

RAS - 23 MAINS TEST SERIES

सिद्धि - 13/A13

Time : 3 Hours

(Paper - III)

Maximum Marks : 200

सामान्य ज्ञान व सामान्य अध्ययन
General Knowledge & General Studies

Name :		MARKS	
Enroll. No.:	Part	Att. Ques.	Marks Obtained
Date of Birth :	Unit-I	13	33 ³ / ₄
Medium : ENGLISH	Unit - II	13	31 ¹ / ₂
E-mail : <u>skpathan726211@gmail.in</u>	Unit - III	14	29 ¹ / ₂
Exam Date :	Total		<u>94³/₄</u>
Evaluator's Code	Reviewer's Code	Inviligator's Signature	Student's Signature
			<u>GULBAZ</u>

अनुदेश (Instructions)

1. परीक्षा शुरू होने से पहले पुस्तिका को जाँच लें।
Please check the booklet before commencement of the exam.
2. दिये गये रिक्त स्थान में निर्देशित शब्द सीमा में उत्तर दें।
Write the answers according to the prescribed word limit, in the space given.
3. अंक योजना प्रत्येक खंड के प्रारम्भ में दी गई है।
The marking scheme is given at the start of every section.
4. परीक्षा के पश्चात् उत्तर पुस्तिका हॉल अधीक्षक को सौंप दें।
Return the answer booklet to the hall superintendent after completing the paper.
5. अभ्यर्थियों को उत्तर निर्धारित शब्द सीमा से अधिक नहीं लिखना चाहिए, इसका उल्लंघन करने पर अंक काटे जा सकते हैं।
Candidates should not write more than the prescribed word limit in answers, violating this may result in deduction of marks.
6. अभ्यर्थियों को निर्देशित किया जाता है कि किसी भी प्रश्न का उत्तर प्रश्नोत्तर पुस्तिका में निर्धारित स्थान पर ही लिखें बॉर्डर लाईन से बाहर प्रत्युत्तर नहीं लिखें बॉर्डर लाईन के बाहर लिखे गये उत्तर को जाँचा नहीं जायेगा।
Candidates are directed to write answers only in the prescribed space of booklet. They should not write answer outside the border line. Answer written outside the border line will not be checked.

	REVIEW PARAMETERS	SCALE			
		Good	Above Average	Average	Below Average
1.	DOES THE ANSWER ADDRESS THE DEMAND OF THE QUESTION?				
a.	Answer Relevancy			✓	
b.	Answer Enrichment points like use of: Key Terms/ Subject Vocabulary. Use of Commission/ report/ government publication/ judgements, etc. Association with the Current Affairs and use of examples to explain the concept and idea			✓	
2.	HOW WELL IS THE ANSWER PRESENTED?				
a.	Structure - Intro, Body, Conclusion			✓	
b.	Presentation - Using Subheadings/ points/ highlighting/ flowcharts/ diagrams/ maps				✓
c.	Language & Grammar			✓	
d.	Word limit			✓	

Detailed Comments / Feedback / Suggestions for Improvement
विस्तृत टिप्पणियाँ/फीडबैक/सुधार के लिए सुझाव :-

1.

2. Draw flowchart to explain your

3. answer

4. Increase your font size

5. write conclusion in 10 mark

6. questions

7. attempt all the question

8.

9.

10.

GENERAL STUDIES & GENERAL KNOWLEDGE

(Total 200 Marks)
(Total 48 Question)

Unit - I
(यूनिट - I) (70 Marks)
(70 अंक)

Part - A
भाग - अ Marks : 10
अंक : 10

Note : Attempt all questions. Answer the following questions in 15 words each. Each Question carries 2 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 15-15 शब्दों में दें। प्रत्येक प्रश्न के 2 अंक निर्धारित हैं।

1. हाल ही में सुर्खियों में रही 'फातिमा बीबी'-
In the headlines recently, 'Fatima Bibi'.

Fatima Bibi → She was the first female Chief

Justice in the History of Indian Judicial System.

She was appointed CJI of India in 1970s.

In News → Recently she passed away.

(Write above this line only)

2. 'पेरिस क्लब' पर टिप्पणी लिखिए-
Write comment on 'Paris Club'.

(Write above this line only)

do not
repeat
points

Note : Attempt all questions. Answer the following questions in 50 words each. Each Question carries 5 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 50-50 शब्दों में दें। प्रत्येक प्रश्न के 5 अंक निर्धारित हैं।

1. 7वीं अनुसूची में उल्लेखित सूचियों का नाम लिखते हुए वर्तमान में सूची प्रणाली का महत्त्व बताइये-

While writing the names of the lists mentioned in the 7th Schedule, explain the importance of the list system at present.

The Schedule 7 contain list →

State	→ 66
Centre	→ 97
Concurrent	→ 47

 giving the

power and authority to both the central and state governments.

Important - (i) Helps in clearly determining the area of

Jurisdiction of both (ii) Helps in strengthening the federal

structure of country (iii) Helps in cooperation and collective

law framing → on matters in concurrent list (iv) Removes the

conflicts and area of fric between the two (v) Helps

in efficient and rational policy framing.

