

Code No. **05 X (D)**

COMMERCE EXAMINATIONS
ENGLISH TYPEWRITING
JUNIOR GRADE – I PAPER (Speed)

January, 2018

{ Time : 15 minutes
{ Max. Marks : 100

Instructions to the Candidates :

1. Type the following passage in DOUBLE LINE spacing.
2. Set the margins at 10 and 75 degrees.
3. Type only on ONE SIDE of the paper.
4. Special attention should be paid to accuracy and neatness of execution.

Pranayama is necessary from the medical sciences point of view. From the time of birth till death heart works continuously. Every day heart pumps seven thousand liters of blood, of which seventy per cent is pumped to brain and thirty per cent to the rest of body. How does the heart work so effectively.

Heart works effectively because it follows a discipline. In normal conditions the heart takes zero point three seconds to contract and zero

point five seconds to relax. So zero point three and zero point five equals zero point eight seconds are required by the heart to complete one beat as one cardiac cycle. That means in one minute, the heart beats seventy two times which is considered as normal heart beat. During the relaxing phase of zero point five seconds the impure blood travels through the lungs and becomes fully pure. In some conditions, the body demands more blood in less time and in this

[Turn over

situation the heart reduces the relaxing period of zero point five seconds to zero point four seconds. Thus in this case heart beats eighty two times in one minute and only eighty per cent of blood gets purified. On more demand the relaxing time is further reduced to zero point three seconds and then only sixty per cent of blood is purified. Imagine the consequences of the lesser oxygenated blood circulating in our arteries. Deep breathing is the key to ensure better oxygenation of the blood. Twenty five to thirty per cent is due to the diet we consume. Seventy to seventy five per cent is due to the emotions, attitude, memories and other processes of the brain. Thus, to calm the brain and reduce the

demand on the heart to pump more and more blood, brain needs to be given a rest. Meditation is the most useful tool to calm an agitated mind. When we sit with eyes closed and meditate, the brain gets calmer, heart gets rested, thus saves us from the diseases of heart and brain.

The art of doing yoga helps to control an individual mind, body and soul. It brings physical and mental discipline to achieve a peace of body and mind. It helps to manage stress and anxiety and keeps you relaxing. It also helps in flexibility, muscle strength and body tone. Yoga increases body awareness, sharpens concentration, kind calms and centers.