

Q.2. Read the following passage carefully and answer any two questions given at the end in about 70 words each.

Biofeedback is a process that allows people with stress related illnesses such as high blood pressure to monitor and improve their health by learning to relax. In biofeedback, devices that monitor skin temperature are attached to a patient's arm, leg or forehead. Then the person tries to relax. As he or she relaxes completely. The temperature of the area under the device rises because more blood reaches the area. When a machine that is attached to the device detects the rise in temperature a buzzer sounds, or the reading on a dial changes. As long as the patient is relaxed, the buzzer or dial gives encouragements.

The next part of the biofeedback process is learning how to relax without the monitoring devices. The patient recalls how he or she felt when the buzzer or dial indicated realization and then tries to imitate that feeling without having to check the biofeedback machine. After succeeding in doing so, the machine. Stress may cause as throughout the day. Stress may cause as biofeedback promises to be an outstanding m

tries to maintain the relaxed feeling  
5 percent of all illness; therefore,

CSS-1986

Answer - I

Biofeedback is a mechanism in which people observe their stress illness by learning calmness. These type of gadgets are attached to different parts of the body. When temperature rises, machine gives a buzzer sounds. ~~which~~ As a result, patient feels relax. As temperature rises, machine ~~sound~~ changes its sound.

ANSWER - II

Yes, learning to relax improve health, because after using machine and relaxed, patient repeat all the activities without the help of machine. He/She

endeavours to copy the process by reminding it. Then, he/she continues the whole activity for 24 hours and feels relax.

### ANSWER-III

Biofeedback considered to be an instrument with great potential for the treatment of stress related illness because this instrument first convince the patient to rely on it. Then, patient tries the whole process without machine. ~~From~~ From/By this, he/she is not only reduces stress but also feel relax without depending on the machine and decables 75% of illness.

