

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE:841)

CLASS XII (SESSION 2021-2022)

MARKING SCHEME FOR TERM – II

Max. Time Allowed: 1 Hours (60 min)

Max. Marks: 25

SECTION A		(3 + 2 = 5 marks)
Answer any 03 questions out of the given 04 questions		1 x 3 = 3
Q.1	<ul style="list-style-type: none">• Development of a new product• Take-over of a competitor• Issuing shares• Reducing prices <p>(any two)</p>	$\frac{1}{2} \times 2 = 1$
Q.2	<ul style="list-style-type: none">• Understanding the need or the problem your offering is fulfilling or solving.• Strategizing and planning the steps that need to be taken.• Preparing an action plan and timeline.• Flexibility in Schedule.• Fulfilling and Boosts Self-Esteem.• Getting to Learn New Things.• Creating Wealth for Self and Associated Businesses.• Improves the Standard of Living.• Creates Businesses and Job Opportunities for People.• Developing the Economy.• Creating Social Impact. <p>(any two)</p>	$\frac{1}{2} \times 2 = 1$
Q.3	Jobs that contribute to preserve or restore the environment, be they in traditional sectors such as manufacturing and construction, or in new, emerging green sectors such as renewable energy and energy efficiency Minimize waste and pollution.	1
Q.4	Eco-Tourism is relatively new area focusing on socially responsible travel, personal growth and environmental sustainability. This includes visiting fragile, pristine and undisturbed areas of nature.	1
Answer any 01 question out of the given 02 questions		2 x 1 = 2
Q.5	<ul style="list-style-type: none">• Fear of risk and failure.• Fear of what others around you will say.• Fear it's the wrong decision.• Fear you lack the experience or expertise.• Fear you will be financially ruined.• Fear it will consume your life.• Fear of change. Change of any sort can be frightening.• Fear that you don't know enough.• Fear of the unknown.• Fear of committing to business expenses.• Fear of taking risks.• Fear of disappointing others.• Fear of being pushed into uncomfortable situations. <p>(any four)</p>	$\frac{1}{2} \times 4 = 2$

Q.6	<p>The key drivers of green job are forestry, farming, mining or fishing among others; concentrate on environmental factors like:-</p> <ul style="list-style-type: none"> • Protecting water sources and biodiversity • Reducing greenhouse gas emissions • Support social protections and workers' rights; and home in on specific parts of production processes 	2
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SECTION B

(4 + 8 = 12 marks)

Answer any 04 questions out of the given 06 questions		1 x 4 = 4
Q.7	<ul style="list-style-type: none"> • Motivation • Focuses energy • Is short-term. • Is perceived as within our coping abilities. • Feels exciting. • Improves performance. 	$\frac{1}{2} \times 2 = 1$ (any two)
Q.8	<ul style="list-style-type: none"> • Anxiety • Restlessness • Frustrated • Moody • Feeling overwhelmed like you are losing control • Having difficulty relaxing 	$\frac{1}{2} \times 2 = 1$ (any two)
Q.9	25 (kilograms / square meter) = 25 kg / m ²	$\frac{1}{2} \times 2 = 1$
Q.10	<p>A universal compression to ventilation ratio of 30:2 is recommended for adults, it means 30 times chest compression followed by 2 rescue breaths, then repeat the same cycle and again till the medical help arrives.</p> <p>With children, if at least 2 trained rescuers are present a ration of 15:2 can be maintained. Rescue breaths for children and especially for babies should be relatively gentle</p>	$\frac{1}{2} \times 2 = 1$
Q.11	Micronutrients are vitamins and minerals needed by the body in very small amounts. Micronutrient comprise of vitamins and minerals	$\frac{1}{2} \times 2 = 1$
Q.12	<ul style="list-style-type: none"> • Yama • Asana 	$\frac{1}{2} \times 2 = 1$
Answer any 04 questions out of the given 06 questions		2 x 4 = 8
Q.13	According to Maharshi Patanjali - mind is considered favorable, wholesome and pleasant. Its consciousness is full of non-dual love and compassion for all beings, and it is measured by equanimity called cittaprasadana	2
Q.14	<p>"Kriya" is defined as:</p> <ul style="list-style-type: none"> • Practical action • Practice, skill. <p>It involves the acts of self purification, self observation and self awareness.</p>	2

