

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

### Marking Scheme for Class XII (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. There is no negative marking.
  - iii. Do as per the instructions given.
  - iv. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
  - i. This section contains 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.

# CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE 841)

Answer Key for Sample Question Paper for Class XII (Session 2023-2024)

## 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.	Your brother is hard working and organized. Which personality trait he exhibits? A. Extraversion <b>B. Conscientiousness</b> C. Agreeableness D. Emotional stability	1
ii.	If the cells from A1 to B5 are selected, then the range of selected cells is referred as <b>A. A1:B5</b> B. A1/B5 C. A1=B5 D. A1\B5	1
iii.	_____ is not a part of non-verbal communication? A. Gestures <b>B. Speaking</b> C. Body Language D. Signals	1
iv.	Which attitude would be required by Sonia to start a wedding entertainment company? A. Self – doubt B. Fear of failure C. Lack of skilled manpower <b>D. Willingness to take the leap</b>	1
v.	The environment friendly way to dispose and recycle used laptops, mobile phones, gadgets is called _____ <b>A. E-waste management</b> B. Sewage Treatment C. Waste Exchange D. Eco tourism	1
vi.	A person suffering from Narcissistic personality disorder may exhibit the symptom of A. Detachment and indifference B. Extreme perfectionism C. Impulsive actions <b>D. Exaggerating his own achievements</b>	1
<b>Q 2</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	

i.	Excessive accumulation of fat in body is the sign of – A. Asthama B. Low Back pain <b>C. Obesity</b> D. Arthritis	1
ii.	_____ is blinkless gazing at flame to improve the eyesight. A. Dhauti <b>B. Tratak</b> C. Nauli D. Basti	1
iii	Purak, Rechak, Kumbhak are the steps of - A. Kapalbhathi B. Meditation <b>C. Pranayam</b> D. Bandha	1
iv	What are the characteristics of Rajsik diet? A. Tasty and fulfilling for the heart <b>B. Bitter, sour, pungent</b> C. Not completely cooked with no taste and flavor D. None of the above	1
v	The main objectives of first aid are : A. Minimize the pain of patient B. Save Life C. Prevent worsening of condition <b>D. All of above</b>	1
vi	Arthritis is characterized by – A. Increase in Blood Pressure B. Difficulty in breathing <b>D. Swelling &amp; Stiffness in joints</b> C. None of the above	1
<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i	During hypertension, one must avoid - A. Seasonal Fruits B. Fibre Intake C. Healthy life style <b>D. High Salt content</b>	1
ii	The practice of _____ pranayama involves drawing of air through the mouth. A. Ujjayi B. Bhramari C. Surya bhedan <b>D. Shitkari</b>	1
iii	The practice of _____ makes the skull shine with purity <b>A. Kapalbhathi</b> B. Dhauti C. Basti D. Nauli	1

<b>iv</b>	Bronchial Asthma is a disorder of A. Heart B. Stomach C. Brain <b>D. Lungs</b>	<b>1</b>
<b>v</b>	According to Srimad Bhagvadgeeta, perfection in Yoga does not occur due to: A. Proper diet and behaviour B. Proper Karma C. Proper sleep and wakefulness <b>D. Tactical functions</b>	<b>1</b>
<b>vi</b>	The appropriate dress for yogasana practice should be A. fitted jeans B. high priced costume <b>C. stretchable and comfortable wear</b> D. branded clothes	<b>1</b>
<b>Q. 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i</b>	_____ can cause chronic stress. A. Death of near one B. Prolonged Illness C. Successive failures in achievements <b>D. All of above</b>	<b>1</b>
<b>ii</b>	Ravi wishes to strengthen his immunity. What changes would you suggest for him in his life style? A. Sleep excessively B. Overeat C. Stay exerted <b>D. Eat in tandem</b>	<b>1</b>
<b>iii</b>	Group processes like cooperation, competition, friendship, sympathy and communication are important for A. physical health B. mental health <b>C. social health</b> D. spiritual health	<b>1</b>
<b>iv</b>	What symptoms indicate that one's mental well-being could be affected? A. Lack of enthusiasm B. Depression C. False perception <b>D. All of the above</b>	<b>1</b>
<b>v</b>	CPR means – <b>A. Cardio Pulmonary Resuscitation</b> B. Central Pulmonary Resuscitation C. Cervical Pulmonary Resuscitation D. Cognitive Pulmonary Resuscitation	<b>1</b>
<b>vi</b>	Tapas, Swadhyaya, Ishwarpranidhan are parts of – A. Karma Yoga B. Gyan Yoga C. Bhakti Yoga	<b>1</b>

