CENTRAL BHARAT SEVAK SAMAJ

NATIONAL DEVELOPMENT AGENCY, ESTABLISHED IN 1952 BY PLANNING COMMISSION, GOVT. OF INDIA

CENTRAL BOARD OF EXAMINATIONS

BSS NATIONAL VOCATIONAL EDUCATION MISSION

YNS028-CERTIFICATE IN MIND MEMORY PERSONALITY DEVELOPMENT BY YOGA

SIX MONTHS EXAMINATION NOVEMBER-2025

YNS028-01 COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) They _____ playing Cricket.

2) The cat is _____ the wall.

3) Computer is an _____ device

4) TCP is _____

5) website is group of _____

6) The letters in computer application is called _____

7) The expanded form of MS Word is _____

8) RAM stands for _____

9) Key board shortcut for undo command is _____

10) In C++ the error contents are based on _____

11) Who is the father of computer _____

12) Shortcut Key for Cut is _____

13) Keyboard shortcut for UNDO command is _____

14) CPU stands for _____

15) Esc used for _____

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) Define adjectives?
2) Define the formation of Adjectives?
3) Define Auxiliary verb?
4) Define some relative adverbs?
5) What are the types of Articles?
6) Windows
7) Spin box
8) What is input and output unit
9) Explain UNIX
10) Explain any five options for the format 'menu'
11) Prefixes
12) Noun phrase
13) Explain any five functions in MS Excel
14) What is URL?
15) Define Conjunciton

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) Explain informal letter?
2) Use of 'has' and 'have' in sentences
3) Briefly explain the table menu in MS Excel
4) Print preview
5) What are the characteritics of computer?
6) Cold related emergency
7) What are the procedures to insert range of cells in excel
8) What are the advantages and disadvantages of non- verbal communication?

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) Write what in complex sentence
2) Functions of Word Processing?
3) Explain 'slide presentation creating' in MS Power Point
4) Describe the relevance of computerization in hospital field
5) Write about Parts of speech?

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YNS028-CERTIFICATE IN MIND MEMORY PERSONALITY DEVELOPMENT BY YOGA

SIX MONTHS EXAMINATION NOVEMBER-2025

YNS028-02 BRAIN ANATOMY

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) The normal adult brain weight between _____ & _____

2) The brain control lower activities e.g _____

3) The cranial activities contains _____ pair of cranial nerves

4) Cerebral hemispheres is divided into _____ lobes

5) _____ Lobes is associated with reasoning, adjustment etc.

6) Broca's area is dominant for _____

7) Parietal lobe is associated with _____

8) _____ is a difficulties with word finding or naming.

9) _____ memory is lost within a second to minuties

10) Knee Jerk test is done to check the _____ function

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) Define the function of frontal lobes.
2) Define the function of parietal lobes.
3) Define the function of temporal lobes.
4) Define the function of oxipateal lobe
5) Draw a structure of neuron.
6) What is synapse.
7) Name the four cranial nerves.
8) What is neureouglia?
9) Define Dendron?
10) Define axon

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) Explain reflex movement
2) Define learning
3) What is plasticity?
4) Define memory &types of memory.
5) What is effect of aging in memory?
6) Write short notes on: a) Dura mater of brain b) Formation of notochord
7) Describe the origin, course relations and branches of axillary artery.
8) Describe the ventricles of Brain.

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) Name the cranial nerve & explain their function?
2) Explain the speech area of brain?
3) Name three neurotransmitter & describe?
4) Explain covey 7 factors of highly effective people.
5) Comment on the factors influencing Self-development.

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YNS028-CERTIFICATE IN MIND MEMORY PERSONALITY DEVELOPMENT BY YOGA

SIX MONTHS EXAMINATION NOVEMBER-2025

YNS028-03 MEMORY AND PERSONALITY DEVELOPMENT

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) Dreams can be explained as _____

2) Who is a visionary leader?

3) What is a Psychological test?

4) What is long-term memory?

5) When the retinal image changes with distance, our perception does not change. Why?

6) Distinguish between the sources of environmental stress and consequences of environmental stress.

7) Which types of job will you suggest for a 'Realistic' person and why? Give at least one reason.

8) Praveen is a good athlete but for some time he is feeling low and his performance is deteriorating. Suggest any two ways to improve his performance.

9) Illustrate, with an example, how reward can increase job satisfaction.

10) identify an example of the Electra complex.

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) List four fields of psychological studies and describe one in detail.
2) explain the importance of brain and its function.
3) What is development?
4) List the various stages of human development.
5) Analyze human being as organism.
6) Give any two differentiation between depressants and stimulants.
7) Explain the role of environmental influences on pre-natal development.
8) Analyze the effect of group on performance and risk taking behaviour.
9) Explain any one model of human environment interaction.
10) Why is Yoga important for self-development?

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) Description of the human being as a product of person-environment system.
2) Define the following: a) Motivation b) Empathy. c)Stress, d) Leadership.
3) Bring out the essentials of a great inner personality.
4) Explain briefly the 7 C's of communications.
5) What are the basic principles of effective communications?
6) Explain the models of 'Perception of Personality'.
7) What is Compulsive Personality? Explain six characteristics.
8) Comment on the factors influencing Self-development.

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) What is Personality? What are its determinants? What are various stages of personality development?
2) What is Problem Solving? Explain five steps used in Problem Solving.
3) What is Non-verbal Communication? Explain five components used in Non-verbal Communication.
4) Explain Extroverts, Introverts, Ambiverts with example.
5) What is Positive Self-esteem? Explain six advantages of Positive Self-esteem.