(Write above this line only)

2. 'डॉक्ट्रिन ऑफ कलरेबल लेजिसलेशन' (छद्म विधायन) को स्पष्ट कीजिए।

Explain the Doctrine of Colorable Legislation (Pseudo legislation).

The Legislatures who meet for a specific time period

and lacking the required technicalities sometimes delegate

their powers of law making to the executive organs

of the Government. This process is called as Colorable Legislation

It although allows in efficient and rational policy

framing but sometimes results in conflicts. Ex: The experts

called in Parliamentary committees to assist the legislatures.

Helps in saving time, resoluble, managing world load etc.

(Write above this line only)

3/2

Balance of power to reduce inequality

Case

means

3

3. वर्तमान में केन्द्रीय निर्वाचन आयोग द्वारा मान्यता प्राप्त राष्ट्रीय राजनीतिक दलों का नाम लिखते हुए राष्ट्रीय दल की मान्यता के लिए आवश्यक शर्तों का उल्लेख करें-

While writing the names of the national political parties currently recognized by the Central Election Commission, mention the conditions necessary for the recognition of the national party.

The Central Election Commission have recently recognized

8 political parties as National Parties → BJP, INC, AAP, BSP, CPI-M, TMC, NPP and SP

Conditions (i) Party must be recognized as state party in at least 4 state (ii) It must have won at least

2% of total votes to the election of state legislature

and won at least 4 seats (iii) It must have secured

1 seat in the Lok Sabha election conducted in

at least 4 state

(Write above this line only)

4. राजस्थान उच्च न्यायालय के गठन के ऐतिहासिक घटनाक्रम पर टिप्पणी लिखिए-

Write comment on the historical developments in the formation of Rajasthan High Court.

Prior to Independence, only few Riyasats had High Court functioning → Udaipur, Jaipur, Jodhpur, Bikaner etc.

After integration of Rajasthan 30 March 1949, the need arised for the High Court and it was decided that

High Court shall be established at Jodhpur with seat (Bench) in Jaipur. The Jaipur Bench was abolished in 1957 and

relocated in 1977. Area of Jurisdiction → Jaipur 16
Jodhpur 10

Recently, it has been decided that a virtual bench of High Court shall be established at Udaipur

(Write above this line only)

full form

4-1

20

2

Act

Comment

no. of judges

5. ताइवान की चीन के खिलाफ जवाबी हमले के सन्दर्भ में अपनायी जाने वाली 'पॉर्कपुआइन स्ट्रेटजी' को स्पष्ट कीजिए।

Explain the **Porcupine Strategy** adopted by Taiwan in the context of retaliatory attack against China.

The Chinese claims over the Taiwan and its areas in the South-China Sea have resulted in a long struggle between the two parties. The Chinese claim Taiwan as its Territory while Taiwan claims Sovereignty. Strategy

⑨
three defensive layers
proposed by?

- (i) Form alliance with Chinese adversaries like the USA, India, ~~Russia~~ etc.
- (ii) Reduced dependence on Chinese goods and products
- (iii) Militarily strengthen itself by procuring defence goods and conducting exercises
- (iv) order the Chinese forces, High Commissioners/Ambassadors to leave.

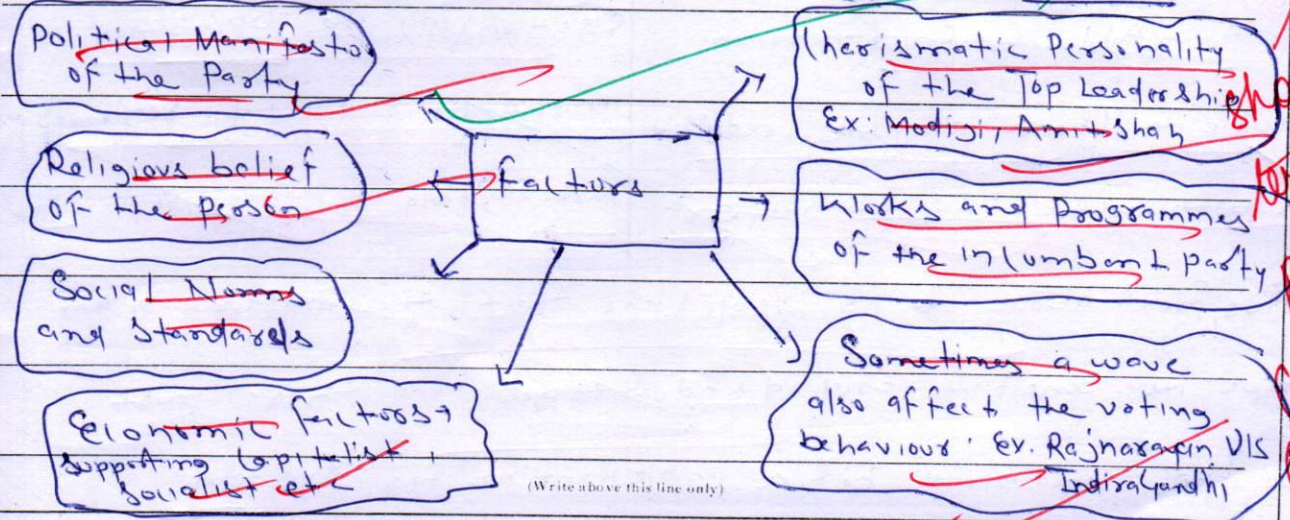
(Write above this line only)

6. मतदान व्यवहार की अवधारणा को स्पष्ट करते हुए इसे प्रभावित करने वाले कारकों का नाम लिखिए-
Explaining the concept of **voting behaviour** name the factors affecting it.

