed Explanation:

1. **Organic Farmer:** Farmers who grow crops without the use of synthetic pesticides or fertilizers, focusing on natural soil health.
2. **Sustainable Agricultural Consultant:** Experts who advise farms on how to implement eco-friendly practices like crop rotation, water conservation, and integrated pest management.

Step 3: Final Answer:

Two green jobs in agriculture are Organic Farmer and Sustainable Agricultural Consultant.

 Quick Tip

Sustainable agriculture focuses on the long-term health of the soil and ecosystem rather than just immediate crop yield.

11. What is 'Basti' ? Explain its any two benefits.

Correct Answer: Basti is a yogic purification technique (Shatkarma) for the colon. Benefits include removing toxins and curing digestive disorders.

Solution:

Step 1: Understanding the Concept:

Basti is one of the six purificatory acts (Shatkarmas) mentioned in Hatha Yoga. It is primarily concerned with cleaning the large intestine or colon.

Step 2: Detailed Explanation:

Definition: Basti involves drawing water into the rectum through the anus to flush out the colon. In modern yoga, it is often equated to a yogic enema.

Benefits:

1. **Elimination of Toxins:** It effectively removes accumulated waste (Malas) and toxins from the lower part of the digestive tract.
2. **Treatment of Vata Disorders:** According to Ayurveda, the colon is the seat of Vata. Basti helps in managing disorders like constipation, flatulence, and bloating.

Step 3: Final Answer:

Basti is the yogic colon-cleansing process. Two benefits are detoxification of the lower intestine and relief from digestive issues like constipation.

 Quick Tip

Basti is considered the most important of the Shatkarmas for maintaining overall metabolic health.

12. Write any four career opportunities in Yoga.

Correct Answer: (1) Yoga Instructor (2) Yoga Therapist (3) Yoga Researcher (4) Yoga Consultant in Corporate sectors.

Solution:

Step 1: Understanding the Concept:

With the global rise in health consciousness, Yoga has moved beyond a personal practice to a

diverse professional field.

Step 2: Detailed Explanation:

1. **Yoga Instructor/Teacher:** Teaching asanas and pranayama in schools, gyms, or private studios.
2. **Yoga Therapist:** Using specialized yoga techniques to treat specific health conditions and ailments.
3. **Research Officer:** Working in institutions to scientifically study the physiological and psychological effects of yoga.
4. **Corporate Yoga Trainer:** Designing wellness programs for employees to manage workplace stress and ergonomics.

Step 3: Final Answer:

The four career paths are Yoga Teacher, Therapist, Researcher, and Corporate Consultant.

 Quick Tip

The Ministry of AYUSH in India provides certifications (YCB) that are highly valued for these career paths.

13. What are the objectives of First Aid ?

Correct Answer: The primary objectives are to preserve life, prevent the condition from worsening, and promote recovery.

Solution:

Step 1: Understanding the Concept:

First aid is the immediate assistance given to any person suffering from either a minor or serious illness or injury.

Step 2: Detailed Explanation:

The "Three Ps" are the core objectives:

1. **Preserve Life:** The fundamental aim is to keep the victim alive using techniques like CPR or stopping bleeding.
2. **Prevent the Condition from Worsening:** Taking steps to ensure the injury doesn't get more severe (e.g., immobilizing a fracture).
3. **Promote Recovery:** Assisting the healing process through proper initial care and comfort.
4. **Provide Comfort:** Reducing the pain and anxiety of the victim until professional help arrives.

Step 3: Final Answer:

The objectives are to preserve life, prevent further harm, promote healing, and provide psychological support to the victim.

 Quick Tip

Remember the 3 Ps: Preserve, Prevent, Promote.

14. Name any two asanas and two pranayamas recommended to manage hypertension.

Correct Answer: Asanas: Shavasana, Sukhasana. Pranayamas: Anulom Vilom, Bhramari.

Solution:

Step 1: Understanding the Concept:

Hypertension (high blood pressure) requires practices that calm the nervous system and reduce the "fight or flight" response.

Step 2: Detailed Explanation:

Asanas:

1. **Shavasana (Corpse Pose):** Deep relaxation pose that lowers heart rate and blood pressure.
2. **Sukhasana (Easy Pose):** Promotes mental calm and reduces physical tension.

Pranayamas:

1. **Anulom Vilom (Alternate Nostril Breathing):** Balances the autonomic nervous system.
2. **Bhramari (Bee Breath):** The humming vibration has a soothing effect on the brain and lowers stress levels instantly.

Step 3: Final Answer:

Recommended Asanas: Shavasana and Sukhasana. Recommended Pranayamas: Anulom Vilom and Bhramari.

 Quick Tip

For hypertension, avoid dynamic or inverted asanas like Sirshasana that might increase pressure in the head.

