

Hyperventilation

The human body is the giant machine ever. Breathing is one of the essential activities for the survival of the body. Usually, a human being can breathe 12 to 15 times every minute. For the smooth run of this machine, every function of the body needs to work in a balanced way.

In the respiration system, 12 to 15 times of breathing helps to provide oxygen to the lungs and release carbon dioxide from the body. It is a usual balancing activity. If there is any fluctuation, then the imbalance occurs. This imbalance of breathing rate is nothing but hyperventilation. Let's see the definition and the causes of hyperventilation in detail.

Hyperventilation Meaning: Hyperventilation is when the breathing rate will be increased, and the carbon dioxide levels were reduced. This reduction of carbon dioxide leads to the contraction of blood vessels. The hyperventilation definition can be explained as the condition where a person breathes more than 15 times in a minute. The condition of hyperventilation is also named with different names, such as over-breathing, rapid breathing, deep breathing, rapid respiratory rate, etc. The hyperventilation meaning can be understood easily by seeing its terms.

To get a clearer idea about what hyperventilation is, the



meaning helps us understand that the abnormal respiratory rate may cause the change in PH value functioning of blood vessels, pumping of blood to the lungs and heart, etc. These internal functions may impact the outer body, like body pains, weakness, fatigue, faintness, etc.

Causes of Hyperventilation: The hyperventilation or over-breathing may be due to several reasons. It might be different from one individual to another. Stress, anxiety or panic or fear, etc., are the general hyperventilation causes. The hyperventilation causes are of different types, which include pulmonary, psychological, etc.

Psychological Hyperventilation Causes: The psychological hyperventilation causes are related to mental imbalance conditions. If the mental status is stable, there will not be any point of overbreathing. Some of those

psychological over-breathing causes are -

- Feeling nervousness in a strange situation or among strangers.
- Imbalanced anxiety for various reasons.
- Panicking easily.
- Somatization disorder is another psychological hyperventilation cause. It exhibits some physical symptoms with no identified reason.
- Stress due to work, health, problems, etc.
- Strong emotions like anger or depression in different scenarios.
- One can't be patient.

Pulmonary and Cardiac Hyperventilation Causes: Old breathing problems can also arise due to some cardiac and pulmonary disorders. These disorders can be considered as pulmonary and cardiac hyperventilation causes. These may include the respiratory system, circulatory system, lungs, heart, etc. They are as follows-

- Asthma and allergies due to climatic conditions are with some food, dust, etc.
- Chronic obstructive pulmonary disease (COPD, includes emphysema and chronic bronchitis)
- Congestive heart failure results in the disability to pump blood from the heart to other body parts.
- Myocardial infarction or Cardiac arrest.
- Pneumonia also leads to hyperventilation.
- Pulmonary embolism, clotting of blood in the lungs also cause overbreathing.

Other Hyperventilation Causes: Besides all the above causes, some individuals may have other causes of hyperventilation. But these can be seen in very few people. They are -

- Diabetic ketoacidosis, the most complication of diabetes, leads to rapid breathing.
- Drug abuse is another cause of hyperventilation.
- Infections and some pains.
- If side effects occur after medication.
- During pregnancy, some people may face this rapid respiratory rate.
- Stimulant overuse etc.
- While travelling to elevations over 6,000 feet.

These are the several causes of hyperventilation. As we know that the reasons may differ from one individual to another, the body's symptoms are also hyperventilated differently.

Sagarika Ghatge, Zaheer Khan's 4-month baby is a “Modak” fan, parents share cute pictures



Actress Sagarika Ghatge and former cricketer husband Zaheer Khan recently shared adorable pictures featuring their little baby boy celebrating Ganesh Chaturthi. In the photos shared on their social media

accounts, their little baby Fatehsinh Khan, can be seen reaching out to the plate of "modaks," offered to Lord Ganesha. In another picture, Sagarika and Zaheer can be seen playing and smiling ear to ear with their

baby in his mother's arms. They captioned the carousel post as, "Ganpati Bappa Morya happy Ganesh Chaturthi from us to you!" Despite coming from a different religious background, Zaheer never fails to celebrate Ganesh Chaturthi, Diwali and other festivals with a lot of love, warmth and joy. Sagarika and Zaheer welcomed their first born in April, this year. Their fans were in for a surprise when the two suddenly announced the arrival of their baby. The couple took to social media in sharing an adorable picture of themselves with Fatehsinh Khan and captioned it as, "With love, gratitude and divine blessings we welcome our precious little baby boy, Fatehsinh Khan."

