

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE 841)

Blue print for Sample Question Paper for Class XII (Session 2022-2023)

Max. Time: 2 Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Self-Management Skills-IV	2	2	4
2	Information and Communication Technology Skills-IV	2	1	3
3	Entrepreneurial Skills-IV	2	2	4
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	07
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (40 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Introduction to yoga & yogic practices	5	2	1	8
2	Introduction to yogic texts	9	0	2	11
3	Yoga for health promotion	10	4	2	16
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

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Sample Question Paper for Class XII (Session 2022-2023)

Max. Time: 2 Hours

Max. Marks: 40

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. 1	Answer the given 4 questions on Employability Skills (1 x 4 = 4 marks)	
i.	Governmental rules, taxation, environmental regulations, lending requirements and licensing are all barriers to entrepreneurship and come under? A. Shortage of funds and resources B. Employee related difficulties C. Market entry regulations D. None of these	1
ii.	This bar of Calc screen displays name of the workbook on which you are currently working. A. Title bar B. Menu bar C. Standard bar D. Formatting bar	1
iii.	Which of the following quality is not required by an entrepreneur? A. Initiative B. Motivation C. Over confidence D. Willingness	1
iv.	Why is self-motivation important? A. It increases individual's energy, activity and directs towards achieving goals. B. It reduces self confidence C. It helps in connecting to the community D. Language and listening	1
v.	A drive that urges and affects cognitive process and learning strategies used for completing a task is: A. Self-analysis B. Self-behavior C. Self-motivation D. Self-implementation	1
vi.	What is personality? A. It is relatively enduring set of traits which is shaped through family culture, society and education. B. It is a rigorous exercise C. It is activity based D. It is very interactive	1
Q 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	How many kriyas in Shatkarma? A. 8 B. 6 C. 9 D. 5	1
ii.	According to WHO, mental health is a..... A. State of being happy B. State of well-being in which individual realizes his/her abilities C. State of being busy in work life D. State of being in anxiety, tension and depression.	1

iii.	Which of the following is not part of Shatkarma. A. Niti B. Tratak C. kapalbhati D. Bhastrika	1
iv.	Which of the following is not a cause of stress? A. Financial instability B. Bad parenting C. Busy-ness D. Healthy mental state	1
v.	Which of the following is not a symptom of stress? A. Anxiety B. Anger outburst C. Depression D. None of these	1
vi.	Mandukasan means. A. Topcsi tervery pose B. Cobra pose C. Standing pose D. Frog pose	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	How many Limbs in ashtang Yoga? A. 7 B. 10 C. 8 D. 6	1
ii.	Which of the following is not part of Yama? A. Ahimsa B. Satya C. Santosh D. Asteya	1
iii.	Which one of the following Shatkriya is performed for colon cleaning? A. Dhauti B. Nauli C. Basti D. Neti	1
iv.	Samadhi is a part of A. Asthang Yog B. Asana C. Pranayama D. Kapalbhati	1
v.	Which of the following is the part of Kriya and Pranayam? A. Anulom vilom B. kapalbhati C. Bhastrika D. Ujjayi	1

vi.	Which Asana should not be done in back pain? A. Bhujangasan B. Setubandh Aasan C. Savasana D. Trikonasana	1
Q 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which Asan should not be done in high BP? A. Gomukasan B. Pawanmuktasana C. Sirshasan D. Savasana	1
ii.	Innermost shealth, in yogic terms is A. Anandmaya Kosha B. Manomaya Kosha C. Pranayama Kosha D. Annamaya Kosha	1
iii.	Which of these is meditative Aasana? A. Padmasan B. Garudasana C. Sarvangasana D. Chakrasan	1
iv.	Bronchial asthma can be controlled by A. Yogic management B. Dietary management C. Medical management D. All the above	1
v.	What is the meaning of yoga? A. Disconnect B. Join C. Relax D. None of above	1
vi.	TRATAKA is: A. Purifies lungs B. Improves respiratory function C. Removes acidity D. None of the above	1
Q 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which Asana can be done after eating food? A. Chakrasan B. Garudasana C. Vajrasan D. Halasana	1
ii.	For career opportunities in yoga. A. Committed in profession of yoga B. To possess emotional health C. Theory and practical knowledge D. All the above	1

iii.	Yogic management of stress is : A. Meditation B. Asana C. Shatkarmas D. All of these	1
iv.	Balance diet means. A. Caring diseases B. All the elements of food that are needed to keep ones health. C. Controlling the obesity D. Controlling the puberty	1
v.	Which of these diets does egg contain? A. Sattvic diet B. Tamasic diet C. Rajasic diet D. None of above	1
vi.	Situations regarding Cardiopulmonary resuscitation? A. If you're not trained and not confident about CPR, then provide hands-only CPR. That means chest compressions of 100 times in a minute until medical helps arrive. B. If you're well-trained, start CPR with 30 chest compressions followed by two rescue breaths (mouth to mouth resuscitation; mask may be used to prevent transmission of infection) C. All above	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

