

SAMPLE QUESTION PAPER 2018-19
MARKING SCHEME
HOLISTIC HEALTH (746)

TIME- 2.5 HOURS

MAX MARKS – 50

SECTION- A

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

1. There are 4 numbers of Heart Chambers.
2. Total numbers of exercises in Surya namaskar are 12.
3. Tratak stimulates AGYA Chakra.
4. Heart is the main organ of the circulatory system.
5. Pituitary gland is the king of all the endocrine glands.
6. Elementary canal is known as the food pipe.
7. Cooking by dry heat includes baking and Roasting / grilling.
8. Heavy diet and lack of exercise results in the disorder named diabetes.
9. Hydro therapy is done with water.
10. Reiki 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 upto 20 partners.
12. There are two types of communication in the Spa/Salon. One is verbal and other is non verbal.

Very Short (2Marks) (Any 5 question from 7 questions)

Q.1. Write various parts of digestive tract.

Ans. The digestive tract:- it includes mouth pharynx, esophagus, stomach, small intestine, large intestine, liver, gall bladder, pancreas and anus.

Q.2. Write the benefit of Nadi Shodhan pranayam?

Ans. Benefits of Nadi Shodhan are :- Manages lymph tension - strengthens the immune system - improves functioning of every cell – concentration & provides sufficient oxygen for every cell in body.

Q.3. Describe “mud therapy”?

Ans. Mud therapy is very useful for human body, it can absorb toxins and can prevent many diseases. It also helps in cooling or warming and relaxing the body.

Q.4. Explain the role of inventory system used in salon?

Ans. Inventory system use in salon includes:- All the material, parts, supplies, expanses and in process or finished products recorded on the books by an organization and kept in its stocks, ware houses or plant for same period of time.

Q.5. Explain the types of bones in human body?

Ans. Types of bones in human body are Long bones, Short bones, Flat bones and Irregular bones.

Q.6. List the methods of cooking?

Ans. Methods of cooking are:-

1. Dry heat:- Broiling or grilling , Baking and roasting.
2. Moist heat:- Boiling, steaming brasing, and stewing.

3. Use of oil :- Frying.

Ques.7. Write the main symptoms of obesity?

Ans. Symptoms of obesity:-

Obese, clumsy, unsymmetrical, excessive sweating, body ache & excessive sleep.

Short (3 marks) (Any 5 questions from 7 questions)

Ques.1. Summarize the body treatment named 'reflexology'?

Ans. Body treatment named 'reflexology' :- Reflexology is a non invasive presume point massage done on the soles of the feet where there are reflex zones corresponding to all internal organs in the human body. Pressure is applied according to the body map on the feet which is correlation to the body are guided by meridians. 10 longitude and 3 transverse zones. Reflexology reduces physical, emotional and psychological stress and tension which result in relaxation in the body. Reflexology improves the assimilation of nutrients to enhance the provision of nourishment for healthy functioning. It improves the circulation of the blood and lymph and strengthens the functioning of the immune system. Reflexology can be practiced over the hands feet and on ears. It relaxes, improves circulation and promotes a general feeling of wellness.

Q.2. Write the correct posture and benefits of "Sarvangasana"?

Ans. Correct posture & benefits of "Sarvangasana" is as under:- Lie on the ground with feet together, raise the trunk so that the weight of the body is bears by shoulders.

The waist is supported by hands and the body is kept absolute straight from the shoulder to the feet.

Benefit:- 1. Relives the body from bad odors of sweat.

2. It improves digestion. It is recommended for reducing waist line.

3. It ensure full flow of blood to the heart and the brain which in turn prevents premature greying.

4. Precautionary heart patient & patient of HBP should not perform.

Ques.3. Explain the term "Mudra" list different mudra's?

Ans. Mudra- In order to follow the techniques of pranayama, it is necessary to know mudra means a lock or seal. Health is controlled by fingers of the hands are also known as ending zones. When fingers of the hands are being touched by each other this known as Hast mudra. It is believed that the fingers of our hands have five elements of nature i.e. Thumb=fire, Index finger= Air, Middle finger= space, Ring finger= earth, small finger=water. All these five elements are require to have balance between each other only by practicing hast mudra.