For the uninitiated, Sagarika and Zaheer have been married for the past eight years. The couple

was introduced to each other by actor Angad Bedi. Sagarika and Zaheer who initially were just good friends, went on to date each other and kept their relationship under wraps for a long time. It was during cricketer Yuvraj Singh and actress Hazel Keech's wedding when Zaheer and Sagarika appeared together and made their relationship official, in 2016. Sagarika hails from a royal family and is one of the descendants of Chhatrapati Shahu Maharaj of Kolhapur. The actress' debut in Bollywood with "Chak De India" got her a lot of appreciation and good reviews from fans and critics for her character portrayal of Preeti Sabharwal. Zaheer, on the other hand has been touted as one of the finest cricketers of India and has inspired millions.

Govinda, wife Sunita Ahuja make happy public appearance on Ganesh Chaturthi amidst divorce news

The recent news of Bollywood star Govinda and his wife Sunita Ahuja heading for splitsville had taken the Internet by storm. But putting all these rumours to rest, Govinda and Sunita made a public appearance together on the auspicious occasion of Ganesh Chaturthi, on Wednesday. Colour coordinated in red, Govinda and Sunita made for a good-looking couple. The two were seen posing for the paparazzi who had come to capture the 'Ganpati welcome' occasion at their house. A few days ago, the rumours of their divorce shook their fans. But while talking to IANS, Govinda's manager Shashi Sinha had quashed the reports of the actor's divorce. Shashi, on Saturday told IANS, that although



Sunita had filed the documents in court, the matter was resolved in the initial stages, and everything is back to normal between the couple now. He told IANS, "No, someone has done this mischief. This is a very old thing. Nothing new. Nothing like the divorce is going to happen. Everything is getting better. Everything is fine. Very soon, everyone will get

good news". A few months ago, news of Sunita filing a divorce case in 2024 was doing rounds. Talking about it, he said, "It is the same case but it has been resolved, people find ways to refurbish news from old events. No new development has happened, I have been getting so many calls but everything is fine, near about everything is sorted out between the cou-

ple. There's nothing to worry about. We will officially confirm this with a wider media document circulation (sic)". He further added, "Did you see Govinda talking about it? In the film industry and media, people take advantage of confusion and misleading information. There is some bad element or an idiot, who is trying to cash in on the controversy".

Question & Answer Series

Computer GK

I. Which of the following is not true for for-loop?
(A) for (i=0; i
(B) for (int i=0; i>9; i++)
(C) for (i=10; i
(D) for (i=10; i++; i

II. What is the difference between do-while and while condition?
(A) In do-while, a semicolon is used after the condition.
(B) Semicolon is not used in While
(C) While statement is after the condition
(D) none of the above

III. Which of the following are Operators in C?
(A) arithmetic operators
(B) logical operator
(C) relational operators
(D) all of the above

IV. Which of the following devices tells the difference between multicast and unicast packets?
(A) multicast switch
(B) developed
(C) advanced router
(D) multicast router

V. What is the maximum amount of loan that can be extended by payment banks?
(A) 25000
(B) 50000
(C) 100000
(D) No lending power

VI. The view of total database content is _____
(A) Conceptual view
(B) Internal View
(C) External view
(D) Physical view

VII. Logical schema is defined as a _____
(A) Is the entire database
(B) A standard way of organising information for business
(C) Master fields
(D) Queries

VIII. The DBMS acts as an interface between what two components of an enterprise-class database



system?
(A) Database application and the database
(B) Data and the database
(C) The user and the database application
(D) Database application and SQL

IX. The following are components of a database except _____.
(A) user data
(B) metadata
(C) reports
(D) indexes

X. Which of the following shortcut keys is used to make the contents of a cell underlined in MS Excel 365?
(A) Ctrl + 6
(B) Ctrl + 3
(C) Ctrl + 2
(D) Ctrl + U

XI. What is used for holding program instructions that can't be changed throughout the life of the computer?
(A) ROM
(B) Register
(C) RAM
(D) Cache

XII. It is used to connect a pen drive to computer.
(A) USB port
(B) Parallel port
(C) Serial port
(D) Network port

XIII. The search results are generally presented in a line of results often referred to as :
(A) Tag List
(B) Search Engine Result

Pages
(C) Search Engine Pages
(D) Category List

XIV. Which of the following is not a search engine?
(A) Yahoo
(B) Bingo
(C) Google
(D) Windows

XV. _____ is an output device that is used for TV Like displays the output on the screen and it is also called visual display unit.
(A) Printer
(B) monitor
(C) Plotter
(D) Projector

XVI. Integrated circuit is related to which generation of computer?
(A) first generation
(B) second generation
(C) third generation
(D) fourth generation

XVII. Which of the following is the full form of MOOC?
(A) Modern Open Online Courses
(B) Massive Open Online Courses
(C) Massive Online Open Courses
(D) Mechanical Online Courses

XVIII. Communication controls for the entire computer system?
(A) Motherboard
(B) Processor
(C) Semi conductor
(D) coprocessor

XIX. Which shortcut key is used to save a file in MS Word 365?
(A) Alt + S
(B) Alt + F
(C) Ctrl + F
(D) Ctrl + F

Answer
I. D, II. D, III. D, IV. A, V. D, VI. A, VII. B, VIII. A, IX. C, X. D, XI. A, XII. A, XIII. B, XIV. D, XV. B, XVI. C, XVII. B, XVIII. A, XIX. C.

