

**HOLISTIC HEALTH (746)**

**SAMPLE QUESTION PAPER**

**CLASS XII**

**TIME: 2.5 HOURS**

**2018-19**

**Max. Marks: 50**

**Section A**

**Objective (1 Mark) (Any 10 questions from 12 questions)**

1. There are \_\_\_\_\_ types of Heart Chambers.
2. Total number of exercises in surya namaskar are \_\_\_\_\_
3. Tratak stimulates \_\_\_\_\_ chakra
4. \_\_\_\_\_ is the main organ of the circulatory system
5. \_\_\_\_\_ gland is the king of all the endocrine glands
6. \_\_\_\_\_ is known as the food pipe
7. Cooking by dry heat includes baking and \_\_\_\_\_
8. Heavy diet and lack of exercise results in the disorder named \_\_\_\_\_
9. \_\_\_\_\_ therapy is done with water
10. \_\_\_\_\_ is a natural healing therapy to be done with the energy given by hands
11. To start your business in partnership, you can have one partner and up to \_\_\_\_\_ partners
12. There are two types of communication in the spa / salon. One is verbal and other is \_\_\_\_\_

**Very Short (2 Marks) – (Any 5 questions from 7 questions)**

1. Write names of various part of digestive tract
2. Write the benefits of "nadi shodhan pranayama"
3. Describe "mud therapy"
4. Explain the role of inventory system used in salon
5. Explain the types of bones in human body
6. List the methods of cooking
7. Write the main the symptoms of obesity

**Short (3 Marks) (Any 5 questions from 7 questions)**

1. Summarize the body treatment named "reflexology"
2. Write the correct posture and benefits of "sarvang asana"
3. Explain the term "mudra" list different types of "mudras"
4. Write various types of endocrine glands, give detail of pituitary gland.
5. Write the detail of posture and benefits of "konasana"
6. Describe the terms body wraps
7. Prove the role of record card in your spa / salon

## **Section B**

**Essay (5 Marks) – (Any 3 questions from 5 questions)**

1. Explain one Indian and one international body therapy with their precautions and benefits
2. Describe “shirodhara” the Indian body treatment in detail
3. Illustrate and define the yogasana good for a diabetic or sugar patient
4. List different exercises of “sun greeting” or “surya namaskar” with their respective mantras
5. List the type of lifestyle related disorders and explain any one of them