Voting Behaviour → The tendency of an individual / group to keep in mind various factors which it keeps in mind

while voting for a candidate / party during the election

process is called voting behaviour factors affecting



(Write above this line only)

⑩
factors
short long term term
Region
Caste
Caste
Class

Part - C

भाग - स

Note : Attempt all questions. Answer the following questions in 100 words each. Each Question carries 10 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 100-100 शब्दों में दें। प्रत्येक प्रश्न के 10 अंक निर्धारित हैं।

1. 'वन नेशन वन इलेक्शन' की अवधारणा को स्पष्ट करते हुए इसके पक्ष और विपक्ष में तर्क दीजिए-

Explain the concept of 'One Nation One Election' and give arguments in its favor and against.

The Government of India have recently formed a committee to look into possibilities of conducting one

election through out the country under Ex. President R. Kovind

Other members - Amit Shah, GN Azod, Aghor Ranjan (Haudhary), Nik Singh, Sanjay Kothari, Harish Salve, Subhash Kashyap

Concept → It is an approach where the government

seeks to conduct both the Lok Sabha and Vidhan Sabha

election in one go (simultaneously with each other)

+ve

-ve

(i) Will reduce the wastage of money (ii) Result in saving

time and resources (iii) Help

the Bureaucracy to do its real

function, Public welfare (iv) Help

people to choose eligible candidate

for both on the - State at one go.

(i) Complex procedures and though to implement in country

like India (ii) A Party may benefit

from the wave and sweep

election (iii) The Opposition

might be reduced to regional

party (iv) Fears of permanent power shift

Thus, from above it is very clear that the proposed system have its benefits and disadvantages and these must be kept in mind before implementing the system.

5/2
 promote
 cost
 positive
 negative
 Article 32
 172

2. निम्न पर टिप्पणी लिखिए-

1. नागरिक समाज की लोकतंत्र में भूमिका/Role of civil society in democracy
2. राष्ट्रपति की पॉकेट वीटो शक्ति/Pocket veto power of the President

1. Role of Civil Societies → Civil Societies are the grouping of people from every segment of society working for the welfare of the masses in general. Ex:

Role (i) Helps in national policy forming by exerting pressure on Government (ii) Makes people aware about the Good of Government policies (iii) Criticize the Government and its policies in public front. (iv) organize a mass movement against the Government (v) Helps people to free from the (bonds of Religion, Race etc and exercise their political rights.

2. Pocket veto of President → When a bill is passed by the Parliament and sent to President. He has 3 options (1) Assent (2) Reject (3) Return for reconsideration.

Sometimes, the President keeps the bill unattended, or gives none of the three responses and Indian Constitution has not fixed time limit for President's assent and the bill does not pass. Ex: Exercised by ex. President Yashwantrao Chavan on Indian Postal Bill 1987.

Importance: (1) The ill-discussed bill are not passed (2) Checks in the absolute authority of Parliament.

good governance affect voting behaviour

3 1/2

Autobi

3. वर्तमान में बदलते वैश्विक परिदृश्य के कारण भू-राजनीति में भारत के समक्ष उत्पन्न दुविधाओं को उल्लेखित करते हुए इसके समाधान के सन्दर्भ में अपने सुझाव प्रस्तुत कीजिए-
Mentioning the dilemmas faced by India in geopolitics due to the changing global scenario, present your suggestions regarding its solution.

Geo Politics → Politics conducted by State keeping in mind the geographical position another country in mind.

Dilemmas faced → (i) Continuing its trade relations with China despite issues on border (ii) Continue supplying India

to Pakistan → After all its caused terror and insurgency.

(iii) Continue to support (financially) Afghanistan despite its control by Taliban (iv) Continue to think over the

RECP with ASEAN despite its issues. (v) Continue to

support the Island Nation despite they being hostile towards

Indian interests (vi) Other issues of sovereignty, integrity etc

Solution → (i) India must continue to safeguard its interests in geopolitics even at the expense of the other.