1. Harihara Raya I who ruled the Vijaynagara Empire for the period 1336-1356 belonged to which dynasty?
A. Sangama Dynasty
B. Saluva Dynasty
C. Tuluva Dynasty
D. Aravidu Dynasty

2. During the Gupta Empire, the term “UPARIKARA” was used for
A. An extra tax levied on all subjects.
B. Periodic supplies of fruits, firewood, flowers etc.
C. It was a voluntary offering by people to the king.
D. King's customary share of the production normally amounting to 1/6th of the production.

3. Tuluva Narasa who ruled the Vijaynagara Empire for the period 1491-1503 belonged to which dynasty?
A. Sangama Dynasty
B. Saluva Dynasty
C. Tuluva Dynasty
D. Aravidu Dynasty

4. Chola Empire was divided into:
A. Mandalams, Nadu, Kurram & Valanadu
B. Mandalams, Nadu, Malkhand & Avanti
C. Mandalams, Bhoomi, Avanti & Valanadu
D. Mandalams, Nadu, Kurram & Malkhand

5. For which period did Harihara Raya II of Sangma dynasty ruled the Vijaynagara Empire?
A. 1446-1465
B. 1485-1491
C. 1491-1505
D. 1377-1404

6. The traces of Janapadas and Mahajanpadas are found in _____
A. Vedic text
B. Buddha text
C. Jaina text



D. All the above

7. Which one of the following was the capital of Kosala?
A. Sravasti
B. Shuktimati
C. Kaushambi
D. Indraprastha

8. Champa was the capital of which one of the following Mahajanapadas in Ancient India?
A. Anga
B. Magadha
C. Vajj
D. Kasi

9. Bimbisara was the founder of which one of the following dynasties?
A. Nanda
B. Haryanka
C. Maurya
D. Shunga

10. A Janapadin was the ___ of a janapada.
A. Servant
B. Minister
C. Army General
D. Ruler

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Answer
1. A, 2. A, 3. C, 4. A, 5. D, 6. D, 7. A, 8. A, 9. B, 10. D, 11. A, 12. A, 13. C, 14. A, 15. D, 16. D, 17. A.

Reasoning

1. Direction: In the given question, assuming the given statements to be true, find which of the conclusions I and II given below the statements is/are definitely true.
Statements:
H > G < C, E ≥ K < D ≤ B, E = C
Conclusions:
I. G ≤ D
II. G > D

(A) If only conclusion I follows
(B) If only conclusion II follows
(C) If either conclusion I or conclusion II follows
(D) If neither conclusion I nor conclusion II follows
(E) If both conclusions follow

2. Directions: In the question below are given three statements followed by three conclusions I, II and III. You have to take the given statements to be true even if they seem to be at variance from commonly known facts. Read all the conclusions and then decide which of the given conclusions logically follows from the given statements disregarding commonly known facts.
Statements:
All black are green.
Only a few greens are good.
Some good are bad.
Conclusions:
I. No black is good.
II. No green is bad.
III. Some black are good
(A) Only I follows
(B) Either I or III follows
(C) Only II follows
(D) Both I and II follow
(E) None follows

3. Directions: In the following questions three statements are given below followed by two conclusions numbered I and II. You have to take the given statements to be true even if they seem to be at variance from commonly known facts. Read both the conclusions and decide

which of the given conclusions logically follows from the given statements.
Statements:
I. Only a few leaves are petals.
II. Only leaves are flowers.
III. None of the petals are stems.
Conclusions:
I. Some flowers are stems.
II. No petal is flowers.
(A) Only conclusion I is true
(B) Only conclusion II is true
(C) Both conclusions I and II are true
(D) Either conclusion I or II is true
(E) Neither of the conclusions is true

4. Direction: In the question below are given three statements followed by three conclusions I, II, and III. You have to take the given statements to be true even if they seem to be at variance from commonly known facts. Read all the given conclusions and then decide which of the following conclusions logically follows from the given statements disregarding commonly known facts.
Statements:
Some Glass are Cup.
Only a few Cup are Plate.
Only Plate is Bottle.
Conclusions:
I. All Glass are Plate.
II. Some Cup are not Bottles.
III. Some Cup are not Plates.
(A) Only Conclusion I follows
(B) Only Conclusion II follows
(C) Only Conclusion III follows
(D) Both Conclusion I and II follows
(E) Both Conclusion II and III follow

Answer
1. C, 2. B, 3. B, 4. E.