

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

### Marking Scheme for Class XI (Session 2023-2024)

**Max. Time: 2 Hours**

**Max. Marks: 50**

**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

<b>Q. 1</b>	<b>Answer any 4 questions out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)</b>	
i.	Rajesh goes to the gym as he wishes to win body-building competition. This is which type of motivation. A. Internal <b>B. External</b> C. Both A and B D. Not any specific type	<b>1</b>
ii.	To achieve 'Open-defecation Free India' by 150th birth anniversary of Mahatma Gandhi, _____ was launched by Indian government. <b>A. Swachh Bharat Abhiyan</b> B. National Green Tribunal C. Green India Mission D. National Solar Mission	<b>1</b>
iii.	In visual communication, exchange of information takes place through A. Gestures <b>B. Images &amp; signs</b> C. Written material D. Facial expressions	<b>1</b>
iv.	Networking skills are very useful to <b>A. Share the expertise</b> B. Boast of our knowledge C. Know personal details of people D. Have a leisure time	<b>1</b>
v.	A successful entrepreneur is a one who A. Understands the customers B. Knows the competitors C. Studies the market <b>D. All of the above</b>	<b>1</b>
vi.	In a word document, _____ has details of word or character count. A. Standard Toolbar B. Formatting Toolbar C. Menu Bar <b>D. Status Bar</b>	<b>1</b>
<b>Q 2</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	_____ systematized and codified various practices of Yoga. <b>A. Patanjali</b> B. Ved Vyas C. Lord Shiva D. Swami Ramdev	<b>1</b>

ii.	The intake of _____ food influences our physical and mental health. A. Sattvik B. Rajasik C. Tamasik <b>D. All of the above</b>	1
iii	The word 'Yoga' has been derived from Sanskrit word _____ A. Yog <b>B. Yuj</b> C. Yama D. None of these	1
iv	We get mention of 'Yoga' in _____, an ancient Indian literature. A. Samveda <b>B. Rigveda</b> C. Yajurveda D. Atharv Veda	1
v	Which organ of our body is about the size of a closed fist? A. Liver B. Lungs <b>C. Heart</b> D. Stomach	1
vi	In Mandukasana, the body attains a shape like that of a _____ A. Lion B. Cat <b>C. Frog</b> D. Butterfly	1
<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i	A yoga student gets a coherent understanding of the rich Yoga tradition by reading A. Patanjali Yog Sutra B. Hath Yog Pradipika C. Gherand Samhita <b>D. All of the above</b>	1
ii	Which is not listed as Yama ? A. Ahimsa B. Satya C. Asteya <b>D. Sauch</b>	1
iii	A journey to yogic way of life has been explained in total _____ chapters of Shreemad Bhagvad Gita A. 10 B. 14 C. 16 <b>D. 18</b>	1
iv	_____ asana is also referred as 'King of Asanas'. <b>A. Shirshasana</b> B. Sarvangasana	1

	C. Dhanurasana D. Surya Namaskar	
v	Kumbhak can be practiced _____ A. After inhalation B. After exhalation <b>C. Both A and B</b> D. None	1
vi	The greatest classical text, Yoga Sutras of Patanjali has _____ sutras <b>A. 196</b> B. 152 C. 170 D. 145	1
<b>Q. 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i	Which of these areas of Yoga Centre should be maintained well? A. Reception B. Yoga practice room C. Toilets <b>D. All of the above</b>	1
ii	The karmas described in Bhagwad Gita are _____ A. Sattwik B. Tamsik C. Rajsik <b>D. All of the above</b>	1
iii	The hand postures in Yoga are called _____ A. Asanas <b>B. Mudra</b> C. Bandh D. None of these	1
iv	Mouth, Larynx and Pharynx are organs that aid _____ system of human body. A. Respiratory <b>B. Digestive</b> C. Excretory D. Muscular	1
v	Shreemad Bhagwat Gita has evolved amidst the battle field with the dialogue between A. Ram and Krishna B. Pandavas and Kaurvas <b>C. Arjun and Krishna</b> D. Guru and disciples	1
vi	In human body, upper limbs and lower limbs are a part of _____ A. Axial Skeleton <b>B. Appendicular Skeleton</b> C. Spinal Cord D. None	1