There are ten Hast mudras:-

1. Gyan mudra
2. Vayu mudra
3. Surya mudra
4. Linga mudra
5. Prithivi mudra
6. Apana mudra
7. Shunya mudra
8. Haridaya mudra
9. Varun mudra

10. Prana mudra

Ques.4. Write various types of endocrine glands, give detail of pituitary gland.

Ans. It is the system which deals with hormones in the body. The endocrine system co-ordinates and regulates the function of the body. An endocrine gland is a ductless gland that produces hormones which pass directly into the bloodstream.

Type of endocrine glands:-

1. Pituitary gland.
2. Thyroid gland
3. Parathyroid gland
4. Adrenal gland
5. Pineal gland
6. Thymus gland
7. Gonads

1. **Pituitary gland:** Referred to as the master gland as it controls the functions of the other glands. It is located on the base of the skull. It produces hormones that control other systems.

GH(Growth hormones)

PRL((Prolactin)

MSH(Melanocyte stimulating hormone)

LH(Luteinizing hormone)

Ques.5. Write the Posture and benefits of "konasana"?

Ans. Correct posture of konasana:- Kona is the Sanskrit word for angle. This pose serves as a warm up pose for more complicated angle pose like Baddha Konasana etc.

Posture- Stand erect with your hands on both the side Palms should be touching the thighs. Separate your legs until about 2-3 feet apart. Raise both hands upto shoulder level. Stretch them out and align them parallel to your shoulder. Inhale and bend to your right side, sliding the right hand down the right thigh and raising the left hand straight up. Try to stretch the right hand more and touch the right ankle with your fingers. Keep the left hand straight without bending the elbow. Bring down the left hand and place it on your waist. Hold the posture for a few seconds. Exhaling return to the standing position with your feet. Repeat the same steps on the other side alternating the hands.

Benefit:- 1. This pose is helpful in relieving back pain and increase the flexibility of the spine.

2. It reduces fat from waist & hips.

3. Body gets into shape. Arm muscles gets toned up.

Ques.6. Describe the term body wraps?

Ans. This treatment is usually combined with an exfoliation or dry body brushing for better absorption, Body wrap treatment involves the application of the product and then the body is wrapped very tightly with an aluminium foil or plastic sheet. The client is further wrapped in electric blanket or given infrared rays to raise the body temperature so that heat is retained by the foils increased sweating so that detoxification takes place. It helps in includes.

Cold body masks work better for clients with sensitive skin and circulatory disorders.

The most common types of products used in body wraps are mud clay, sea weed or algae. The treatment ends with application of a moisturizer to balance the skin.

Benefits:- It helps in detoxification and relieves aches and pains. The effect of wrap will depend on the product use making it stimulating, relaxing, calming or hydrating etc. it cap care in both hot and cold wrap depending on the need of the clients.

Ques.7. Prove the role of record card in your Spa / Saloon?

Ans. We all know that diet consultation is very important in the health and beauty field. Actually it is a legal requirement to before any treatment.

If you failed to do this it may leave you in trouble. A big amount of claim could be claimed from you. Better to keep the regular records of your client and update it time to time. Because skin, nail, hair, etc. can change over time.

How you talk to your client is as important as what you are saying.

Client consultations are a crucial part of a beauty & health business. This can protect the both i.e. the client & you. This can be your best tool, can be helping you to serve the efficient services. Keeping record of all the medical complication of the client,

Her important contact nos.

Her skin & hair type.

Name, Address, Occupation,

Email address,

Any allergies, mobile number, etc.

Consultation cards are the most integral part of salon & spa business today. These cards allow you to give client an extra dose of personal treatment.

SECTION-B

ESSAY 5 (MARKS) –(ANY 3 QUESTION FROM 5 QUESTION)

Ques.1. Explain one Indian and one international body therapy with their precaution and benefits?

Ans. To cure the diseases we are using different techniques for treatment:-

Indian techniques of treatments are as under:-

1. Shirodhara
2. Colour therapy
3. Mud therapy
4. Body wrap etc.

International technique of treatments are as under:-

1. Jacuzzi hydro therapy
2. Medical SPA's
3. Acupressure massage
4. Shiatsu
5. Reiki
6. Reflexology

One Indian body therapy:-

Mud Therapy – Mud is an important element of nature. It is also known for its healing properties. It contains important minerals which have positive effect on human health. Mud can absorb toxins from human body. It also helps in cooling or warming and relaxing the body. Mud can hold moisture for long time.