(ii) Must strengthen the ties with time tested allies

like Russia, Israel and other global powers like USA,

France, Germany (iii) A joint approach can be taken to

face the sea lane of communication in Indian Ocean and

to counter the Pearl of String of China. (iv) Supporting

those who support us → Nepal, Iran etc (v) Active use of UN, NATO, BRICS etc

Unit - II (70 Marks)
(यूनिट - II) (70 अंक)

Part - A (10 Marks)
भाग - अ (10 अंक)

Note : Attempt all questions. Answer the following questions in 15 words each. Each Question carries 2 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 15-15 शब्दों में दें। प्रत्येक प्रश्न के 2 अंक निर्धारित हैं।

1. स्वतंत्र भारत में उदारीकरण से पूर्व प्रशासनिक सुधारों के उद्देश्य से गठित की गई प्रमुख समितियों को नामोल्लेखित कीजिए-

Name the major committees formed for the purpose of administrative reforms before liberalization in independent India.

Committees formed (i) Hota Committee

(ii) A D Gorwala Committee (iii) Santhanam Committee

(iv) Administrative Reform Commission $\left\{ \begin{array}{l} \text{H} \\ \text{H} \end{array} \right.$

(v) Sarkariya Committee etc.

(Write above this line only)

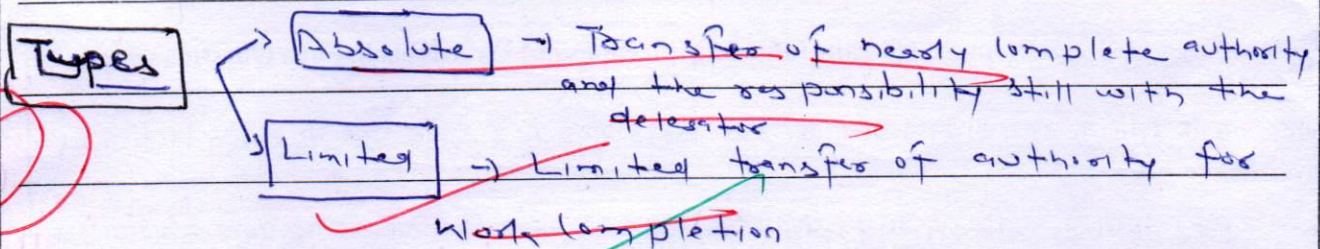
2. 'मैकिंसे का '7S' मॉडल' पर टिप्पणी लिखिए-

Write comment on 'McKinsey's '7S' Model'.

(Write above this line only)

3. मात्रा की दृष्टि के आधार पर प्रत्यायोजन के प्रकारों को लिखिए-
Write the types of delegation on the basis of quantity:

Delegation → The transfer of authority from one organization unit to another.



(Write above this line only)

4. लोक प्रशासन में सामान्य स्टाफ/कर्मचारियों के किन्हीं चार गुणों का उल्लेख कीजिए-
Mention any four qualities of general staff/employees in public administration.

- (i) Ability to understand the commands of superior.
- (ii) Ability to adhere to the code of conduct of the organization.
- (iii) Ability to safeguard interest of oneself and this to safeguard interest of all.
- (iv) Ability to work impartially, objectively to serve the masses.

(Write above this line only)

5. लोकायुक्त के द्वारा किसी शिकायत को स्व-विवेकाधारित खारिज किए जाने के आधारों को लिखिए-
Write the grounds for dismissing a complaint by the Lokayukta as per its discretion.

- (i) If complaints are made to defame any public representative.
- (ii) If anonymous complaints are made.
- (iii) If complaints are older than 5 years.
- (iv) If complaints lack substantiated backing of proof (authentic).

(Write above this line only)

Note : Attempt all questions. Answer the following questions in 50 words each. Each Question carries 5 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 50-50 शब्दों में दें। प्रत्येक प्रश्न के 5 अंक निर्धारित हैं।

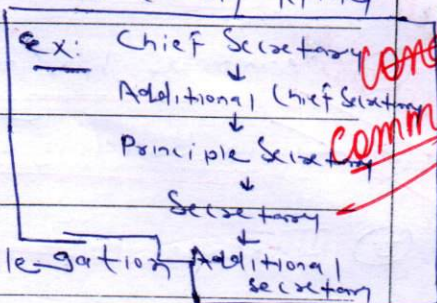
1. पदसोपान या सोपानक्रम की प्रमुख विशेषताओं/लक्षणों को उल्लेखित कीजिए-

Mention the main characteristics of hierarchy.

Hierarchy → Hierarchy is an organised structure which connect post from Top to Bottom in a organised way

Characteristics

- (i) Provide unified structure to the organisation
- (ii) Act as main line of communication
- (iii) Responsibility, Authority, Accountability are (clearly defined) at fixed at each level
- (iv) Promotes discipline in organisation
- (v) Facilitate easy and rule based delegation



2
promote unity of command

(Write above this line only)

2. आदेश की एकता के तात्पर्य को स्पष्ट करते हुए प्रशासन में 'आदेश की एकता' के महत्त्व को उल्लेखित कीजिए।

Explaining the meaning of unity of command, mention the importance of 'Unity of command' in administration.

Unity of Command → A concept proposed by Henry Fayol.

