

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE 841)

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

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

A. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	C.	1
ii.	A.	1
iii.	B.	1
iv.	C.	1
v.	C.	1
vi.	D.	1

A. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	B.	1
ii.	B.	1
iii.	D.	1
iv.	D.	1
v.	D.	1
vi.	D.	1

A. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	C.	1
ii.	C.	1
iii.	C.	1
iv.	A.	1
v.	B.	1
vi.	B.	1

A. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	C.	1
ii.	A.	1
iii.	A.	1
iv.	A.	1
v.	B.	1
vi.	D.	1

A. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	C.	1
ii.	D.	1
iii.	D.	1
iv.	B.	1
v.	B.	1
vi.	C.	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.

A. 6	Organizational Skills For Entrepreneurs : <ul style="list-style-type: none"> • They are tech-savvy. Everything from mobile phones to automobiles is affected by technology • They know how to delegate • They know how to manage time • They are adept at problem-solving • They have great interpersonal skills • They make lists for the day, week and month. • They use traditional productivity tools. 	2
A. 7	<ul style="list-style-type: none"> • Click on the Export Directly as PDF icon on the Standard bar. • The Export dialog box appears. • Select the drive and the folder where you want to save the file. • Type the file name and click OK button. 	2
A. 8	<ul style="list-style-type: none"> • In 2008 the United Nations Environment Programme (UNEP), the International Labour Organization (ILO), the International Trade Union Confederation (ITUC), and the International Employers Organization (IEO) jointly launched the Green Jobs Initiative. 	2
A. 9	<ul style="list-style-type: none"> • Active listening is a life skill learned over time through self-awareness, mindfulness and attention to detail. Apply active listening in the workplace to help improve working relationships, understand tasks and grow both professionally and personally 	2
A. 10	<ul style="list-style-type: none"> • Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on. • Self-motivation gives your vision : In order to be happy in life, you need to fulfil your dreams. In order to fulfil your dreams, you must recognize them • It helps you overcome negative influencers in life : There are so many negative stimuli that try to bring you down, discourage you and kill your spirit. 	2

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

A. 11	<p>In medicine, the body's response to physical, mental, or emotional pressure. Stress causes chemical changes in the body that can raise blood pressure, heart rate, and blood sugar levels. It may also lead to feelings of frustration, anxiety, anger, or depression</p>	2
A. 12	<p>Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.</p>	2

A. 13	When you are stressed you may experience many different feelings, including anxiety, fear, anger, sadness, or frustration. These feelings can sometimes feed on each other and produce physical symptoms, making you feel even worse. For some people, stressful life events can contribute to symptoms of depression	2
A. 14	Shatkarma means six karmas or kriyas. The karma/kriya means 'action'. Shatkarma consists of purificatory processes which cleanse the specific organs of the body by detoxifying them. ... These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body.	2
A. 15	<p>The 10 Best Yoga Poses for Back Pain</p> <ul style="list-style-type: none"> • Cat-Cow. • Downward-Facing Dog. • Extended Triangle. • Sphinx Pose. • Cobra Pose. • Locust Pose. • Bridge Pose. • Half Lord of the Fishes. 	2
A. 16	<p>Yoga Sadhana is the means to let go of the ego, personal agendas and attachments and is a discipline undertaken in the pursuit of a goal. It can be used as a tool to help work on yourself, to re-discover the purpose of your life, to help open doors and to let you live your life as you desire.</p> <p>Anything that is practiced with awareness, discipline and the intention of spiritual growth can be considered as sadhana, but it must be practiced alone and for the sake of the individual. As such, it does not need to be a physical activity; even daily self-study of yogic or spiritual scriptures is a form of sadhana.</p>	2

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

A. 17	<p>Nauli is one of the kriyas or shatkarmas, preliminary purifications, used in yoga. The exercise is claimed to serve the cleaning of the abdominal region - digestive organs, small intestine- and is based on a massage of the internal belly organs by a circular movement of the abdominal muscles.</p> <p>The classic position for getting started on nauli is by standing up, bending the trunk forward slightly, and supporting the hands on the thighs. A complete breath is exhaled and then the stomach is brought in. The abdominal muscles are then isolated and contracted before being moved in a circle.</p> <p>It is one of six <i>shatkarma</i>, or purification methods, used in Hatha yoga. Nauli is believed to improve overall health and increase vitality. It also invigorates the <i>manipura</i> and <i>svadisthana</i> chakras.</p> <p>This is an advanced technique that is difficult to learn and should only be carried out under the instruction of an experienced teacher. Ideally, it is performed in the morning on an empty stomach.</p>	4
A. 18	Physical. Frequent colds or flu, headaches, trouble sleeping, muscle tension, skin problems, trouble with digestion	4

	<p>Mental. Poor concentration, forgetfulness, learning problems, frequent negative thoughts, speech problems</p> <p>Emotional. Anxiety, depression, anger, irritability, feelings of helplessness, lack of purpose, relationship troubles</p> <p>Behavioral. Eating poorly, driving recklessly, abusing alcohol or drugs, being accident prone, showing aggression</p>	
A. 19	<p>Nutrients are environmental substances used for energy, growth, and bodily functions by organisms. Depending on the nutrient, these substances are needed in small amounts or larger amounts. Those that are needed in large amounts are called macronutrients.</p> <p>There are three macronutrients required by humans: carbohydrates (sugar), lipids (fats), and proteins. Each of these macronutrients provides energy in the form of calories. For example:</p> <ul style="list-style-type: none"> • In carbohydrates, there are 4 calories per gram. • In proteins, there are 4 calories per gram. • And in lipids, there are 9 calories per gram. <p>This means that if you look at a food label and it lists 10 grams of carbohydrates, 0 grams of protein, and 0 grams of fat, that food would contain 40 calories.</p>	4
A. 20	<ul style="list-style-type: none"> • Hatha yoga is a branch of yoga primarily concerned with mastery of the body, and it is arguably the tradition most familiar to Western culture. The term is derived from the Sanskrit ha, meaning "sun," and tha, meaning "moon," leading to the common interpretation that Hatha practices are designed to unite and balance these two energies. However, the literal translation of Hatha is "force," alluding to the physical techniques used within this tradition. • Traditionally, Hatha yoga offered a total life philosophy, incorporating how we relate to external and internal experience as a path to inner peace. One of the most prominent ancient texts on Hatha yoga is Patanjali's Yoga Sutras, a series of 196 aphorisms written in Sanskrit around 400 AD. • Patanjali describes Hatha yoga as an eightfold path, consisting of eight mind-body disciplines to be mastered. All other physical practices of yoga such as Vinyasa, Ashtanga and Iyengar stemmed from the Hatha yoga tradition. 	4
A. 21	<ol style="list-style-type: none"> 1. Have a Morning Routine. How you start your morning sets the tone for the rest of the day. Make sure that you have an attitude-boosting morning routine that puts you in a good mood so that you can start the day off right. 2. Carry An Attitude of Happiness With You. Instead of waiting for external things to make you happy, be happy and then watch how that influences the things that go on around you. 3. Relish Small Pleasures. Big pleasures—graduation, getting married, being promoted, having your book published—come too infrequently. Life is made up of tiny victories and simple pleasures. 4. Upload Positivity to Your Brain. Read books with a positive message, listen to music with uplifting lyrics, and watch movies in which the protagonist's optimism helps him/her to overcome obstacles and win, despite the odds. 	4