Types of mud:- It is important to note that before using any type of mud it should be dried, powdered and sieved to remove any type of impurities such as stones, grass etc. Mud found in different parts of the world has different properties.

Types of mud are:-

1. Black mud- This mud is rich in mineral and also retains water for long time.
2. Mud from dead sea- This mud has beautifying & therapeutic powers. It contains more than 20 kinds of salts and minerals. They are beneficial for any kind of skin disorders. The mud enhances blood circulation and leaves the skin with glow.
3. Moor mud- This mud is produced over thousands of years from organic residue of flowers, grasses and herbs. This is transformed into fine paste which contains acids, vitamins, amino acids and plant hormones etc.

This mud has therapeutic properties and is useful in detoxification, healing, beautification, nourishing human body. This also has anti-aging and inflammatory effects.

Benefit:- 1. It relaxes muscles and improves blood circulation.

2. It can be useful in swelling and relieves pain.
3. It is good for the hair and for the skin.
4. It gives a positive effect on digestion.

One International body therapy

SHIATSU – It is a Japanese treatment consisting of finger and palm pressure and other massage techniques. It is a physical therapy in the form of Accupressure. It uses finger or thumb pressure on points to help relieve pain and encourage the body to heal itself.

Shiatsu is originated in Japan. Shi-atsu means 'finger pressure' in Japanese. Regular treatment can alleviate stress and illness and maintain health.

Shiatsu has a number of different styles; it is based on traditional Chinese medicine.

The first Shiatsu College came up first in 1940.

Shiatsu is performed on a futon mat with the client fully clothed.

Ques.2. Describe "Shirodhara" the Indian body treatment in detail?

Ans. SHIRODHARA:- Scented warm herbal oil is poured in a stream continuously on to the forehead with a general massage on the head. The content of oil varies according to the basic need of the client. In Ayurveda, the head is considered as the root of the body. There are many medicinal plants which help in improvement of the head or brain.

Benefit of Shirodhara- 1. This treatment induces relaxation and is very beneficial for vital ability.

2. It rejuvenates and revitalizes the mind and body.
3. This relieves stress and strain, prevents aging, improves memory, cures paralysis and other neurological malfunctions.
4. It improves the blood circulation to the upper part of the body.
5. It is also effective in hair falling and early greying of hair and improves power of speech.

Contra indications:-

1. It should not be performed in the following conditions:- Heart disease, Pregnancy, Menstruating, fever, Oedema, Infections. Pre-care advice- Nothing should be taken 30 minutes before the treatment.

Ques.3. Illustrate and define the yoga asana good for diabetic or sugar patient?

Ans. Ardhamatsendra sana –(the half spinal twist)

This asana has many benefits but the most important benefit is for a diabetic patients.

Method:- Sit on the mat, bring the left leg over the right so that foot is on the right side of the right leg with the foot as close into the body as in comfortable. Bring your left hand behind you and rest it on the floor. Inhale and lift your right arm straight up over your head, stretching the spine upwards. Exhale and turn the body to the left bringing the right arm out side the left knee. Look over the left shoulder. Keep your spine straight and be sure to keep your body weight on the spine. Make sure your shoulder stay parallel to the floor. To come out of the posture inhale and lift the right arm over your head, stretch up, and exhale and release the hand back down to the mat. Repeat it by opposite direction too.

Benefits:- 1. Good asana for the sugar or diabetic .

2. Increase flexibility in spine.
3. Massage the abdominal organs which helps to relieve constipation.
4. Helps to cure nervous disorders.
5. Brings peace of mind.

Ques.4. List different exercise of 'Sun greeting' or Surya namaskar' with their respective mantra.

Ans. Surya namaskar is a 'Sarvang sundar vyayam'. Where every limit of the body gets uniform exercise and is coupled with training the mind to concentrate. By performing it daily, one can shape ones personality and future life.

It has a sequence of asanas. Its origins lie in a worship of Surya, the Hindu solar deity.