It states that no subordinate must subjected to direction and orders of more than one immediate supervisor

Importance (i) Removes possible conflict which may arise among the supervisors (ii) Removes the violation of

command due to multiplicity of orders (iii) Helps in completion of task on time and in efficient way

(iv) Suitable for the employees with less technical knowledge than the supervisors

3
efficient increase being cleared control of sub

(Write above this line only)

3. "प्रशासनिक नैतिकता हेतु आचार संहिता आवश्यक होती है।" स्पष्ट कीजिए-

"A Code of Conduct is necessary for administrative ethics." Explain.

Code of conduct → It is a collection of moral rules, guidelines guiding the behaviour of individual in an

organisational society etc. It is necessary for promoting

administrative ethics - ① Helps the administrator to

keep in mind the expected behaviours ② Helps him in

discharging duties in impartial, objectivity oriented.

③ Removes his distraction and controls corruption.

④ Allow building the trust of masses on administration

⑤ Increase his commitment and competence to public welfare.

(Write above this line only)

4. राजस्थान सुनवाई का अधिकार अधिनियम 2012 के तहत लोक सुनवाई की प्रक्रिया/प्रणाली को लिखिए-
Write the process/system of public hearing under Rajasthan Right to Hearing Act 2012.

The act was passed with an aim to provide time bound hearing and disposal to citizen complains. Process

① Every dept. will designate a person as Public Hearing officer (PHO)

② The PHO shall be liable to accept complaints and give its number

③ He may fix 2 days in week for hearing complaints

④ PHO Must Dispose Complaint in 15 days

If rejects → Give reasons in written.

⑤ Appeal 1st Appeal = In 21 days from orders of PHO

2nd Appeal = In 21 days from orders of 1st Appellate Authority

⑥ Penalty → on failure with proper reasons ₹2500 to ₹5000.

⑦ Act provides that citizen must get chance of being heard near their home

(Write above this line only)

③
encourage
public
interest
political
neutrality

③
state
officer
name
draw
down

5. सामान्यज्ञ बनाम विशेषज्ञ के मध्य विवाद समाधान के लिए 'प्रशासनिक सुधार आयोग' द्वारा प्रदान की गई सिफारिशों को उल्लेखित कीजिए-

Mention the recommendations given by the 'Administrative Reforms Commission' to resolve the dispute between generalists and specialists.

The Generalist despite being less technically sound than the Specialists acquire more power, better paid, higher chances of promotion etc is the cause of dispute between the two. Suggestion by ARC to resolve

- The top posts in function areas must be open for Specialists.
- Creation of new All India Service to accord better position to the Specialists (iii) creation of parallel hierarchies where both enjoy equal powers (iv) creating unified civil services (v) Making salaries, allowances of Specialists = Generalists

3
 (difficult)
 Specialist
 Public
 permanent
 national
 salary
 structure

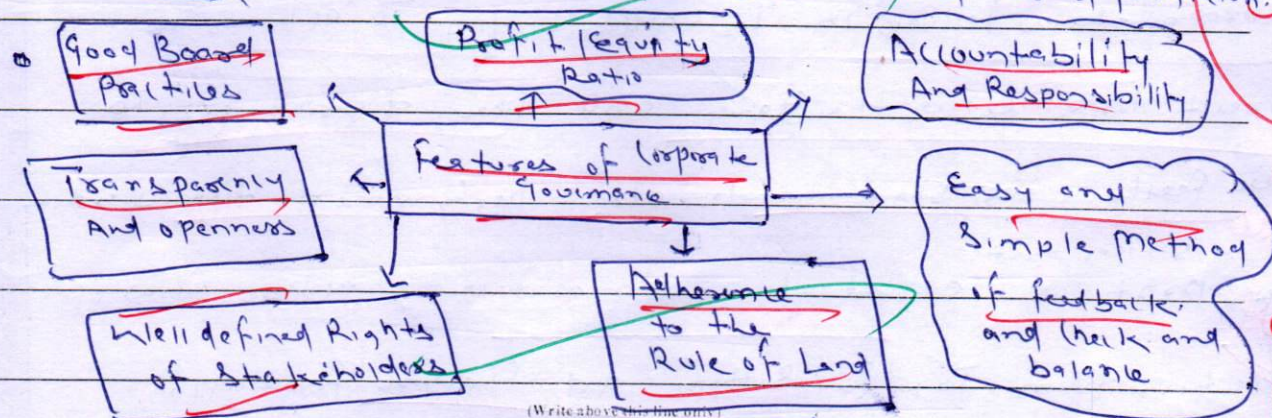
(Write above this line only)

6. निगमित अभिशासन की अवधारणा को स्पष्ट करते हुए इसकी प्रमुख विशेषताओं को उल्लेखित कीजिए-
 Explaining the concept of corporate governance, mention its main features.

Corporate Governance → It refers to all the values, principles, rules and regulation by which a firm is governed to protect the interests of its stakeholders.

Three models: Japanese Model, Continental Model, Anglo-Saxon Model. Features of Corporate Governance

Governance (i) Helps in Economic growth and brand formation.



(Write above this line only)

3
 1
 2
 good
 fairness
 culture
 of
 organization

Note : Attempt all questions. Answer the following questions in 100 words each. Each Question carries 10 marks.

