

CBSE | DEPARTMENT OF SKILL EDUCATION

YOGA (SUBJECT CODE – 841)

CLASS XII (SESSION 2021-2022) BLUE-PRINT FOR SAMPLE QUESTION PAPER FOR TERM -1

Max. Time Allowed: 60 Minutes (1 Hr.)

Max. Marks: 25

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Communication Skills-IV	2
2	Self-Management Skills-IV	2
3	Information and Communication Technology Skills-IV	2
TOTAL QUESTIONS		6 Questions
NO. OF QUESTIONS TO BE ANSWERED		Any 5 Questions
TOTAL MARKS		1 x 5 = 5 marks

PART B - SUBJECT SPECIFIC SKILLS (20 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1.	Introduction to yoga and yogic practices - II	12
2.	Introduction to Yoga Texts – II	08
TOTAL QUESTIONS		27 Questions
NO. OF QUESTIONS TO BE ANSWERED		20 Questions
TOTAL MARKS		1 x 20 = 20 marks

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Max. Time Allowed: 60 Minutes (1 Hr.)

Max. Marks: 25

General Instructions:

1. Please read the instructions carefully
2. This Question Paper is divided into 03 sections, viz., Section A, Section B and Section C.
3. Section A is of 05 marks and has 06 questions on Employability Skills.
4. Section B is of 15 marks and has 20 questions on Subject specific Skills.
5. Section C is of 05 marks and has 07 competency-based questions.
6. Do as per the instructions given in the respective sections.
7. Marks allotted are mentioned against each Section/question.
8. All questions must be attempted in the correct order

SECTION A

Answer any 5 questions out of the given 6 questions on Employability Skills

(1 x 5 = 5 marks)

1.	The two types of communication are: a) Gestures and body language b) Written and reading c) Verbal and non – Verbal d) Language and listening	1
2.	All formulas in Spreadsheet begin with _____ Sign a) & b) = c) @ d) #	1
3.	_____ is feeling extremely nervous and worried because you believe that other people do not like you or are trying to harm You. a) Paranoid b) Antisocial c) Narcissistic d) Dependent	1

4.	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	1
5.	Identify the following: a) Writing Skill b) Paragraph writing c) Article writing d) None of these	1
6.	Which source is not a form of motivation and inspiration ? a) Books b) Gossip c) Dreaming d) Music	1

SECTION B

Answer any 15 questions out of the given 20 questions

(1 x 15 = 15 marks)

7.	Which is the Sanskrit root (verb form) for the etymological derivation of the word "yoga"? a) Yog b) Yuge c) Yuj d) Yuje	
8.	Which of the following is not shat kriya. a) Kapalbhata b) Basti c) Nauli d) Murchha	1
9.	ShatKarmas are the technique used for a) External cleansing b) Cleansing of GIT c) To remove the excessive dosahas from all parts of body d) To clean the mind	1
10.	Which of the following kriya is beneficial for reducing excess acidity & gas from the body? a) Neti b) Tratak c) Kapalbhata d) None of these	1
11.	Asana according to patanjali is a) Sthramasanam b) Sukhamasanam c) Sthiram sukam asanam	1

	d) Chiramasanam	
12.	Which of the following are important during the practice asanas? a) Stability b) Comfort c) Effortlessness d) All the above	1
13.	Which of the following is not a process of pranayama? a) Rechaka b) Puraka c) Kmbhaka d) Samyaka	1
14.	Which one of the following is not the proved effect of meditation? a) Decreased anxiety b) Relief from headache c) Normalise Blood pressure d) Increases cortisol	1
15.	Arrange the following kriyas in sequential order: 1) Dhauti 2) Basti 3) Neti 4) Nauli 5) Trataka 6) Kapalbhathi a) I, III, IV, II, VI, V b) III, IV, II, I, V, VI c) VI, V, III, I, IV, II d) I, II, III, IV, V, VI	1
16.	Dress for yogasana practice should be a) Tight fitting jeans b) Costly and sophisticated dresses c) Protective covering from head to toe d) Loose fitting & comfortable	1
17.	Which practice of involves drawing of air through the mouth a) Ujjai b) Sitkari c) Bhramari d) Bhastrika	1
18.	Pranayama is cutting down the speed of a) Mind b) Anger c) Jealousy d) Inhalation-Exhalation	1
19.	Meditation of being aware of the sounds and activities happening around you is known as? a) Focused meditation b) Mindfulness meditation c) Myntra meditation d) Spiritual meditation	1
20.	. Tamasic diet includes foods like: a) Pulses b) Wheat c) Fermented food d) None of the above	1

