

Sl.No. :

नामांक			Roll No.			

No. of Questions – 3

SS-35-DL-T.W. (English)

No. of Printed Pages – 7

SENIOR SECONDARY EXAMINATION, 2025

TYPEWRITING IN ENGLISH

Time : 1 Hour

Maximum Marks : 40

GENERAL INSTRUCTIONS TO THE EXAMINEES :

- 1) Candidate must write first his / her Roll No. on the question paper compulsorily.
- 2) **All** the questions are compulsory.
- 3) Type only on one side of the paper using double space.
- 4) 20% marks have been reserved for the proper form and display each question.

Tear Here

TEAR HERE TO OPEN THE QUESTION PAPER

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1. Type the following in proper form and display :

Marks : 16

Display : 04

Total : 20

ESSENCE OF KUNDALINI YOGA

The word Yoga comes from the root Yuj which means to join, and in its spiritual sense, it is that process by which the human spirit is brought into near and conscious communion with, or is merged in, the Divine spirit, according as the nature of the human spirit is held to be separate from (Dvait, Visishtadvaita) or one with (advaita) the Divine Spirit. As, according to vedanta, the latter proposition is affirmed, Yoga is that process by which the identity of the two (Jivatma and Paramatma) which identity ever exists, in fact - is realised by the Yogi or practitioner of Yoga. It is not realised because the spirit has then pierced through the veil of Maya which as mind and matter obscures this knowledge from itself. The means by which this is achieved is the Yoga process which liberates the Jiva from Maya. So the Gheranda - Samhita says :

“There is no bond equal in strength to Maya, and no power greater to destroy that bond than Yoga.” From an advaitic or Monistic standpoint, Yoga is the sense of a final union is inapplicable, for union implies a dualism of the divine and human, spirit. In such case, it denotes the process rather than the result. When the two are regarded as distinct, Yoga may apply to both. A person who practises Yoga is

called a Yogi. All are not competent to attempt Yoga: Only a very few are. One must, in this or in other lives, have gone through Karma or selfless service and ritualistic observances, without attachment to the actions or their fruits, and Upasana or devotional worship, and obtained the fruit therefore, viz., a pure mind (Chittasuddhi).

This does not mean merely a mind free from sexual impurity ABC of Sadhana. A person may have a pure mind in this sense, and yet be wholly incapable of Yoga. Chittasuddhi consists not merely in moral purity of every kind, but in knowledge, detachment, capacity for pure intellectual functioning, attention, meditation and so forth. When by Karma Yoga and Upasana, the mind is brought to this point and when, in the case of Janana Yoga, there is dispassion and detachment from the world and its desire, then the Yoga path is open for the realisation of the ultimate Truth. Very few persons indeed are competent for Yoga in this higher form. The majority should seek their advancement along the path of Karma Yoga and devotion.

There are four main forms of Yoga, according to one school of thought namely; Kundalini Yoga is really Laya Yoga, Mantra Yoga, Hatha Yoga and Raja Yoga; Kundalini Yoga is really Laya Yoga. There is another classification: Janana Yoga, Raja Yoga, Laya Yoga, Hatha Yoga and mantra Yoga. This is based on the idea that there are five aspects of spiritual life; Dharma, Kriya, Bhava, Janana and Yoga; Mantra yoga being said to be of two kinds according as it is pursued along the path of Kriya or Bhava. There are seven Sadhanas of Yoga, namely Sat - Karma, Asana, Mudra, Pratyahara, Pranayam, Dhyana, Samadhi with are cleansing of the body, seat postures for Yoga purposes, the abstraction of the senses from their objects, breath - control, meditation and ecstasy which is of two kinds - imperfect (Savikalpa) in which dualism is not wholly overcome and perfect (Nirvikalpa) which is complete monistic experience - the realisation of the truth of the Mahavakya AHAM BRAHMASMI - A knowledge in the sense of realisation which, it is to be observed,

does not produce Liberation (Moksha) but is liberation it self. The Samadhi of Laya Yoga is said to be Savikalpa Samadhi and that of complete Raja Yoga is said to be Nirvikalp Samadhi.

The first four processes are physical, last three mental and supermental. By these seven processes respectively certain qualities are gained, namely, purity (Sadhana), firmness and strength (Dhridhata), fortitude (Sthirat) steadiness (Dhairya), lightness (Laghava), realisation (Pratyaksha) and detachment leading to liberation (Nirliptatv)

What is known as the eight - limbed Yoga (Ashtang Yoga) contains five of the above Sadhanas (Asan, Pranayam, Pratyahar, Dhyan and Samadhi) and three other namely.

2. Type the following letter in proper form and display :

Marks : 08

Display : 02

Total : 10

Madhav Kumar Naresh Kumar & Sons.

(Fancy Cloth Wholesaler and Commission Agent)

E. Mail : Madhavnaresh@gmail.com

C-11/108

Mob. No. : 917764877700

Kapara Bazar

Letter Ref : 200/25/13

Infrant Hathi Chouk

Ahmedabad (Gujarat)

Date : 21-12-2024

Shri Ram Kishore Radha Kishan & Co.

B - 18/25 Fancy Market

Industrial Area, II Phase

Gorkhpur (U.P.)

Sub : Regarding to Sales of new goods.

Dear Sir,

It is with great pleasure that we inform you that we have recently produced new goods. Which is specially attractive for Childrens. Since you are one of our good customers of about 35-40 years. Therefore we are giving you its information first.

The details of our goods are by following :

- 1) Baby suit size 9 No. for 1 to 3 years kid.
- 2) Baby Dhoti Kurta No. 15 for 3 to 6 years kids.
- 3) Baby frock 6 to 12 years for Children.
- 4) Happy Salwar suit for girls 15 to 21 years.
- 5) Jeans and T-Shirt shahi brand for boys.

All the above goods are cotton & woolen - cotton. It's thread are the best quality. We are also sending some samples of the goods along with the letter. If you are purchase our goods than we can provide you following facilities also :

- a) If you are purchasing goods of 2 lacks ₹ in a year, than we will be given an additional discount of 2%.

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- b) Special discount of 5% will be given on purchases of goods worth ₹ 25 lacks or more.
- c) 7 lacks or more for dealing in goods 7 days stay abroad given to any two persons.

Thanking you

We are your's

For Madhav Kumar Naresh Kumar & Sons

(Madhav)

3. Type the following table in proper order and display:

Marks : 08

Display : 02

Total : 10

Rajasthan State

Department wise posts, year 2023-24

S.No.	Name of Department	Total Post	Working	Retirement	Vacant post
1	Education	8900	6700	300	1900
2	Agriculture	2300	1500	70	730
3	Home	1800	1100	30	670
4	Finance	2200	1750	25	475
5	Revenue	3400	2300	100	800
6	Social Welfare	1200	900	40	260
7	Transport	1350	1000	50	300
8	Road ways	3500	2100	105	1295
9	Insurance	1300	900	60	340
10	P.W.D.	2100	1600	75	425



DO NOT WRITE ANYTHING HERE