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1. राज्य के प्रशासनिक ढाँचे में संभागीय आयुक्त की भूमिका पर टिप्पणी लिखिए-

Write a note on the role of Divisional Commissioner in the administrative structure of the state.

The post of Divisional Commissioner have been

created in the state hierarchy with an aim that

the revenue collection and the general administrative

work can be effectively supervised at the District

Level. He is appointed by the State Government

from the Senior IAS of State having 20 to 30 yrs

experience. Ex: Rajasthan have 10 divisional Commissioners

to supervise 53 districts.

Role (i) To ensure control and supervision over the

officers at the district (ii) To frame policies, rules

for the newly inducted IAS/RAS officers (iii) To

ensure effective coordination with the Panchayati Raj

representatives falling in its ambit (iv) To act as a

direct link b/w the State and the district (v) To

give feedback to State heads about performance of district work.

it is clear that

This post is essential in maintaining active flow of

direction from Top to Bottom and effective functioning.

5
supervision
and
coordination
of
divisional
level
formulate
delegation
of
power
down
mechanism
personality

2. प्रशासनिक संस्कृति की अवधारणा को स्पष्ट कीजिए तथा इसकी प्रमुख विशेषताओं को उल्लेखित कीजिए-
Explain the concept of administrative culture and mention its main characteristics.

Administrative Culture → It refers to the people's samples, inclination, beliefs, notion about the administrative system of the nation/state.

5

4 Important elements in it are (i) Administrator.

(ii) The belief and value system of administrator.

(iii) The code of conduct of any organisation

(iv) Society → expectation, demands, pressure etc.

Culture related to ideology

Characteristics (i) It determine the nature of the administrative system prevailing in the country.

Public awareness

(ii) It affect the work efficiency and effectiveness of the administrator.

change

(iii) Decide the extent to which people support/ oppose policies implemented by the administrator.

in administrative culture

(iv) Provide continuity and stability to the administrative system (v) Helps in framing rational policies and their effective implementation etc.

Culture

Thus, it is clear from above that administrative

system culture directly influence the type and nature of administration and their ability to serve masses.

depends on social, economic

3. निम्न पर टिप्पणी लिखिए-

Write a comment on the following.

1. विकास प्रशासन का महत्व/Importance of development administration
2. लोकप्रशासन पर संसदीय नियंत्रण की सीमाएँ/Limitations of parliamentary control over public administration

1. Development Administration → Word coined by UL Goswami
in 1955. It is an aspect of Public Administration where
focus is on administering public agencies in such a way to
stimulate and facilitate public welfare programmes Importance

(i) Helps in rational policy framing and its implementation.

(ii) It is change oriented, goal oriented, customer oriented.

(iii) Helps in finding issues in policy execution and take corrective
measures (iv) create institution and mechanism for public
participation (v) Allow better serving of masses by system

2. The parliamentary control over the administration is exercised
by - Speech of President, through question hour, through
CAG report, through motion and resolution etc. Its limitation

(i) It is indirect form of control (ii) The Government is

in majority in house which make it difficulties adoption of
resolution, motions etc. (iii) Use of ordinances to by-pass

established methods (iv) criminalisation of politics.

(v) report of parliamentary committees are not discussed

(vi) Legislature lack technical qualities to understand
work of administration

expanding
the
boundaries
of
public
administration

Headings

MPs
↓
lack
expertise

unresponsive
unadministrative

(Unit - III) (Section - A)

(यूनिट - III) (सेक्शन - A)

Part - A

Marks : 10

भाग - अ

अंक : 10

Note : Attempt all questions. Answer the following questions in 15 words each. Each Question carries 2 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 15-15 शब्दों में दें। प्रत्येक प्रश्न के 2 अंक निर्धारित हैं।

1. हठयोग में शुद्धिकरण अभ्यास के लिए आवश्यक षट्कर्मों/क्रियाओं को नामोल्लेखित कीजिए-
Name the six postures (Shatkarmas) necessary for purification practice in Hatha Yoga-

1. Asana

2. Pranayama

3. Pustyashan

4. Dharana

5. Dhyanam

6. Samadhi

(0)

Mulabandha
Dhauki, Basla
Tarak
Nauli
Kapalbhati

(Write above this line only)

2. 19वें एशियाई खेलों में भारतीय महिला कबड्डी टीम में शामिल राज्य की चार खिलाड़ियों को नामोल्लेखित कीजिए-
Name four players from the state included in the Indian women's Kabaddi team in the 19th Asian Games-

(Write above this line only)

3. 'खेलो इंडिया पैरा गेम्स-2023' पर टिप्पणी लिखिए-
1 Write comment on 'Khelo India Para Games-2023'-

These are the version of the Khelo India Games

Started by the Government of India to promote sports at grassroots level. Organised for the first time in Meerut, Pradesh.

(Write above this line only)

4. 'मिशन ओलम्पिक खेल'
'Mission Olympic Games'.

Mission started to aid excellence to the

preparations of the players who are the

players who are potential candidates of winning medals at the upcoming olympics.

(Write above this line only)

5. प्राणायाम के प्रकारों को नामोल्लेखित कीजिए-

Name the types of Pranayama.

