

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE 841)

Blue print for Sample Question Paper for Class XII (Session 2023-2024)

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	Communication Skills-IV	1	1	2
2	Self-Management Skills-IV	2	1	3
3	Information and Communication Technology Skills-IV	1	1	2
4	Entrepreneurial Skills-IV	1	1	2
5	Green Skills-IV	1	1	2
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 - II	5	2	1	8
2	Introduction to Yogic Texts - II	9	0	2	11
3	Yoga for Health Promotion - II	10	4	2	16
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		Any 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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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

Q. 1		Answer any 4 questions out of the given 6 questions (1 x 4 = 4 marks)
i.	Your brother is hard working and organized. Which personality trait he exhibits? A. Extraversion B. Conscientiousness 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 A. A1:B5 B. A1/B5 C. A1=B5 D. A1\B5	1
iii.	_____ is not a part of non-verbal communication? A. Gestures B. Speaking 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 D. Willingness to take the leap	1
v.	The environment friendly way to dispose and recycle used laptops, mobile phones, gadgets is called _____ A. E-waste management 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 D. Exaggerating his own achievements	1
Q 2		Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)
i.	Excessive accumulation of fat in body is the sign of – A. Asthama B. Low Back pain C. Obesity D. Arthritis	1

ii.	_____ is blinkless gazing at flame to improve the eyesight. A. Dhauti B. Tratak C. Nauli D. Basti	1
iii	Purak, Rechak, Kumbhak are the steps of - A. Kapalbhati B. Meditation C. Pranayam D. Bandha	1
iv	What are the characteristics of rajsik diet? A. Tasty and fulfilling for the heart B. Bitter, sour, pungent 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 D. All of above	1
vi	Arthritis is characterized by – A. Increase in Blood Pressure B. Difficulty in breathing C. Swelling & Stiffness in joints D. None of the above	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	During hypertension, one must avoid - A. Seasonal Fruits B. Fibre Intake C. Healthy life style D. High Salt content	1
ii	The practice of _____ pranayama involves drawing of air through the mouth. A. Ujjayi B. Bhramari C. Surya bhedan D. Shitkari	1
iii	The practice of _____ makes the skull shine with purity A. Kapalbhati B. Dhauti C. Basti D. Nauli	1
iv	Bronchial Asthma is a disorder of A. Heart B. Stomach	1

	C. Brain D. Lungs	
v	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 D. Tactical functions	1
vi	The appropriate dress for yogasana practice should be A. fitted jeans B. high priced costume C. stretchable and comfortable wear D. branded clothes	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	_____ can cause chronic stress. A. Death of near one B. Prolonged Illness C. Successive failures in achievements D. All of above	1
ii	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 D. Eat in tandem	1
iii	Group processes like cooperation, competition, friendship, sympathy and communication are important for A. physical health B. mental health C. social health D. spiritual health	1
iv	What symptoms indicate that one's mental well-being could be affected? A. Lack of enthusiasm B. Depression C. False perception D. All of the above	1
v	CPR means – A. Cardio Pulmonary Resuscitation B. Central Pulmonary Resuscitation C. Cervical Pulmonary Resuscitation D. Cognitive Pulmonary Resuscitation	1
vi	Tapas, Swadhyaya, Ishwarpranidhan are parts of – A. Karma Yoga B. Gyan Yoga C. Bhakti Yoga D. Kriya Yoga	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	This asana is not helpful in the management of Asthma A. Shirshasana B. Ushtrasana C. Bhujangasana D. Matasyasana	1
ii	According to Bhagvad Geeta, "Samatvam Yoga Uchyate" means : A. Equanimity of mind B. Gender Equality C. Equal distribution of things D. All have equal rights	1
iii	Stress can – A. Rise blood pressure B. Upset digestive system C. Cause back and shoulder pain D. All of above	1
iv	Yoga scriptures firmly encourage yogic eating schedule also called as A. Rajsik diet B. Mitahar C. Tamsik diet D. None of above	1
v	The yogic life style helps us to attain – A. perfect health B. peace of mind C. relief from stress D. All of the above	1
vi	Dharna, Dhyan, Samadhi are parts of A. Antarang Yoga B. Bahirang Yoga C. Hatha Yoga D. Karma Yoga	1

SECTION B:

SUBJECTIVE TYPE QUESTIONS

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

Q 6	We hear a lot about start-ups being founded these days. What are the main features of “Start Up”?	2
Q 7	Identify the factors that affect active listening?	2
Q 8	What are Green Jobs? Give examples. Write are the benefits of Green Job.	2
Q 9	What is intrinsic motivation and extrinsic motivation?	2
Q 10.	Briefly explain some advanced features of a worksheet that help to manage and organize large data.	2

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

Q 11.	What is the BMI of an obese person? What causes obesity?	2
Q 12.	What precautions should be taken by a person while exercising if he is facing lower back pain?	2
Q 13.	Write the names of any two asanas done in each of the following positions – a. Standing b. Sitting c. Supine d. Prone	2
Q 14.	What are the symptoms of Good stress and bad stress?	2
Q 15.	Name the Shatkarmas. Write any two benefits of Neti?	2
Q 16.	Jagat is allergic to dust and has been diagnosed with a disease of respiratory system. His airways have got narrowed and obstructive. Identify his illness and the related symptoms.	2

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

Q.17	In a routine medical investigation, it was reported that Shivam’s systolic BP > 140 mmHg and diastolic BP > 90 mmHg. a) What problem is he likely to be suffering from? b) What dietary and yogic treatment can he follow to prevent any further complications?	4
Q.18	Discuss important points that should be kept in mind while performing asanas?	4
Q.19	Yoga means Equanimity. Write a note	4
Q.20	Briefly explain with examples – a. Balanced diet b. Macronutrients c. Micronutrients d. Pathya & Apathya food	4
Q.21	Yoga is considered as an effective tool for development of personality of individual. How?	4