15. Sudha is suffering from wheezing, coughing and shortness of breath. What is this disease called ? Suggest dietary management for this.

Correct Answer: The disease is Asthma. Dietary management includes eating fresh, light food and avoiding cold, heavy, or fried items.

Solution:

Step 1: Understanding the Concept:

Asthma is a chronic respiratory condition characterized by inflammation and narrowing of the airways.

Step 2: Detailed Explanation:

Disease Identification: The symptoms of wheezing and shortness of breath clearly indicate **Asthma**.

Dietary Management:

1. **Avoid Cold Foods:** Stay away from ice creams, cold drinks, and refrigerated foods as they can trigger spasms in the airways.
2. **Light Meals:** Have a light dinner at least 2-3 hours before bed to prevent pressure on the diaphragm.
3. **Fresh Foods:** Consume fresh fruits and vegetables rich in antioxidants.
4. **Avoid Mucus-forming Foods:** Reduce intake of heavy dairy products or overly oily/fried foods.

Step 3: Final Answer: The condition is Asthma. She should follow a diet of warm, fresh, and easily digestible foods while avoiding triggers like cold items and heavy fats.

 Quick Tip

Warm water (lukewarm) throughout the day helps in loosening the mucus for asthma patients.

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 ?

Correct Answer: Signs on mood include anxiety and irritability. Signs on behaviour include social withdrawal and changes in sleep/appetite.

Solution:

Step 1: Understanding the Concept:

Stress manifests in multiple ways, including emotional (mood) and physical (behavioural) changes.

Step 2: Detailed Explanation:

Symptoms on Mood:

1. **Anxiety:** Constant worrying and feeling on edge.
2. **Irritability:** Becoming easily annoyed or frustrated with small issues.
3. **Lack of Focus:** Difficulty in concentrating on daily tasks.

Symptoms on Behaviour:

1. **Social Withdrawal:** Avoiding friends, family, and social gatherings.
2. **Changes in Habits:** Overeating or loss of appetite; insomnia or oversleeping.
3. **Nervous Habits:** Pacing, nail-biting, or foot-tapping.

Step 3: Final Answer:

Stress symptoms for Raman would be emotional irritability and anxiety (mood), coupled with social withdrawal and disrupted sleep patterns (behaviour).

💡 Quick Tip

Behavioral symptoms are often the most visible early warning signs of chronic stress to others.

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.

Correct Answer: Key points include practicing on an empty stomach, choosing a clean and ventilated space, wearing comfortable clothing, and breathing through the nose.

Solution:

Step 1: Understanding the Concept:

Yogic practices require a certain internal and external environment to be effective and safe.

Step 2: Detailed Explanation:

- 1. Cleanliness (Shaucha):** The practice area should be clean, quiet, and well-ventilated. Personal hygiene is also important.
- 2. Empty Stomach:** Asanas should ideally be practiced in the morning on an empty stomach, or at least 3-4 hours after a heavy meal.
- 3. Clothing:** Wear light, loose, and comfortable cotton clothes that allow free movement of limbs.
- 4. Breathing:** Always breathe through the nostrils unless specifically instructed otherwise. Keep the breath natural and rhythmic.
- 5. Awareness:** Perform movements slowly with full awareness. Do not compete with others or force the body into painful positions.
- 6. Relaxation:** Always end the session with relaxation poses like Shavasana to allow the body to integrate the effects.

Step 3: Final Answer:

Vibham and Ritu should ensure they practice on an empty stomach in a peaceful environment, wear comfortable clothes, and focus on steady breathing without straining their bodies.

💡 Quick Tip

Consistency is key in Yoga; practicing for 20 minutes daily is better than 2 hours once a week.

18. What do you understand by Hath-Yoga ? What is the significance of Hath-Yoga ?

Correct Answer: Hatha Yoga is a path focusing on physical purification. Its significance lies in balancing the internal energies (Ha and Tha) to prepare for higher meditation.

Solution:

Step 1: Understanding the Concept:

Hatha Yoga is a branch of yoga that emphasizes physical techniques to preserve and channel vital energy.

Step 2: Detailed Explanation:

Definition: The word 'Hatha' is composed of two syllables: 'Ha' meaning Sun (representing Prana/Vitality) and 'Tha' meaning Moon (representing Mind/Calmness). Hatha Yoga is the science of balancing these two opposite forces. It focuses on Shatkarma, Asana, Pranayama, and Mudra.

Significance:

1. **Body-Mind Purification:** It cleanses the internal organs and nadis (energy channels).
2. **Health and Longevity:** It strengthens the physical body and improves the functioning of various systems (digestive, nervous, etc.).
3. **Preparation for Raja Yoga:** Hatha Yoga is often seen as a preparatory ladder for Raja Yoga (spiritual meditation). Without a stable and healthy body, steady meditation is difficult.