	<b>D. Kriya Yoga</b>	
<b>Q. 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i</b>	This asana is not helpful in the management of Asthma <b>A. Shirshasana</b> B. Ushtrasana C. Bhujangasana D. Matasyasana	<b>1</b>
<b>ii</b>	According to Bhagvad Geeta, "Samatvam Yoga Uchyate" means : <b>A. Equanimity of mind</b> B. Gender Equality C. Equal distribution of things D. All have equal rights	<b>1</b>
<b>iii</b>	Stress can – A. Rise blood pressure B. Upset digestive system C. Cause back and shoulder pain <b>D. All of above</b>	<b>1</b>
<b>iv</b>	Yoga scriptures firmly encourage yogic eating schedule also called as A. Rajsik diet <b>B. Mitahar</b> C. Tamsik diet D. None of above	<b>1</b>
<b>v</b>	The yogic life style helps us to attain – A. perfect health B. peace of mind C. relief from stress <b>D. All of the above</b>	<b>1</b>
<b>vi</b>	Dharna, Dhyan, Samadhi are parts of <b>A. Antarang Yoga</b> B. Bahirang Yoga C. Hatha Yoga D. Karma Yoga	<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>	A startup is a company that is in the first stage of its operations. Startups come up with an innovative idea with a purpose to create something that people want. This could be anything from a product or service, for which they believe there is demand For example, a lot of startups have started online food delivery. Startups start with minimum investment so they look for capital from a variety of sources	<b>2</b>
<b>Q 7</b>	With good listening skills, a correct, clear and concise communication takes place. To listen attentively, one must maintain an eye contact with speaker, avoid distractions, give regular feedback, respond and clarify doubts.	<b>2</b>
<b>Q 8</b>	Green jobs help to restore and protect the environment. The people are engaged in producing products or offer services that are environment friendly and contribute to the sustainability. The workers like organic farmers, technicians	<b>2</b>

	installing solar panels, E tourism are examples of green jobs.	
<b>Q 9</b>	Intrinsic Motivation – The person derives excitement, contentment after doing a task. He is internally motivated as gets pleasure. His learning and experiences are his motivation. Extrinsic motivation – The person gets apparent award, incentive, for the work done by him.	<b>2</b>
<b>Q 10.</b>	A large data can easily be manages and handles using a worksheet. Data stored in a spreadsheet can be calculated easily and accurately using formulas, Data can be graphically represented, sorted and filtered. It can also be protected by a password. Various formatting options makes the worksheet presentable.	<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>	BMI of an obese person is 30kg/m <sup>2</sup> or higher. Sedentary life style, less physical activities, intake of high calories food, fried and junk items, more of preservatives, hormonal imbalance, hereditary, stress, low metabolism, fondness of sweets, water retention, psychological factors as loneliness, fear, anxiety, etc are factors that cause obesity.	<b>2</b>
<b>Q 12.</b>	Practice low impact exercises for lower back pain. Do not lean forward and balance feet firmly Sit on chair with back rested using support. Stretch the muscles gently Do not lift heavy objects Follow the instructors advice Avoid stress	<b>2</b>
<b>Q 13.</b>	a. Standing – Tadasana, Vrikshasana, Trikonasana, b. Sitting – Vajrasana, Ushtrasana, Mandukasana, c. Supine – Halsana, Setu bandhasana, Pawan Muktasana d. Prone – Bhujangasana, Shallabhasana, Makarasana	<b>2</b>
<b>Q 14.</b>	Good stress : High performance, Motivation, more energy, excitement, happiness, Positive thinking Bad stress : Tension, Anxiety, Puzzled, Not decisive, sleeplessness, Less appetite, Mentally disturbed and Usually ill.	<b>2</b>
<b>Q 15.</b>	Shatkarmas – Tratak, Kapalbhati, Dhauti, Neti, Basti, Nauli Neti is the nasal cleansing yogic kriya done with water or using a rubber tube or thread. 1. It removes excess mucus and impurities inside the nasal cavity. 2. It reduces inflammatory conditions and builds up resistance to the atmosphere. 3. Helps in preventing cold and cough. d. 4. It can cure headache and migraine.	<b>2</b>
<b>Q 16.</b>	Jagat is suffering from Bronchial Asthma. Symptoms – Difficulty in breathing, Consistent wheezing and cough, Tightness of the chest/ discomfort in the chest may be seen.	<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>	Shivam is suffering from Hypertension. The elevation in blood pressure can be controlled through effective dietary and yogic management.  ❖ <u>Dietary Management</u> : Maintain a healthy life style by maintaining adequate nutrition. Regularize eating habits by consuming food at regular intervals of time.	<b>4</b>
-------------	---	----------

