

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE-841)

CLASS XII (SESSION 2021-2022) BLUE-PRINT FOR SAMPLE QUESTION PAPER FOR TERM –II

Max. Time Allowed: 1 Hour (60 min)

Max. Marks: 25

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS - VSA (1 MARK EACH)	NO. OF QUESTIONS - SA (2 MARKS EACH)	NO. OF QUESTIONS - LA (4 MARKS EACH)	TOTAL NUMBER OF QUESTIONS
4	Entrepreneurial Skills-IV	2	1	-	3
5	Green Skills-IV	2	1	-	3
TOTAL QUESTIONS		4	2	-	06
NO. OF QUESTIONS TO BE ANSWERED		Any 3	Any 1	-	04
TOTAL MARKS		3 x 1 = 3 Marks	1 x 2 = 2 Marks	-	05 Marks

PART B - SUBJECT SPECIFIC SKILLS (20 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS - VSA (1 MARK EACH)	NO. OF QUESTIONS - SA (2 MARKS EACH)	NO. OF QUESTIONS - LA (4 MARKS EACH)	TOTAL NUMBER OF QUESTIONS
2	Introduction to Yoga Texts-II	2	2	-	4
3	Yoga For Health Promotion	4	4	3	8
TOTAL QUESTIONS		06	06	03	15
NO. OF QUESTIONS TO BE ANSWERED		04	04	02	10
TOTAL MARKS		4 x 1 = 04 Marks	4 x 2 = 08 Marks	2 x 4 = 08 Marks	20 Marks
TOTAL MARKS		05 (Part A) + 20 (Part B) = 25 MARKS			

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CLASS XII (SESSION 2021-2022) SAMPLE QUESTION PAPER FOR TERM - II

Max. Time Allowed: 1 Hour (60 min)

Max. Marks: 25

General Instructions:

1. Please read the instructions carefully
2. This Question Paper is divided into 03 sections, viz., Section A, Section B and Section C.
3. Section A is of 05 marks and has 06 questions on Employability Skills.
 - a) Questions numbers 1 to 4 are one mark questions. Attempt any three questions.
 - b) Questions numbers 05 and 06 are two marks questions. Attempt any one question.
4. Section B is of 12 marks and has 12 questions on Subject specific Skills.
 - a) Questions numbers 7 to 12 are one mark questions. Attempt any four questions.
 - b) Questions numbers 13 to 18 are two marks questions. Attempt any four questions.
5. Section C is of 08 marks and has 03 competency-based questions.
 - a) Questions numbers 19 to 21 are four marks questions. Attempt any two questions.
6. Do as per the instructions given in the respective sections.
7. Marks allotted are mentioned against each section/question

SECTION A

(3 + 2 = 5 marks)

Answer any 03 questions out of the given 04 questions		1 x 3=3
Q.1	Write any two actions by an entrepreneur which are most likely to contribute to creative destruction.	1
Q.2	Write any two benefits of entrepreneurial competencies.	1
Q.3	What do you understand by green jobs?	1
Q.4	What is eco-tourism?	1
Answer any 01 question out of the given 02 questions		2 x 1=2
Q.5	Write any two common fears seen in entrepreneurs?	2
Q.6	What are the key drivers of green jobs?	2

SECTION B

(4+8= 12 marks)

Answer any 04 questions out of the given 06 questions		1 x 4=4
Q.7	Write any two characteristic of good stress?	1
Q.8	Write any two common effects of stress on mood?	1
Q.9	What is normal BMI?	1

Q.10	How many compressions and breaths should be done for each cycle of CPR?	1
Q.11	What are micronutrients?	1
Q.12	Write any two parts of Bahiranga Yoga?	1
Answer any 04 questions out of the given 06 questions		2 x 4=8
Q.13	What do you understand by Cittaprasadana?	2
Q.14	Define Kriya Yoga. What does it involve?	2
Q.15	Write a short note on CPR?	2
Q.16	Write any four /asanas which are helpful in Arthritis?	2
Q.17	What do you understand by obesity?	2
Q.18	Write any four Sukasham vyayam?	2

SECTION C
(COMPETENCY BASED QUESTIONS)

(2 x 4 = 8 marks)

Answer any 02 questions out of the given 03 questions		
Q.19	<p>Mohan constantly misbehaves and harasses other students in the class, he also hinders studies in the class. Mohan's usage of language is also not normal, when the teacher teaches in the class, his attention is diverted.</p> <ul style="list-style-type: none"> • Is it possible to bring about a change this condition of Mohan through yoga? • Explain your answer and the concerned Yogic practice in detail. 	4
Q.20	<p>Reena often has difficulty in breathing, she also has tightness in her chest, and she keeps getting cold and coughs frequently.</p> <ul style="list-style-type: none"> • What is the disease she has? • Can it be cured by yoga? • If yes, then write the yogic treatment. 	4
Q.21	<p>Sunil often reaches his office late. He takes regular leaves due to bad health and mismanagement. Sunil is unable to work properly due to stress. He is also suffering from lower back pain and BP.</p> <ul style="list-style-type: none"> • Can the situation be changed through yoga? • Write about yogic management for the same? 	4