<b>Q. 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i</b>	The path of Ashtanga Yoga has been enlightened by A. Baba Ramdev <b>B. Sage Patanjali</b> C. Swami Vivekananda D. Veda and Upanishad	<b>1</b>
<b>ii</b>	The starting position for Chakrasana is while A. Standing B. Sitting <b>C. Lying in Supine</b> D. Lying in Prone	<b>1</b>
<b>iii</b>	Yoga has been defined as- योगः कर्मसु कौशलम् by <b>A. Lord Krishna</b> B. Maharishi Vyasa C. Patanjali D. None of the above	<b>1</b>
<b>iv</b>	Padmasana, Sukhasana and Siddhasana are usually attained while doing A. Pranayama B. Meditation C. Bandha <b>D. All of the above</b>	<b>1</b>
<b>v</b>	Yoga is a perfect way to ensure A. Good health for organs B. Prevent illness C. Emotional well-being <b>D. All of the above</b>	<b>1</b>
<b>vi</b>	The author of ancient Yoga text Hatha Yoga Pradipika is <b>A. Swami Svatmaram</b> B. Maharishi Patanjali C. Sage Gherada D. Shree Krishna	<b>1</b>

## SECTION B:

### SUBJECTIVE TYPE QUESTIONS

**Answer any 3 out of the given 5 questions in 20-30 words each (2 x 3 = 6 marks).**

<b>Q 6</b>	Communication is a two way process of sending and receiving the information. The elements of communication are: Sender, Message (Information), Channel, Receiver, Feedback (Response).	<b>2</b>
<b>Q 7</b>	A word document can be presented to look attractive and impressive by using many formatting tools provided. The editing and corrections in word document can be easily done. Various text styling options, page layout variations, Inserting images/charts/shapes, creating tables, use of header and footer, spell and grammar check, beautification of page with borders, adding bullets etc. are a few to mention.	<b>2</b>
<b>Q 8</b>	The goals that one wishes to achieve should be designed as per 'SMART' model that refers to – Specific : Very clear and properly defined Measurable : The progress can be tracked and evaluated Achievable : Creating a strategy for plan of action to meet the target Realistic : Practical and within the reach Time bound: Deadline with a time frame.	<b>2</b>
<b>Q 9</b>	An entrepreneur is a person who runs a business using innovative ideas, creates the demand or meet needs of customers through product or service and makes profit. The different business activities are - Manufacturing – Garment Factory Trading – Pharmacy shop Service – Plumber	<b>2</b>
<b>Q 10.</b>	Sun is a natural resource and a good renewable source of energy available in plenty. The solar energy is a sustainable alternative source that has low environment impact. It can be harnessed for various purposes as – solar panels for electricity, solar cooker, geyser, etc.	<b>2</b>

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

<b>Q 11.</b>	1. Maharishi Patanjali defines Yoga as "Yogah Chitta Vritti Nirodhah" 2. Lord Krishna in Bhagwat Gita defines yoga as "Samatvam Yoga Uchyate"	<b>2</b>
<b>Q 12.</b>	The elements of yoga as mentioned in eight-fold path described by Patanjali are - Yam, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyan, Samadhi	<b>2</b>
<b>Q 13.</b>	Sukshama Vyayama are the easy and basic warm up exercises done before starting with asanas. These are loosening exercises done in a sequence from head to toe to - <ul style="list-style-type: none"><li>• remove the stiffness in muscles</li><li>• facilitate joint mobility</li><li>• improve micro circulation of blood</li><li>• bring alertness</li><li>• let go the fatigue and tiredness</li></ul>	<b>2</b>
<b>Q 14.</b>	As a part of epic Mahabharata, the 18 chapters of Bhagwat Gita is dialogue between Lord Krishna and Arjuna amidst the battle field of Kurukshetra. In the fit of despondency, Shree Krishna gives a practical guide to the yogic way of living. Gita is descriptive about the path of rightful actions that should be followed with wisdom. It is a practical guide of yoga with liberation and enlightens one to re-organize life, achieve inner peace and approach the Supreme.	<b>2</b>
<b>Q 15.</b>	In yoga, fasting means prohibiting and choosing a form of eating that is simple and comfortable. While fasting, we <ul style="list-style-type: none"><li>• cleanse the body and remove toxins</li></ul>	<b>2</b>

	<ul style="list-style-type: none"> <li>• give rest to our digestive system</li> <li>• observe restraint and exercise self-control</li> <li>• take a break from worldly things and utilizing our energy in a more purposeful way.</li> <li>• develop will power and self-discipline</li> </ul> <p>So it is an effective tool to foster great health and aids spiritual development thereby achieve peace of mind.</p>	
<b>Q.16.</b>	<p>Sattvik Food – Raw or lightly cooked food, Fresh, Juicy and nutritious eg vegetables, fruits, pulses, honey, milk They increase energy, promote happiness, calmness, mental clarity</p> <p>Rajsik Food – Bitter, Salty, Spicy eg tea, coffee, garlic, They stimulate fiery energy and agitation</p> <p>Tamsik Food – Fermented, Under cooked, highly fried food eg meat, onion, alcohol They manifest laziness, criminal tendency</p>	<b>2</b>

