

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

Blue print for Sample Question Paper for Class XII (Session 2020-2021)

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
<b>TOTAL QUESTIONS</b>		<b>6</b>	<b>5</b>	<b>11</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>Any 4</b>	<b>Any 3</b>	
<b>TOTAL MARKS</b>		<b>1 x 4 = 4</b>	<b>2 x 3 = 6</b>	<b>10 MARKS</b>

### 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	8	2	2	12
2	Introduction to yogic texts	8	2	2	12
3	Yoga for health promotion	13	2	1	16
<b>TOTAL QUESTIONS</b>		<b>29</b>	<b>6</b>	<b>5</b>	<b>40</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>20</b>	<b>Any 4</b>	<b>Any 3</b>	<b>27</b>
<b>TOTAL MARKS</b>		<b>1 x 20 = 20</b>	<b>2 x 4 = 8</b>	<b>4 x 3 = 12</b>	<b>40 MARKS</b>

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

### Sample Question Paper for Class XII (Session 2020-2021)

**Max. Time: 2 Hours**

**Max. Marks: 40**

**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 the given 4 questions on Employability Skills (1 x 4 = 4 marks)</b>	
<b>i.</b>	Governmental rules, taxation, environmental regulations, lending requirements and licensing are all barriers to entrepreneurship and come under? A. Shortage of funds and resources B. Employee related difficulties C. Market entry regulations D. None of these	<b>1</b>
<b>ii.</b>	This bar of Calc screen displays name of the workbook on which you are currently working. A. Title bar B. Menu bar C. Standard bar D. Formatting bar	<b>1</b>
<b>iii.</b>	Which of the following govt. scheme is under clear car engineers? A. PM Mudra Yojna B. Odd-Even Scheme C. Skill India Mission D. Ujala Yojna	<b>1</b>
<b>iv.</b>	The two types of communication are: A. Gestures and body language B. Written and reading C. Verbal and non-verbal D. Language and listening	<b>1</b>
<b>v.</b>	A drive that urges and affects cognitive process and learning strategies used for completing a task is: A. Self analysis B. Self behaviour C. Self motivation D. Self implementation	<b>1</b>
<b>vi.</b>	..... Motivation directs a person's behaviour towards satisfying specific body needs. A. Psychological motivation B. Physiological motivation C. Intellectual motivation D. Physical motivation	<b>1</b>

<b>Q 2</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i.</b>	How many kriyas in Shatkarma? A. 8 B. 6 C. 9 D. 5	<b>1</b>
<b>ii.</b>	According to WHO, mental health is a..... A. State of being happy B. State of well being in which individual realizes his/her abilities C. State of being busy in work life D. State of being in anxiety, tension and depression.	<b>1</b>

iii.	Which of the following is not part of shatkarma. A. Niti B. Tratak C. kapalbhata D. Bhastrika	1
iv.	Which of the following is not a cause of stress? A. Financial instability B. Bad parenting C. Busy-ness D. Healthy mental state	1
v.	Which of the following is not a symptom of stress? A. Anxiety B. Anger outburst C. Depression D. None of these	1
vi.	Mandukasan means. A. Topcsi tervery pose B. Cobra pose C. Standing pose D. Frog pose	1

<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	How many Limbs in ashtang Yoga? A. 7 B. 10 C. 8 D. 6	1
ii.	Which of the following is not part of Yama? A. Ahimsa B. Satya C. Santosh D. Asteya	1
iii.	Which one of the following shatkriya is performed for colon cleaning? A. Dhauti B. Nauli C. Basti D. Neti	1
iv.	Samadhi is a part of A. Asthang Yog B. Asana C. Pranayama D. Kapalbhata	1
v.	Which of the following is not part of Pranayam? A. Anulom vilom B. kapalbhata C. Bhastrika D. Ujjayi	1

<b>vi.</b>	Which Asana should not be done in back pain? A. Bhujangasan B. Setubandh Aasan C. Savasana D. Paschimuttanasana	<b>1</b>
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<b>Q 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
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<b>i.</b>	Which Asan should not be done in high BP? A. Gomukasan B. Pawanmuktasana C. Sirshasan D. Savasana	<b>1</b>
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<b>ii.</b>	Innermost shealth, in yogic terms is A. Anandmaya Kosha B. Manomaya Kosha C. Pranayama Kosha D. Annamaya Kosha	<b>1</b>
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<b>iii.</b>	Which of these is meditative Aasana? A. Padmasan B. Garudasana C. Sarvangasana D. Chakrasan	<b>1</b>
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<b>iv.</b>	Bronchial asthma can be controlled by A. Yogic management B. Dietary management C. Medical management D. All the above	<b>1</b>
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<b>v.</b>	What is the meaning of yoga? A. Disconnect B. Join C. Relax D. None of above	<b>1</b>
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<b>vi.</b>	TRATAKA is: A. Purifies lungs B. Improves respiratory function C. Removes acidity D. None of the above	<b>1</b>
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<b>Q 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
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<b>i.</b>	Which Asana can be done after eating food? A. Chakrasan B. Garudasana C. Vajrasan D. Halasana	<b>1</b>
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<b>ii.</b>	For career opportunities in yoga. A. Committed in profession of yoga B. To possess emotional health C. Theory and practical knowledge E. All the above	<b>1</b>
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iii.	Yogic management of stress is : A. Meditation B. Om chanting C. Prayer D. All of these	1
iv.	Balance diet means. A. Caring diseases B. All the elements of food that are needed to keep ones health. C. Controlling the obesity D. Controlling the puberty	1
v.	Which of these diets does egg contain? A. Sattvic diet B. Tamasic diet C. Rajasic diet D. None of above	1
vi.	Situations regarding Cardiopulmonary resuscitation? A. If you're not trained and not confident about CPR, then provide hands-only CPR. That means chest compressions of 100 times in a minute until medical helps arrive. B. If you're well-trained, start CPR with 30 chest compressions followed by two rescue breaths (mouth to mouth resuscitation; mask may be used to prevent transmission of infection) C. All above	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	What can be included in Organizational skills of an entrepreneurship?	2
Q 7	Write steps to save a Calc document in pdf format.	2
Q 8	Name any two Organizations involved in the launch of green job initiatives.	2
Q 9	Why is active listening important at workplace?	2
Q 10.	What is self motivation? Explain any 2 benefits of it.	2

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

Q11.	How stress is defined in medical sciences	2
Q12.	Define mental health according to who?	2
Q13.	Explain in the common effects of stress on mood?	2
Q14.	Explain shatkarma?	2
Q15.	List the yogic practice to control low - back pain	2
Q16.	Explain significance of yoga sadhna	2

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

Q.17	Explain Nauli.	4
Q.18	Explain common effects of stress on your behavior.	4
Q.19	Explain Macronutrients.	4
Q.20	Explain the word Hatha.	4
Q.21	Explain developing positive attitude.	4