Procedure:-

1. Stand erect joined the palms of the hand in front of the chest keeping both the hands well tight raise them so much that the portion from the feet to hand is straight. Breathing slowly and deeply that exhale.
2. As you inhale raise the arms over the head, keeping them along side the ears with feet bend backward and look at the hand.
3. Bend backward as you exhale and try to place the palm flat on the floor on either side of the feet. The knee should be kept straight. Try to touch the knees with your face. Pull your stomach in.
4. Stretch the left leg back. Bringing left knee to the floor. The right foot remains between the hands with the knee touching the chest. Inhale as you do this and look up.
5. As you exhale fully bring the right leg back to meet the left foot. In body now form an arch resting only the palms and feet look at the feet and try to keep the heels flat on the ground.
6. This is the sashtang position keeping the hands and feet where they are inhale, bend your arms and lower. Your body should touch the ground only with the toes chest, forehead and the palms. But the buttock will be raised up a little.
7. Bringing the pelvic to the floor, stretch up the head, neck and cheeks and look at the up and hold the breath.
8. As you breathe out lift the buttock push the head again in position.
9. Inhale the left leg. Forehead between the hands with left leg stretched back with the right knee touching the ground look up and try to bend your head back.
10. This is a repetition of position exchange. Bring the right leg forward and stretch the knee.
11. Keeping the arms along side the ear stretch up and back as you inhale as in position second.

12. Exhale as you bring the arms down joints the palms in front of the chest as in position first.

Mantras of Surya

1. Om Mitraye Namah
2. Om Ravye Namah
3. Om Suryaye Namah
4. Om Bhanve Namah
5. Om Khagaye Namah
6. Om Pushne Namah
7. Om Hiranyagarbhaye Namah
8. Om Marichaye Namah
9. Om Adityaya Namah
10. Om Savitrey Namah
11. Om Akraye Namah
12. Om Bharkaye Namah

Benefits:- 1. It has a beneficial influence over the entire personality.

2. It is complete combination of body posture, breathing and a prayer full attitude mind. To relax the restless mind.

3. This will make the mind alert.

4. The morning rays of the sun are very beneficial for skin.

Ques.5. List the type of lifestyle related disorders and explain any one of them?

Ans. In today's modern world we, are leading generally a sedentary lifestyle. Which means lack of physical exercise, eating junk food. Not following the Law of nature, lack of sleep, adulterated food pollution, excess use of computers and mobiles lead to some lifestyle related disorders. They are as under:-

- Diabeties
- Under weight
- Obesity
- Hypertension

Obesity:- Obesity is suppose to be a gift of modern lifestyle Obesity itself is a disease as well as breeding ground of numerous other diseases. Its main symptoms are as following:-

- Obese, clumsy and unsymmetrical.
- Excessive sweating.
- Body ache
- Excessive sleep
- Panting with little physical

Obesity is defined as an excessive deposition as strange of fat in adipose tissues.

Causes- Obesity is a disease of the person who avoid physical work or exercises. Heavy diet, constant use of high fat foods, avoidance of physical exercise or manual work and leading lethargic and comfortable life style etc. may be the main cause of obesity.

Diet for weight loss-

Sample diet for teen age group:-

This is a stage of rapid growth and intense activity. A number of physical, mental and emotional changes occur. In this period of life girls mature between the age of 11-13 years. Where the major changes takes place in boys between 13-15 year, Girls may need to pay special attention to food rich in protein, iron and other nutrients. Food includes pulses, leafy vegetables, dried fruits eggs milk or its product are very essential for growing teenager.

Diet Plan for teen age group for reducing weight:-

Sample diet for adolescence girls:-

ITEM	GRAMS (Perday)
Cereals	350
Pulses	70
Green leafy vegetables	150
Other vegetables	75
Roots and tuber	75
Fruits	80
Milk	230
Fat & Oil	35
Meat & Fish	30
Eggs	30
Sugar & Jaggery	30
Ground nuts	30

Treatments:- 1. The chief consideration in this treatment should be the balanced selection of foods which provide the maximum nutrients with least number of calories.

2. Obese patient are advised to adopt the life style full of physical work and excercises.
3. The regular practice of hip bath along with the mud pack, lemon water enema and stern bath.
4. Brisk walk is necessary.
5. Abstaining of sweets and heavy foods like halwa, jalebi, puri pakoda etc. is most essential.
6. By increasing the quality of raw salad and vegetables.
7. Practice of taking tuke warm water mixed with lemon juice in the morning.
8. Certain Yogasanas are good.
9. They heps in slimming and also strengthen in flabby areas.