

HOLISTIC HEALTH (746)**CLASS XII****2018-19****BLUEPRINT****TIME: 2.5 HOURS****Max. Marks: 50**

UNIT NO.	UNIT NAME	SECTION -A			SECTION -B	TOTAL
		MCQ / FILL IN THE BLANKS/ DIRECT QUESTIONS	VERY SHORT ANSWER QUESTION	SHORT ANSWER QUESTIONS	LONG/ ESSAY TYPE QUESTION	
		1 MARK EACH	2 MARKS EACH	3 MARKS EACH	5MARKS EACH	
I	Anatomy and physiology	3	2	-	-	5
II	Diet and nutrition	2	2	-	-	4
III	Yoga and Health	2	1	3	2	8
IV	Indian and International therapies	2	1	3	2	8
V	Basic Health and safety	-	-	-	1	1
VI	Business Studies	3	1	1	-	5
TOTAL QUESTIONS		12	7	7	5	31
NO. OF QUESTIONS TO BE ATTEMPTED BY A CANDIDATE		Any 10	Any 5	Any 5	Any 3	23
TOTAL MARKS		10x1 = 10	5 x 2 = 10	5 x 3 = 15	3x 5 =15	50 MARKS

1. This question paper contains 31 questions out of which the candidate needs to attempt only 23 questions.

2. Question paper will be divided into two sections:

(i) **SECTION A:**

- **Multiple Choice Questions/Fill in the blanks/Direct questions:** There will be 12 questions of 1 mark each. A candidate needs to attempt any **10** questions (**Marks10 x 1 = 10**).
- **Very short answer type questions:** There will be 7 questions of 2 marks each. A candidate needs to attempt any **5** questions. (**Marks5 x 2 = 10**).
- **Short answer type questions:** There will be 7 questions of 3 marks each. A candidate needs to attempt any **5** questions (**Marks5 x 3 = 15**).

(ii) **SECTION B:**

- **Long answer/ Essay type questions:** There will be 5 questions of 5 marks each. Students need to attempt any **3** questions (**Marks 3 x 5 = 15**).