	<p>Avoid fried foods and junk food. Lower the salt content in food. Lemon juice in salad Take foods rich in fibre and low in calorie. Avoid preservatives - pickles, chutneys, pappads, etc. Eat seasonal fruits and green leafy vegetables, etc.</p> <p>❖ <u>Yogic Management :</u> Kriyas: Jalneti, Sutraneti Yoga Sukshma Vyayama in the supervision of yoga instructor Asanas that can be done with ease and low stretch : Tadasana, Katichakrasana, Konasana, Pavanamuktasana, Vajrasana, Bhujangasana, Relaxing Asanas : Shavasana. Pranayama: Nadishuddi, and Bhramari. Meditation: Om Chanting Difficult asanas and long holding should be avoided.</p>	
<b>Q.18</b>	<p>Asana means a state of being, in which one can remain steady, calm, quiet and comfortable, both physically and mentally. Some important points to be kept in mind while performing yogic asanas are as follows:</p> <ul style="list-style-type: none"> <li>• Early morning is the best time for practicing asanas.</li> <li>• Well-ventilated place or open air place is recommended.</li> <li>• Normally women during first 3 months of pregnancy and during menstrual cycle should avoid.</li> <li>• Asanas should not be done by following books or videos, it should be under the guidance of an experienced teacher.</li> <li>• Asanas should be done on an empty stomach or 2/3 hours after meals.</li> <li>• Asanas should not be performed with jerks.</li> <li>• Do as per your capacity.</li> <li>• In case of injuries or illness, the teacher should be informed.</li> <li>• Always breathe through the nose,</li> <li>• Concentrate on the effects of the asanas on the mind and the body.</li> <li>• Relax after every asana.</li> <li>• Practice pranayama and meditation at the end.</li> </ul>	<b>4</b>
<b>Q.19</b>	<p>Bhagavad Gita says "Samatvam Yoga Uchate" Lord Krishna talks to Arjuna at length in the Bhagavad Gita. He explains that samatvam is being able to maintain one's balance of mind in success and failure, gain and loss, pleasure and pain, and that is the aptitude of a yogi who remains equipoised in all circumstances. We are excited in the situation of pleasure and we become sad when it is a negative situation. Yoga is to maintain equilibrium of the mind in any situation. Practice of equanimity of mind for any circumstance without any hatred or greed. Treating all pain or pleasure in same way with love. This type of practice helps one to keep mind constantly tranquil. When mind is peaceful, body functions properly. When equanimity is practiced, fear of disease or fear of death will be thrown away from mind, main causes of disease like jealousy, hatred, anger, will disappear automatically and mind gets quiet.</p>	<b>4</b>
<b>Q.20</b>	<p>❖ <u>Balanced diet</u> When you eat a balanced diet, you give your body the nutrients in right proportion of carbohydrates, fats, proteins, minerals, vitamins, other essential nutrients, and optimal calories for your body's makeup for healthy functioning. It reduces the risks of developing chronic health conditions and diseases.</p> <p>❖ <u>Macronutrients</u> Macronutrients cover principally three components namely carbohydrates, fats and proteins. Carbohydrates and fat provide energy and heat. Proteins are crucial for building of tissues, maintenance of the cellular integrity and functioning of the cells</p>	<b>4</b>

	<p>❖ <b>Micronutrients</b> The micronutrients comprise of vitamins and minerals. They maintain tissues and regulate functions of the body.</p> <p>❖ <b>Pathya &amp; Apathya food</b> Yoga strongly suggests diet must be taken with some limitation and overeating should be kept away at all cost. The yogi should take nourishing food called Pathya or wholesome food that is helpful for practices as grains, wheat, rice, milk, ghee, sugar sweets, vegetables and water. Apathya foods are usually restricted as they are, sour, bitter, salty, heating, oil, alcohol, fish, flesh foods, garlic.</p>	
<b>Q.21</b>	<p>Everybody has their own unique personality, which can be developed and changed.. The following dimensions contribute to the personality of a person and yoga helps to shape it.</p> <p><u>Yoga for Physical Development:</u> Yogic practices can play positive role in promotion of wellness and in preventing and curing various ailments of the body. Yoga helps the body work more efficiently contributing to a well proportionate body and flexibility in the muscles with the help of various asanas or postures.</p> <p><u>Yoga for Cognitive Development:</u> Surya Namaskar, Tratak and Pranayama helps to maintain the functioning of brain and benefit for learning and memory. Attention, thinking, perceiving, imagination, reasoning and problem solving is attained by doing yoga.</p> <p><u>Yoga for Emotional Development:</u> Stretching exercises, relaxation techniques and pranayams are good tools for significant positive changes in the emotional states of anxiety, stress, depression, regression, fear.</p> <p><u>Yoga for Social Development:</u> Yama, Niyama, Pratyahar and Dhyana of Ashtang Yoga are important tools for social development. It Helps to develop attitude and behavior of a child in harmony with others.</p> <p><u>Yoga for Spiritual Development:</u> Practice of Meditation, Chanting, Yama, Niyama are beneficial for spiritual growth. Spiritual development takes place in the form of habit, values, ethics etc. Good habits and a strong value system inculcated right from the childhood will have lasting effects on the personality of a child.</p>	<b>4</b>