Pranayama → It is process to increase efficiency of respiratory system. 3 parts types

1 Kumbhaka → Controlled Inhalation

2 Rechaka → Controlled Retention

3 Puraka → Controlled Exhalation

(Write above this line only)

Note : Attempt all questions. Answer the following questions in 50 words each. Each Question carries 5 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 50-50 शब्दों में दें। प्रत्येक प्रश्न के 5 अंक निर्धारित हैं।

1. अन्तर्राष्ट्रीय योग दिवस के प्रतीक चिह्न में निहित संदेशों का वर्णन करें-

Describe the messages contained in the symbol of International Yoga Day.

The 9th International Yoga Day was celebrated on 21st June 2023. It was led by PM Modi at UN headquarters. Message contained (i) Exercise and Meditate regularly to keep oneself healthy and fit. (ii) Intake good and healthy food to promote health. (iii) Keep in Mind the environmental and geographical elements (iv) Promote universal brotherhood by means of Yoga (v) Promote sustainable development.

(Write above this line only)

2. प्राथमिक उपचार की अवधारणा को स्पष्ट करते हुए इसका महत्व उल्लेखित कीजिए-

Explain the concept of first aid and mention its importance.

First Aid → Refers to the immediate medical aid provided by skilled/unskilled person with limited available resources.

Importance (i) Provide relief from pain.

(ii) To prevent further harm of the injury

(iii) To ensure that the patient reaches hospital on time without much damage.

(iv) Control bleeding and infection to the injured.

(v) Ensure health recovery of the injured.

(Write above this line only)

2
3
Promote recovery
save the life

(Unit - III) (Section - B)

(यूनिट - III) (सेक्शन - B)

Part - A

Marks : 10

भाग - अ

अंक : 10

Note : Attempt all questions. Answer the following questions in 15 words each. Each Question carries 2 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 15-15 शब्दों में दें। प्रत्येक प्रश्न के 2 अंक निर्धारित हैं।

1. 'मिनेसोटा बहुपक्षीय व्यक्तित्व सूची' पर टिप्पणी लिखिए-

Write comment on 'Minnesota Multifaceted Personality List'.

MMPI → Launched in 1943. It consists of 567 questions. The person being tested is presented with the question and he has to answer in true or false.

Why → To analyse psychological abnormalities like Depression etc. Divided into 10 sub scales.

(Write above this line only)

2. 'अधिगम अंतरण' की अवधारणा को स्पष्ट कीजिए-

Explain the concept of 'learning transfer'.

Learning Transfer → It is the ability of an individual to transfer the skills, knowledge, information he has gathered through experience to the other person to assist the other person.

(Write above this line only)

3. फ्रीडमैन-रोजेनमैन द्वारा प्रतिपादित व्यक्तित्व वर्गीकरण के 'टाइप-डी' व्यक्तित्व की प्रमुख विशेषताओं को उल्लेखित कीजिए-
Mention the main characteristics of 'Type-D' personality of the personality classification propounded by Friedman-Rozenman.

Type-D → D in this types stand for Depression

Main characteristic - ① He is unsociable, introvert.

② Sees the pessimist side of every situation

③ He is unaffected by achievement or failure

④ Easily Irritable / Excitable and bellicose.

(Write above this line only)

negative emotion
social
individual

4. 'प्रतिबल' के कारण मानव शरीर पर पड़ने वाले नकारात्मक प्रभावों को उल्लेखित कीजिए।
Mention the negative effects on the human body due to 'stress'.

① Physical → High B.P., Dry Mouth, Stomach ache etc

② Mental / Cognitive → Racing thoughts, Inability to focus, Loss of control, Poor Judgement.

③ Emotional → Depression, Anxiety, Introvert behaviour etc

④ Behavioural - $\left\{ \begin{array}{l} \rightarrow \text{Disturbed Sleep,} \\ \rightarrow \text{Increased Intake of Intoxicants} \end{array} \right.$

(Write above this line only)

5. 'संवेदी स्मृति' टिप्पणी लिखिए-

Write a note on Sensory Memory.

Sensory Memory → It is first part of Atkinson

& Shiffrin Model. Incoming information are first

stored in it $\left\{ \begin{array}{l} \text{Storage} \rightarrow \text{Large} \\ \text{Duration} \rightarrow \text{1 second} \end{array} \right.$. It record exact

stimulus from the different organs of body

2 types $\left\{ \begin{array}{l} \rightarrow \text{Echoic} \\ \rightarrow \text{Iconic} \end{array} \right.$

(Write above this line only)

Note : Attempt all questions. Answer the following questions in 50 words each. Each Question carries 5 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 50-50 शब्दों में दें। प्रत्येक प्रश्न के 5 अंक निर्धारित हैं।

1. स्मृति सुधार/वृद्धि में सहायक 'स्मृति सहायक संकेतक अथवा युक्तियों' पर संक्षिप्त टिप्पणी लिखिए-

Write a short note on Memory Aid Indicators or Tips which help in improving/enhancing memory.