21.	According to Patanjali, kriya yoga has been classified into ____ parts a) Two b) One c) Four d) Three	1
22.	In Bhakti yoga, the word 'bhakti' is discussed from the word a) Bhaj b) Bhagad c) Bhagaj d) Bhajaq	1
23.	Satvic diet is a diet based on foods that contain one of the three yogic qualities known as? a) Sitta b) Sattva c) Rajas d) Tamas	1
24.	Mitahara is defined as a) Only agreeable food b) Only sweet food c) Agreeable and sweet food d) None of the above	1
25.	Given below are the statements about karma yogi select the correct code. a) Karmayogi works for attaining liberation b) Karmayogi works for heaven c) Karmayogi works for lokasamgraha d) Karmayogi works for the renunciation of all the karma	1
26.	Dharna comes in which eight limbs of yoga? a) Fifth b) Sixth c) Seventh d) Eighth	1
27.	Which day is celebrated as International Day of Yoga? a) June 20 b) June 21 c) June 22 d) June 23	1

SECTION C
(COMPETENCY BASED QUESTIONS)

Answer any 5 questions out of the given 7 questions

(1 x 5 = 5 marks)

	<p>The Covid – 19 pandemic has become a major global challenge, especially for Health care sector. In the current situation where the number of positive cases of Covid-19 is outstripping existing health care facilities, an economically feasible therapeutic option is of critical importance. Strategies that can improve immune surveillance and resilience in terms of reduction in inflammatory markers and improvement in the activity of the specific immune cells involved in the pathogenesis of COVID-19 is the need of the hour. Non –specific ways of improving overall lost immunity are the need of the hour. Thus, traditional Indian systems of treating ailments through yogasana should be explored for their potential role in improving lost immunity and reducing severity of the infection.</p> <p>Yogaasana and Pranayama emphasise on modulation of lost factor such as regulation and moderation of the lifestyle factors. Host immunity is down regulated due to altered lifestyle patterns such as consumption of unwholesome food, physical activity, improper sleep, wake cycle, and increase in workload, stress and addictions. This results in fragility of the immune resilience that make the lost succumb to the virulence of the virus. Thus, the aim of yoga therapeutics is to enhance lost immunity and reduce the extent of infection and inflammation in the body by balancing body hormones and lifestyle factors.</p> <p>The Practice of asanas i.e. Sarvangasana, Halasana, Bhujangasana, Shalabhasana, Dharunasana, Vajrasana, Tadasana, and Anulom-Viloma etc.involves the body, breath and mind, affecting many systems simultaneously and resulting in reduced anxiety and perceived stress and increase positive well-being. The impact of asana and pranayama on mental well-being, has been suggested to be mediated mainly by improvement in autonomic responses to stress and copying behaviours.</p> <p>Yogic practice is linked to improved immunity and stress regulation as well as better emotional regulation. Yogasana can be helpful across a broad range of symptoms of mental illness.</p>	
<p>28</p>	<p>Strategies that can improve immune surveillance and improvement in the activity of the specific immune cells involve.</p> <ul style="list-style-type: none"> a) Pathogenesis b) RBC c) WBC d) Platelets Counts 	<p>1</p>
<p>29</p>	<p>Aim of Yoga therapeutic is to enhance.</p> <ul style="list-style-type: none"> a) Inflammation in the Body b) Immunity and Reduce infection c) Lifestyle d) Reduce addiction 	<p>1</p>

30	Yogasana and Pranayama emphasis on a) Increasing aggression b) Increasing hypertrophy of the muscles c) Increasing lifestyle diseases d) Better emotional regulation	1
31	The Practice of Asanas involves. a) The body b) Breath and mood c) The positive well-being d) All of the above	1
32	The impact of asana and pranayama on mental well-being linked to a) Responses to stress b) Copying behaviour c) Autonomic response d) All of the above	1
33	Traditional Indian System of Treating ailments through a) Yogasana b) Exercise c) Gym d) Aerobics	1
34	Anuloma – Viloma involves a) Body only b) Mind only c) Breath only d) The body, breath & mind	1