Q.6	What can be included in Organizational skills of an entrepreneurship?	2
Q 7	Write steps to save a Calc document in pdf format.	2
Q 8	Give four characteristics of entrepreneurship.	2
Q 9	Describe any two type of personality disorder.	2
Q 10.	What is the difference in psychological and physiological motivation?	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

Q11.	How stress is defined in medical sciences	2
Q12.	Define mental health according to who?	2
Q13.	Explain in the common effects of stress on mood?	2
Q14.	Explain shatkarma?	2
Q15.	List the yogic practice to control low - back pain	2
Q16.	Explain significance of yoga sadhna	2

Answer any 3 out of the given 5 questions in 80-100 words each (4 x 3 = 12 marks)

Q.17	Explain Nauli.	4
Q.18	Explain common effects of stress on your behavior.	4
Q.19	Explain Macronutrients.	4
Q.20	Explain the word Hatha.	4
Q.21	Explain developing positive attitude.	4

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Marking scheme for Sample Question Paper for Class XII (Session 2022-2023)

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Max. Marks: 50

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4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

A. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	C. Market entry regulations	1
ii.	A. Title bar	1
iii.	C. Over confidence	1
iv.	A. It increases individual's energy, activity and directs towards achieving goals.	1
v.	C. Self-motivation	1
vi.	A. It is relatively enduring set of traits which is shaped through family culture, society and education.	1

A. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	B. 6	1
ii.	B. State of well-being in which individual realizes his/her abilities	1
iii.	D. Bhastrika	1
iv.	D. Healthy mental state	1
v.	D. None of these	1
vi.	D. Frog pose	1

A. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	C. 8	1
ii.	C. Santosh	1
iii.	C. Basti	1
iv.	A. Asthang Yog	1
v.	B. Kapalbhathi	1
vi.	B. Setubandh Aasan	1

A. 4	Choose the correct option:	
i.	C. Sirshasan	1
ii.	A. Anandmaya Kosha	1
iii.	A. Padmasan	1
iv.	D. All of the above	1
v.	B. Join	1
vi.	D. None of the above	1

A. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	C. Vajrasan	1
ii.	D. All the above	1
iii.	D. All the above	1
iv.	B. All the elements of food that are needed to keep one's health.	1
v.	B. Tamasic diet	1
vi.	C. All above	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

A. 6	Organizational Skills For Entrepreneurs : <ul style="list-style-type: none"> • They are tech-savvy. Everything from mobile phones to automobiles is affected by technology • They know how to delegate • They know how to manage time • They are adept at problem-solving • They have great interpersonal skills • They make lists for the day, week and month. • They use traditional productivity tools. 	2
A. 7	<ul style="list-style-type: none"> • Click on the Export Directly as PDF icon on the Standard bar. • The Export dialog box appears. • Select the drive and the folder where you want to save the file. • Type the file name and click OK button. 	2
A. 8	Four characteristics of entrepreneurship- <ul style="list-style-type: none"> i. It is an economic activity done to create, develop and maintain a profit-oriented organization. ii. It begins with identifying an opportunity as a potential to sell and make profit in the market. iii. It deals with optimization in utilization of resources. iv. It is the ability of an enterprise and an entrepreneur to take risks. Any other, Any four	½X4=2
A. 9	<ul style="list-style-type: none"> • Paranoid: Feeling extremely nervous and worried because you believe that other people do not like you or are trying to harm you. • Antisocial: is characterized by a pattern of persistent discharged for and violation of the rights of others. • Schizoid, Borderline, Narcissistic, Avoidant, Dependent, Obsessive(they are the other disorders too) (ANY TWO) 	2
A. 10	<ul style="list-style-type: none"> • Physiological motivation is based on the physical needs to satisfy hunger or thirst. • Psychological motivation can be guided by need for achievement and need for affiliation. 	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