Memoristics which helps in increasing the efficiency of memory. They help one to retrieve information

effectively from the memory storage. They are

① Establishing organised retrieval cues.

② Learning with a stable and balanced mind.

③ Keeping environment favourable while learning

④ Following the deep processing of information.

⑤ Memorising info in such a way to reduce interference

(Write above this line only)

2. गोलेमन के अनुसार सांवेगिक बुद्धि को परिभाषित करते हुए सांवेगिक क्षमताओं के समूहों पर संक्षिप्त टिप्पणी लिखिए-

According to Goleman, while defining emotional intelligence, write a short note on the groups of emotional abilities:

As to Goleman, Emotional Intelligence is a group of various abilities that denote leadership qualities.

Groups of EI ① Self Motivation → To motivate oneself when it is not available from outside.

② Self Regulation → To be able to regulate one's emotion for well being of other.

③ Self Awareness → To know one's emotional strength, weakness etc.

④ Social Skill → To use emotions of one and other to conduct social relation

⑤ Empathy → To be aware about the feelings, conditions

others while taking decisions

(Write above this line only)

Use of sense distinct to learn to Repeat practice

Self management use of memoric

(Unit - III) (Section - C)

(यूनिट - III) (सेक्शन - C)

Part - A

भाग - अ

Marks : 10

अंक : 10

Note : Attempt all questions. Answer the following questions in 15 words each. Each Question carries 2 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 15-15 शब्दों में दें। प्रत्येक प्रश्न के 2 अंक निर्धारित हैं।

1. 'अमूर्त कब्जा' टिप्पणी लिखिए/परिभाषित कीजिए-

Write comment on/define 'intangible possession'

Intangible Possession → Refers to the possession of individual over the stuffs which he does not own himself but is entitled to benefit from the said thing. Ex: Ability of one to reach his own field after crossing through other's field.

(Write above this line only)

2. 'विधि की भूल'-

Error of law

Error of Law → Refers to a situation where the framed law instead of causing welfare of masses result in causing negative impacts on the masses.

This is very harmful process in law framing.

(Write above this line only)

not covered
explanatory
↓
dumash
also
upyukt

1/2

2

3. राजस्थान भू-राजस्व अधिनियम-1956 में उल्लेखित 'खतौनी' शब्द को स्पष्ट करे-
Explain the word 'Khatauni' mentioned in Rajasthan Land Revenue Act-1956.

all factors area of farm rights of soil etc

Khatauni → Act to Rajasthan Land Revenue Act 1956

It is a records of the person cultivating the land either directly by himself / or through his tenants.

(Write above this line only)

4. 'खुदकाशत अभिधारी'-
'Khudakasht Abhidhari'.

7

Khudakhasht Tenant → Refers to any person on whom the Khudkhasht land has been legally ~~enforced~~ ^{State} entrusted upon by the State from the ~~pool of land~~ ^{State} at the commencement of Rajasthan Tenancy Act 1955.

Act received land on law

(Write above this line only)

5. राजस्थान के प्रमुख उत्पाद जिनको अगस्त 2023 में जी.आई. टैग प्रदान किए गए हैं, के सह स्थान/क्षेत्र नाम लिखिए-
Major products of Rajasthan which will get GI in August 2023. Tags are provided, write the name of the place/area.

5 products ① Pichwai Paintings → Nathdwara (Rajasthan)

② Koftgiri (Udaipur) ③ Bandhej work (Jodhpur)

④ Usta Art (Bikaner)

⑤ Kashiyakari (Bikaner)

(Write above this line only)

Note : Attempt all questions. Answer the following questions in 50 words each. Each Question carries 5 marks.

नोट : सभी प्रश्नों के उत्तर दें। निम्न प्रश्नों का उत्तर 50-50 शब्दों में दें। प्रत्येक प्रश्न के 5 अंक निर्धारित हैं।

1. अधिकार की अवधारणा को स्पष्ट करते हुए पूर्ण अधिकारों व संयोजित अधिकारों में अन्तर उल्लेखित कीजिए-

Explaining the concept of rights, mention the difference between absolute rights and conditional rights.

Rights → Rights are the interests recognized and protected by the rule of law.

Absolute Rights
 These are the rights which do not have any duties associated with them and exercised by people freely.

Conditional Rights
 These are the rights which have correlated duties associated with them. They are exercised keeping in mind the duties they carry.

(Write above this line only)

2. निम्न पर टिप्पणी लिखिए-

Write comment on the following-

1. विशाखा दिशा निर्देश/Vishakha Guidelines
2. गुरुत्तर लैंगिक प्रवेशन हमला/Aggravated Penetrative Sexual Assault

1. Guidelines laid by the Supreme Court of India during the judgement of case filed by women rights group in 1992. It created mechanism for ensuring safe and respectful work environment for women.

2. The sexual assault is called Aggravated Penetrative when it is conducted by a person in position of trust like Doctor, Teacher and Policeman and is against children below 11 years old.

(Write above this line only)

12 March 1948
25 March 1948
18 April 1948
30 March 1949
16 July 1950
15 May 1950
1 Nov