Q.15	<p>CPR: Method: C-A-B (compressions, Airways, Breathing)</p> <p>Compressions</p> <ol style="list-style-type: none"> 1. Put the person on his/her back on firm surface. 2. Kneel next to the person's neck and shoulders. 3. Place the heel of one hand over the centre of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands. 4. Use your upper body weight as you push straight down on the chest at least 2 inches (approximately 5 cm()). Push hard at a rate of 100 compressions a minute. 5. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical help arrives. 	2
Q.16	<ul style="list-style-type: none"> • Yogasanas • Tadasana • UrdhwaHastottanasana • Katichakrasana • Ardhadhakrasana • Konasana • Uttanapadasana • Pavanamuktasana • Setubandasana • Vajrasana • Ushtrasana • Vakrasana • Ardhamatsyaendrasana • Marjari-asana • Gomukhasana • Uttanamandukasana • SaralaMatsyasana • Bhujangasana • Shalabhasana • Dhanurasana • Makarasana • Shavasana. 	$\frac{1}{2} \times 4 = 2$
Q.17	<p>Obesity is one of the problem of modern life style. It is the most common nutritional or metabolic disorder. Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined as a Body Mass Index (BMI) of 30kg/m² or higher. Obesity, in absolute terms, is an increase of body adipose tissue (fat tissue) mass.</p>	2
Q.18	<ul style="list-style-type: none"> • Griva-sakti-vikasaka, • SkandhatathaBahu- mula-sakti-vikasaka, • Purnabhuja-sakti- vikasaka • Kati-sakti-vikasaka 	$\frac{1}{2} \times 4 = 2$

SECTION C

(2 x 4 = 8 marks)

(COMPETENCY BASED QUESTIONS)

Answer any 02 questions out of the given 03 questions

Q.19	<p>Yes, change is possible in Mohan. If Mohan does regular yoga practice. Mohan has to follow Ashtanga Yoga. All changes will come possible through Yama , Nayam, Asana, Pranayama,Pratyahara,Dhyan</p> <p>Yogic Practice to be followed-</p> <ol style="list-style-type: none"> 1. Kriyas: Jalaneti, sutraneti, 2. Om chanting and prayer 3. Suryanamaskara 4. Sukshmavyayama: Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhritishaktivikasaka, Vakshasthalashak- tivikasaka (1 and 2) 5. Yogasanas: Tadasana, Katichakrasana, Trikonasana, Gomukhasana, Ushtrasana, Vakrasana, chakrasana, Bhujanasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana. 6. Pranayama: Nadishodhana Pranayama, Bhramari, Bhastrika. 7. Special Practice: Yoganindra 8. Dhyana: Meditation 	4
Q.20	<p>Reena is suffering from Bronchial ASTHMA , Yes this can be cured by yoga Clinical course: Signs and symptoms of Asthma Asthma is characterized by episodic dyspnea (difficulty in breathing), wheezing and cough. *Difficulty in expiration. * Tightness of the chest/discomfort in the chest may be seen. * Attacks last from one to several hours. * Severe attacks may affect the heart and circulatory system. *Severe attack, not responsive to usual therapy is called “status asthmaticus” and is a medical emergency. * Hypercarbia (increased level of CO₂), acidosis and hypoxia (decreased O₂ level) is rare in Asthma.</p> <p>Yogic Management</p> <p>The role of yoga in the management of Br. Asthma is well documented now. Aim of the treatment in Asthma should be Broncho-constriction and to tackle the triggering factors.</p> <ol style="list-style-type: none"> 1. Kriyas: Jalaneti, sutraneti, kapalabhati, Kunjal, vastradhouti 2. Om chanting and prayer 3. Suryanamaskara 4. Selected practices of sukshmavyayama: Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhritishaktivikasaka, Vakshasthalashak- tivikasaka (1 and 2) 5. Yogasanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardhamatsyendrasna, Uttanamandukasana, Bhujanasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana. 6. Pranayama: Nadishodhana Pranayama, Suryabedi pranayama, Bhramari, Bhastrika. 7. Special Practice: Yoganindra 8. Dhyana: Meditation 	4

Q.21	<p>Sunil suffers from BP, lower back pain and stress, These diseases can be treated by yoga.</p> <p>Yogic Management</p> <ol style="list-style-type: none"> 1. Kriyas: Jalaneti, 2. Om chanting and prayer 3. Selected practices of sukshmavyayama: Uccaranasthalatatha Visuddha chakra shuddi, 4. Yogasanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Uttanamandukasana, Bhujanasana, Markatasana, Shavasana. 5. Pranayama: Nadishodhana Pranayama, Bhramari, Bhastrika. 6. Special Practice: Yoganindra 7. Dhyana: Meditation 	4
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