

HOLISTIC HEALTH (746)

SAMPLE QUESTION PAPER

CLASS XII

2018-19

TIME: 2.5 HOURS

Max. Marks: 50

Section A

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

1. There are _____ types of premises
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 treatment 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. Explain in brief the digestive tract
2. Explain 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. Give 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. What do you understand by the term “bhav shudhi”
5. Write the correct 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