Step 3: Final Answer:

Hatha Yoga is the yoga of physical discipline and energy balance. It is significant because it purifies the body and stabilizes the mind, acting as a foundation for higher spiritual practices.

💡 Quick Tip

The text "Hatha Yoga Pradipika" is the most authoritative source on Hatha Yoga practices.

19. According to Patanjali Yoga, what is the concept of mental well-being ? Explain chittavritti nirodha and chitta prasadana described by Patanjali.

Correct Answer: Mental well-being is the state of a calm and clear mind. Patanjali defines this through the cessation of mental fluctuations (Nirodha) and cultivation of positive attitudes (Prasadana).

Solution:

Step 1: Understanding the Concept:

In Patanjali's Yoga Sutras, health is not just the absence of disease but the stability of consciousness.

Step 2: Detailed Explanation:

Chittavritti Nirodha:

Patanjali defines Yoga as "Yogash chitta-vritti-nirodhah".

- **Citta:** Mind-stuff or consciousness.
- **Vritti:** Fluctuations or thought-waves.
- **Nirodha:** Restraint or cessation.

Mental well-being is achieved when the constant "chatter" or disturbances of the mind are stilled, allowing the true self to shine through.

Chitta Prasadana (Clarification of Mind):

To achieve this calm state, Patanjali suggests cultivating four attitudes (Maitri, Karuna, Mudita, Upekksha):

1. **Maitri:** Friendliness toward the happy.
2. **Karuna:** Compassion toward the suffering.
3. **Mudita:** Joy toward the virtuous.
4. **Upekksha:** Equanimity toward the non-virtuous.

Step 3: Final Answer:

Mental well-being according to Patanjali is the cessation of mental disturbances (Nirodha) supported by practicing positive social attitudes (Prasadana).

💡 Quick Tip

Chitta Prasadana (Sutra 1.33) is the most famous yogic tool for maintaining peace in social interactions.

20. Explain the procedure of cardio-pulmonary resuscitation (CPR) in children before calling your local emergency help number and the A.E.D.

Correct Answer: For children, perform 5 cycles (about 2 minutes) of CPR (30 compressions and 2 breaths) before leaving to call emergency services.

Solution:

Step 1: Understanding the Concept:

CPR for children differs slightly from adults because children often experience cardiac arrest due to respiratory issues. Therefore, the "Rescue breaths" are highly critical.

Step 2: Detailed Explanation:

1. **Check for Response and Breathing:** Tap the child and shout. Look for normal breathing.
2. **Chest Compressions (C):** If no response, start compressions immediately. Use one hand

(for small children) or two hands (for older children) in the center of the chest. Compress about 2 inches deep.

3. **Airway (A):** Open the airway using the head-tilt, chin-lift maneuver.

4. **Breathing (B):** Give 2 gentle rescue breaths (1 second each) until you see the chest rise.

5. **Ratio:** Use a cycle of 30 compressions followed by 2 breaths.

6. **When to Call:** If you are alone and don't have a phone, perform **5 cycles (about 2 minutes)** of this ratio before leaving the child to call for help and getting an AED. This is because providing oxygen quickly is vital for children.

Step 3: Final Answer:

The procedure involves 30 chest compressions followed by 2 breaths. A lone rescuer must perform 5 cycles of this before pausing to call emergency services.

💡 Quick Tip

For infants (under 1 year), use two fingers for compressions instead of a full hand.

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.

Correct Answer: Yoga improves the physical body (Annamaya), balances energy (Pranamaya), stabilizes the mind (Manomaya), and sharpens the intellect (Vijnanamaya).

Solution:

Step 1: Understanding the Concept:

The Pancha Kosha theory suggests that personality is composed of five layers, each refined by specific yogic practices.

Step 2: Detailed Explanation:

1. **Annamaya Kosha (Physical Layer):** **Asanas** and a balanced diet (Mitahara) strengthen the physical body, improve flexibility, and balance the endocrine and nervous systems.

2. **Pranamaya Kosha (Energy Layer):** **Pranayama** (breathing techniques) regulates the flow of Prana (vital life force), removing blockages in the nadis and increasing vitality.

3. **Manomaya Kosha (Mental Layer):** **Pratyahara** (withdrawal of senses) and **Dharana** (concentration) help calm the mind, manage emotions, and reduce psychological stress.

4. **Vijnanamaya Kosha (Intellectual Layer):** **Swadhyaya** (self-study) and meditation refine the intellect and develop discernment (Viveka), leading to better decision-making.

Step 3: Final Answer:

Yoga develops the whole personality by strengthening the body (Annamaya), vitalizing energy (Pranamaya), emotional stability (Manomaya), and sharpening wisdom (Vijnanamaya).

💡 Quick Tip

Think of Koshas as the "layers of an onion"; yoga works from the outside in to reach the core (Anandamaya).