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

<b>Q.17</b>	<p>Yoga is no more a common household name now. The teachings of great yoga personalities like Swami Vivekanand, BKS Iyengar, Sri Sri Ravi Shankar, Swami Ramdev have incredibly contributed to make Yoga popular world over. The age old practice that originated in India has now been adopted as a latest trend and a daily work out regime in many countries abroad. Now the fitness and wellbeing is celebrated all over internationally as International Day of Yoga. The characteristic phenomena of yoga imparting not only physical benefits to the practitioner but also attributing to mental, emotional and spiritual domain of health stands apart and is now well realized. It appeals all the age groups. Many studies and researches have proved that the management of various illness, psychosomatic problems and mental disorders is possible through the intervention of yoga practices and yogic life style.</p>	<b>4</b>
<b>Q.18</b>	<p>Surya Namaskar is a sun salutation practice performed to the sun offering gratitude and love for the eternal life-giving energy source. Surya Namaskar is considered a complete body work out that comprises of 12 asanas done in a sequential way. The benefits of surya namaskar are –</p> <ul style="list-style-type: none"> <li>Improves blood circulation</li> <li>Tones muscles</li> <li>Strengthens functioning of all the systems</li> <li>Boosts metabolism and Immunity</li> <li>Reduces weight</li> <li>Radiance in skin</li> <li>Controls aging, hair fall</li> <li>Relaxes the mind and reduces anxiety and stress</li> <li>Improves sleep</li> <li>Calms the mind</li> <li>Increase concentration, memory</li> <li>Balance in thoughts</li> <li>Promotes positive thinking</li> </ul>	<b>4</b>
<b>Q.19</b>	<p>Few rules should be followed to get optimum results from the practice of yoga –</p> <ul style="list-style-type: none"> <li>• Should preferably be performed on empty stomach.</li> <li>• Wear comfortable clothes that allow stretching</li> <li>• Place should be clean and well ventilated</li> <li>• Use yoga mat to avoid injuries and slipping</li> <li>• Supervision of yoga instructor is a must to guide and brief properly</li> <li>• Women in menstruation and pregnancy must avoid.</li> <li>• Prohibited for people who have undergone any recent surgery, accident or major illness.</li> </ul>	<b>4</b>

	<ul style="list-style-type: none"> <li>• Remove spectacles, watch, jewellery before practice</li> <li>• Follow a healthy nutritious diet plan, Eat in tandem</li> <li>• Keep the mind relax and calm</li> <li>• Do as per your capacity</li> <li>• Topsy turvy postures should not be practiced by beginners.</li> <li>• In case of fever, pain any major physical disability, consult the doctor</li> </ul>	
<b>Q.20</b>	<p>Yama are universal morality i.e. the virtues that purify human nature. They describe the attitude we have towards things and others. The components of yama are –</p> <ul style="list-style-type: none"> <li>• Ahimsa – Adopt compassion and no cruelty for any living being. No violence of mind, deeds and speech.</li> <li>• Satya – Commitment to truthfulness, honesty and sincerity in all ways</li> <li>• Asteya – No intension of stealing or anything that does not belong to you.</li> <li>• Brahamcharya – Abstinence from senses</li> <li>• Aparigraha – Acquire only that is desired. Non hoarding of too many things</li> </ul> <p>Niyama are personal observances. They refer to the attitude we adopt towards ourselves as we create a code for living soulfully. The components of niyama are –</p> <ul style="list-style-type: none"> <li>• Sauch – Outer cleanliness and inner purity</li> <li>• Santosh – Cultivate Contentment and acceptance of what you possess.</li> <li>• Tapa – Tranquility in adverse conditions, self-restraint, discipline the energies</li> <li>• Swadhyaya – Self-reflective consciousness</li> <li>• Ishwar Pranidhan – Contemplation and surrenderence to the All mighty</li> </ul>	<b>4</b>
<b>Q.21</b>	<p>A healthy life style can be attained through the following –</p> <ul style="list-style-type: none"> <li>• Ahaar –Right attitude, Right habits and appropriate behavior with oneself and others</li> <li>• Vihaar – A balanced state of mind attained by following moral restraints and ethical conduct. Handling and channelizing the thoughts positively</li> <li>• Achaar – Healthy and nourishing diet preferably sattvik diet – Whn to eat, what to eat, how much to eat, with whom to eat and how to eat</li> <li>• Vichaar – Proper relaxation recreational activities, engaging in purposeful acts for self and society.</li> <li>• Vyavhaar – Maintain cordial relations, keep virtuous company, ethical behavior</li> </ul>	<b>4</b>