

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

### Blue print for Sample Question Paper for Class XII (Session 2025-2026)

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 MARK EACH                 | 4 MARK 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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### Sample Question Paper for Class XII (Session 2025-2026)

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**

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

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

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

|     |                                                                                                                                                 |   |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------|---|
| iii | Milk and ghee are good examples of _____ food<br>1. Nourishing<br>2. Strength building<br>3. Immunity booster<br>4. <b>All of the above</b>     | 1 |
| iv  | During emergency, _____ helps save life of a person.<br>1. Making video<br>2. Group Discussions<br>3. Panic<br>4. <b>First aid</b>              | 1 |
| v   | In yoga, the cleansing techniques to purify body are called _____<br>1. Samadhi<br>2. <b>Shatkarma</b><br>3. Bhakti<br>4. Swadhyay              | 1 |
| vi  | The BMI reading of 30 kg/m <sup>2</sup> and above states the risk of _____<br>1. <b>Obesity</b><br>2. Arthritis<br>3. Asthma<br>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 | a) Talk to him/her helping to share feelings.<br>b) Encourage to take care of physical health, do meditation<br>c) Share success stories so that they gain confidence in their ability to handle difficult situations.<br>d) Engage them in hobbies, such as music, dance and painting.<br>e) Think Positive and live in present. | 2 |
| Q 7 | a) Pay attention and maintain eye contact with speaker<br>b) No disturbance in between<br>c) Actively participate in communication and ask questions<br>d) Be reflective and give feedback<br>e) Follow the instructions and absorb the content                                                                                   | 2 |
| Q 8 | a) It makes the calculations faster, easier and accurate<br>b) Large volume of data can be handled with least error<br>c) Facilitates import/ export of data<br>d) Information can be represented through graphs and charts<br>e) Formulae helps to do calculations automatically                                                 | 2 |
| Q 9 | a) Agriculture<br>b) Construction<br>c) Transportation<br>d) Tourism<br>e) Recycling<br>f) Energy conservation<br>g) Waste management                                                                                                                                                                                             | 2 |

|              |                                                                                                                                                                                                                         |          |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>Q 10.</b> | a) Use substitutes available<br>b) Make varied combinations<br>c) Make it adaptable for different situations<br>d) Modify the product<br>e) Remove unnecessary element<br>f) Rearrange<br>g) Put product to another use | <b>2</b> |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|

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

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>Q 11.</b> | These are the pranayama mentioned in the Hatha Yoga Texts.<br>(a) Anulom- vilom<br>(b) Suryabhedana,<br>(c) Ujjayi,<br>(d) Bharmari,<br>(c) Sheetkari,<br>(d) Sheetal<br>Benefits of pranayama – <ul style="list-style-type: none"> <li>• Regulates the breathing and channelizes the prana</li> <li>• Balanced flow of vital energy to all body</li> <li>• Makes mind calm and quiet</li> <li>• Decreases stress</li> </ul>                                                                                                                        | <b>2</b> |
| <b>Q 12.</b> | Dietary management of hypertension – <ul style="list-style-type: none"> <li>• Reduce salt intake</li> <li>• Less pickles and chutneys</li> <li>• Regularize eating habits</li> </ul> Yogic management of hypertension – <ul style="list-style-type: none"> <li>• Jalneti (without salt)</li> <li>• Sukshama Vyayama</li> <li>• Asanas- Tadasana, Vajrasana, Katichakrasana, Gomukhasana, Konasana, Shavasana</li> <li>• Anulom Vilom, Bhramari pranayama</li> <li>• Meditation</li> <li>• Difficult and advanced asanas must be avoided.</li> </ul> | <b>2</b> |
| <b>Q 13.</b> | The asana or any posture attained by practitioner should be comfortable, easy and steady both physically and mentally. It is mentioned in Patanjali Yoga Sutras                                                                                                                                                                                                                                                                                                                                                                                     | <b>2</b> |
| <b>Q 14.</b> | <ul style="list-style-type: none"> <li>➤ With the immediate help of first aid we can save life of an injured person.</li> <li>➤ It can reduce the pain of victim and give him relief.</li> <li>➤ It prevents his condition to worsen till the help of experts arrive.</li> <li>➤ First aid also helps in early recovery of patient.</li> </ul>                                                                                                                                                                                                      | <b>2</b> |
| <b>Q 15.</b> | The possible causes of lower back pain – <ol style="list-style-type: none"> <li>i. Age factor</li> <li>ii. Decrease in bone strength</li> <li>iii. Accident or injury</li> <li>iv. Bad posture of sitting and sleeping</li> <li>v. Over stretching during exercises</li> <li>vi. Lifting heavy object</li> <li>vii. Stress</li> <li>viii. Too much body weight</li> </ol>                                                                                                                                                                           | <b>2</b> |
| <b>Q 16.</b> | Diet plays an important role in managing Bronchial asthma. Allergic foods should be avoided. Cold food, curd, ice cream, banana etc to be restricted. Foods that causes cough – spicy, fried, preservatives, sauces, vinegar should be controlled                                                                                                                                                                                                                                                                                                   | <b>2</b> |

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

|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>Q.17</b> | <p>Patanjali defines - Yogah Cittavriti nirodhah</p> <p>Mental health - an important component of overall health and wellbeing. In general, we go through the life by the mind and senses, rather than having these under our control. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Yoga helps to overcome our negative qualities and thoughts and creates positivity. As we meditate or stretch, the mind is directed away from the trigger and calming begins. As we enter a more relaxed state, we experience relief from stress and other emotions. With more clarity of thought and self-confidence, we are mentally well.</p> | <b>4</b> |
| <b>Q.18</b> | <p>Causes that lead a person to suffer from chronic stress-</p> <ul style="list-style-type: none"> <li>• Financial loss</li> <li>• Death</li> <li>• Work pressure</li> <li>• Disturbed Relationship</li> <li>• Personal life style</li> <li>• Chronic Physical/ Mental illness</li> <li>• Unemployment</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>4</b> |
| <b>Q.19</b> | <p>Shatkriyas &amp; their benefits—</p> <ul style="list-style-type: none"> <li>• Kapalbhathi</li> <li>• Tratak</li> <li>• Neti</li> <li>• Dhauti</li> <li>• Nauli</li> <li>• Basti</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>4</b> |
| <b>Q.20</b> | <p>Antarag Yoga</p> <ul style="list-style-type: none"> <li>• Yama – Ahimsa, Satya, Aparigraha, Brahmacharya, Asteya</li> <li>• Niyama – Shauch, Tapa, Santosh, Swadhyaya, Ishwar Pranidhan</li> <li>• Asana – Cultural, Relaxative, Meditative</li> <li>• Pranayama</li> <li>• Pratyahar – Withdrawal of senses</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>4</b> |
| <b>Q.21</b> | <p>Priya is likely to suffer from obesity.</p> <p>a) Dietary changes –</p> <ul style="list-style-type: none"> <li>• Check sedentary habits</li> <li>• More physically active</li> <li>• Less junk foods</li> <li>• Fiber rich diet</li> <li>• Low calorie intake</li> </ul> <p>b) Yogic management –</p> <ul style="list-style-type: none"> <li>• Kapal bhati, Kunjal</li> <li>• Surya Namaskar</li> <li>• Pranayama</li> <li>• Meditation</li> </ul>                                                                                                                                                                                                                                                                                                 | <b>4</b> |