

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE 841)

Blue print for Sample Question Paper for Class XII (Session 2024-2025)

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 on Employability Skills (1 x 4 = 4 marks)	
i.	To do any calculation in the spreadsheet, we need to use _____ symbol. 1. '+' 2. '=' 3. '/' 4. '()'	1
ii.	Any message is conveyed in the best way when it is conveyed in a _____ way. 1. Accurate 2. Clear 3. Concise 4. All of the above	1
iii.	Few sources which could inspire and motivate students to achieve goals are : 1. Films & Social Media 2. Expansive thoughts 3. Day dreaming 4. Holiday with family & friends	1
iv.	Green Job initiative was launched by _____ 1. UNEP 2. UNESCO 3. CRY 4. WHO	1
v.	Entrepreneurship is _____ 1. An art 2. A science 3. Both art and science 4. None of the above	1
vi.	Personality of an individual depends on _____ 1. Family Background 2. Educational status 3. Behavioral patterns 4. All of the above	1
Q 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Neti removes excess mucus and impurities from _____ cavity. 1. Nasal 2. Mouth 3. Abdomen 4. Thoracic	1
ii.	Bad stress causes _____ 1. Anxiety 2. Sleeplessness 3. Frustration 4. All of above	1

iii	An obese person must consume _____ 1. Fat rich diet 2. High fiber diet 3. Low nutrient diet 4. High Calorie diet	1
iv	_____ channelizes prana in the balanced way 1. Shatkarma 2. Swadhyaya 3. Pranayam 4. Pratyahara	1
v	A balanced diet is very important for _____ 1. Nourishing the body 2. Protection from diseases 3. Joy and cheerfulness 4. All of the above	1
vi	Bhujangasana is an example of _____ asana 1. Meditative 2. Cultural 3. Relaxative 4. None of the above	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	_____ diet is related to the expansion of life span 1. Sattvik 2. Tamsik 3. Rajsik 4. None of the above	1
ii	Who defines yoga as “yogah cittavriti nirodah” 1. Lord Krishna 2. Swami Vivekananda 3. Maharishi Patanjali 4. Bhadwad Gita	1
iii	Ashtanga Yoga has _____ limbs 1. 8 2. 6 3. 4 4. 2	1
iv	The Annamaya Kosh refers to _____ 1. Physical body 2. Mind 3. Brain 4. Soul	1
v	Bronchial asthma is the disease of _____ system 1. Cardio 2. Respiratory 3. Circulatory 4. Nervous	1
vi	Fluctuations in _____ level is indicative of Hypertension	1

	<ol style="list-style-type: none"> 1. BMI 2. Glucose 3. Blood pressure 4. Infection 	
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	<p>_____ Yoga is the path of selfless action.</p> <ol style="list-style-type: none"> 1. Karma 2. Jnana 3. Bhakti 4. Hatha 	1
ii	<p><i>Sthiram Sukham Asanam</i> has been illustrated in _____</p> <ol style="list-style-type: none"> 1. Bhagwad Gita 2. Patanjali Yog Sutras 3. Vedas 4. None of the above 	1
iii	<p>For still gazing, we usually make use of a _____</p> <ol style="list-style-type: none"> 1. Flower 2. Book 3. Candle 4. Pen 	1
iv	<p>Yoga scriptures firmly discourage the habit of _____</p> <ol style="list-style-type: none"> 1. Over eating 2. Regularly exercising 3. Observing meditation 4. Controlling the senses 	1
v	<p>A _____ life style is generally the cause of ill health</p> <ol style="list-style-type: none"> 1. Active 2. Simple 3. Sedentary 4. Classy 	1
vi	<p>Samatvam Yog Uchyate is the practice of _____</p> <ol style="list-style-type: none"> 1. Elasticity 2. Equality 3. Equanimity 4. Excitability 	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i	<p>Tamsik food is identified as _____</p> <ol style="list-style-type: none"> 1. Over ripe and uncooked 2. Sour and bitter 3. Tasty 4. Frozen 	1
ii	<p>People under chronic stress are more susceptible to _____</p> <ol style="list-style-type: none"> 1. Viral diseases 2. Mental problems 3. Emotional disturbances 4. All of the above 	1
iii	<p>Milk and ghee are good examples of _____ food</p>	1

	<ol style="list-style-type: none"> 1. Nourishing 2. Strength building 3. Immunity booster 4. All of the above 	
iv	<p>During emergency, _____ helps save life of a person.</p> <ol style="list-style-type: none"> 1. Making video 2. Group Discussions 3. Panic 4. First aid 	1
v	<p>In yoga, the cleansing techniques to purify body are called _____</p> <ol style="list-style-type: none"> 1. Samadhi 2. Shatkarma 3. Bhakti 4. Swadhyay 	1
vi	<p>The BMI reading of 30 kg/m² and above states the risk of _____</p> <ol style="list-style-type: none"> 1. Obesity 2. Arthritis 3. Asthma 4. Hypertension 	1

SECTION B:

SUBJECTIVE TYPE QUESTIONS

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

Q 6	Mention a few ways in which you would help someone to overcome personality disorder.	2
Q 7	While you are attending a workshop or meeting, how would you contribute as an active listener?	2
Q 8	Spreadsheet software can perform arithmetic operations on the data in a worksheet. How is it helpful ?	2
Q 9	List the sectors for green jobs.	2
Q 10.	What different techniques can an entrepreneur use to trigger creativity for his product	2

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

Q 11.	Name a few pranayama mentioned in Hatha Yoga. What is the significance of doing pranayama?	2
Q 12.	For the treatment of hypertension, what yogic management technique should be adopted?	2
Q 13.	What is the meaning of “Sthiram Sukham Asanam”?	2
Q 14.	How can first aid help a person in need?	2
Q 15.	What are the possible causes of lower back pain?	2
Q 16.	How can bronchial asthma be managed through dietary control?	2

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

Q.17	Patanjali Yog Sutras highlight the capability of yoga to maintain mental health. Describe in your words.	4
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Q.18	List the causes that lead a person to suffer from chronic stress?	4
Q.19	Explain the Shatkriyas in detail.	4
Q.20	Elaborate Antarang Yoga OR Bahirang Yoga	4
Q.21	<p>Priya rarely involves in physical activities. She is very fond of eating junk, street side and party food. She does not like to play at all. Her parents have got worried as she no longer fits in her usual size clothes.</p> <p>a) What dietary changes does she need to follow in her food?</p> <p>b) Suggest yogic management for her problem</p>	4