A. 11	In medicine, the body's response to physical, mental, or emotional pressure. Stress causes chemical changes in the body that can raise blood pressure, heart rate, and blood sugar levels. It may also lead to feelings of frustration, anxiety, anger, or depression	2
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A. 12	Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.	2
A. 13	When you are stressed you may experience many different feelings, including anxiety, fear, anger, sadness, or frustration. These feelings can sometimes feed on each other and produce physical symptoms, making you feel even worse. For some people, stressful life events can contribute to symptoms of depression	2
A. 14	Shatkarma means six karmas or kriyas. The karma/kriya means 'action'. Shatkarma consists of purificatory processes which cleanse the specific organs of the body by detoxifying them. These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body.	2
A. 15	The 10 Best Yoga Poses for Back Pain <ul style="list-style-type: none"> • Cat-Cow. • Downward-Facing Dog. • Extended Triangle. • Sphinx Pose. • Cobra Pose. • Locust Pose. • Bridge Pose. • Half Lord of the Fishes. 	2
A. 16	<p>Yoga Sadhana is the means to let go of the ego, personal agendas and attachments and is a discipline undertaken in the pursuit of a goal. It can be used as a tool to help work on yourself, to re-discover the purpose of your life, to help open doors and to let you live your life as you desire.</p> <p>Anything that is practiced with awareness, discipline and the intention of spiritual growth can be considered as sadhana, but it must be practiced alone and for the sake of the individual. As such, it does not need to be a physical activity; even daily self-study of yogic or spiritual scriptures is a form of sadhana.</p>	2

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

A. 17	<p>Nauli is one of the kriyas or shatkarmas, preliminary purifications, used in yoga. The exercise is claimed to serve the cleaning of the abdominal region - digestive organs, small intestine- and is based on a massage of the internal belly organs by a circular movement of the abdominal muscles.</p> <p>The classic position for getting started on nauli is by standing up, bending the trunk forward slightly, and supporting the hands on the thighs. A complete breath is exhaled and then the stomach is brought in. The abdominal muscles are then isolated and contracted before being moved in a circle.</p> <p>It is one of six <i>shatkarma</i>, or purification methods, used in Hatha yoga. Nauli is believed to improve overall health and increase vitality. It also invigorates the <i>manipura</i> and <i>svadisthana</i> chakras.</p> <p>This is an advanced technique that is difficult to learn and should only be carried out under the instruction of an experienced teacher. Ideally, it is performed in the morning on an empty stomach.</p>	4
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A. 18	<p>Physical. Frequent colds or flu, headaches, trouble sleeping, muscle tension, skin problems, trouble with digestion</p> <p>Mental. Poor concentration, forgetfulness, learning problems, frequent negative thoughts, speech problems</p> <p>Emotional. Anxiety, depression, anger, irritability, feelings of helplessness, lack of purpose, relationship troubles</p> <p>Behavioral. Eating poorly, driving recklessly, abusing alcohol or drugs, being accident prone, showing aggression</p>	4
A. 19	<p>Nutrients are environmental substances used for energy, growth, and bodily functions by organisms. Depending on the nutrient, these substances are needed in small amounts or larger amounts. Those that are needed in large amounts are called macronutrients.</p> <p>There are three macronutrients required by humans: carbohydrates (sugar), lipids (fats), and proteins. Each of these macronutrients provides energy in the form of calories. For example:</p> <ul style="list-style-type: none"> • In carbohydrates, there are 4 calories per gram. • In proteins, there are 4 calories per gram. • And in lipids, there are 9 calories per gram. <p>This means that if you look at a food label and it lists 10 grams of carbohydrates, 0 grams of protein, and 0 grams of fat, that food would contain 40 calories.</p>	4
A. 20	<ul style="list-style-type: none"> • Hatha yoga is a branch of yoga primarily concerned with mastery of the body, and it is arguably the tradition most familiar to Western culture. The term is derived from the Sanskrit ha, meaning "sun," and tha, meaning "moon," leading to the common interpretation that Hatha practices are designed to unite and balance these two energies. However, the literal translation of Hatha is "force," alluding to the physical techniques used within this tradition. • Traditionally, Hatha yoga offered a total life philosophy, incorporating how we relate to external and internal experience as a path to inner peace. One of the most prominent ancient texts on Hatha yoga is Patanjali's Yoga Sutras, a series of 196 aphorisms written in Sanskrit around 400 AD. • Patanjali describes Hatha yoga as an eightfold path, consisting of eight mind-body disciplines to be mastered. All other physical practices of yoga such as Vinyasa, Ashtanga and Iyengar stemmed from the Hatha yoga tradition. 	4
A. 21	<ol style="list-style-type: none"> 1. Have a Morning Routine. How you start your morning sets the tone for the rest of the day. Make sure that you have an attitude-boosting morning routine that puts you in a good mood so that you can start the day off right. 2. Carry An Attitude of Happiness With You. Instead of waiting for external things to make you happy, be happy and then watch how that influences the things that go on around you. 3. Relish Small Pleasures. Big pleasures—graduation, getting married, being promoted, having your book published—come too infrequently. Life is made up of tiny victories and simple pleasures. 4. Upload Positivity to Your Brain. Read books with a positive message, listen to music with uplifting lyrics, and watch movies in which the protagonist's optimism helps him/her to overcome obstacles and win, despite the odds. 	4