

YOGA(SUBJECT CODE) -165
SECTION A: OBJECTIVE-TYPE QUESTIONS
Marking Scheme for YOGA, Class XII (Session 2026-27)

Q. NO	QUESTION	Source Material (NCERT/CBSE Study material/ Book)	Unit/ Chap. No.	Page no. of Source	Marks
Q.1	Answer the following five questions on Employability Skills. All questions are compulsory. Internal choices have been provided. (5X1 = 5)				
I	(c) Remove	NCERT Textbook, Employability Skills	UNIT 1	5	1
II	(b) Excessive concern with orderliness, perfectionism, and attention to details OR (b) Performing an activity for enjoyment and personal satisfaction	NCERT Textbook, Employability Skills	UNIT 2	37 Or 24	1
III	(d) Ctrl+u	NCERT Textbook, Employability Skills	UNIT 3	57	1
IV	(b) wage-employed person OR b) Lack of adequate raw materials	NCERT Textbook, Employability Skills	UNIT 4	91 or 92	1
V	(C) Reuse or donate them to someone in need	NCERT Textbook, Employability Skills	UNIT 5	118	1
Q.2	Answer the following four questions. All questions are compulsory. Internal choices have been provided. (1 X 4 = 4)				
I	(d) Kundalini OR (d) Neti	CBSE TEXT BOOK YOGA-XII	UNIT 1	1 and 3	1
II	(b) (i) C (ii) D (iii) A (iv) B	CBSE TEXT BOOK YOGA-XII	UNIT 1	8 to 11	1
III	(b) Shake, tap and ask loudly	CBSE TEXT BOOK YOGA-XII	UNIT 3	34	
IV	(b) Mental peace and health	CBSE TEXT BOOK YOGA-XII	UNIT 2	20	1
Q.3	Answer the following four questions. All questions are compulsory. Internal choices have been provided. (1 X 4 = 4)				
I	(b) To minimise pain and save lives	CBSE TEXT BOOK YOGA-XII	UNIT 3	33	1
II	(c) 5 cm	CBSE TEXT BOOK YOGA-XII	UNIT 3	34	1
III	(c) Half the stomach should be filled with food, one quarter with water, and one quarter should be left for air	CBSE TEXT BOOK YOGA-XII	UNIT 2	21	1
IV	(d) Basti OR (d). Trataka	CBSE Study Material	UNIT 1	4 and 2	1

Q.4	Answer the following four questions. All questions are compulsory. (1 X 4 = 4)				
I	(a) Thyroid and pituitary	CBSE TEXT BOOK YOGA-XII	UNIT 2	23	1
II	(c) (ii) (i) (iv) (iii)	CBSE TEXT BOOK YOGA-XII	UNIT 1	2	1
III	(a) 4 और 9	CBSE TEXT BOOK YOGA-XII	UNIT 3	45	1
IV	(b) For tissue building, energy supply, and regulation of body functions	CBSE TEXT BOOK YOGA-XII	UNIT 2	19	

SECTION B: SUBJECTIVE-TYPE QUESTIONS

Answer the following five questions on Employability Skills in 10–15 words each. All questions are compulsory. Internal choices have been provided. (5X1=5)

Q.5	Qualities of an entrepreneur (a) Initiative: (b) Willingness to take risks: (c) Ability to learn from experience: (d) Motivation: (e) Self-confidence (f) Hard work: (g) Decision-making ability (Any two)	NCERT Textbook, Employability Skills	Unit 4	81	.5X2 = 1
Q.6	Factors that affect active listening 1. Eye contact 2. Gesture 3. Avoiding distractions 4. Giving feedback (Any two) OR Complex sentence A complex sentence consists of two or more coordinate clauses, joined by a coordinating conjunction.	NCERT Textbook, Employability Skills	Unit 1	4 16	.5X2 = 1

Q.7	<u>SMART goal setting:</u> Specific • M: Measurable • A: Action-oriented • R: Realistic • T: Timely (Explanation of any two)	NCERT Textbook, Employability Skills	Unit 2	30	.5X2 = 1
Q.8	The steps to insert a clipart or an image are as follows. 1. Click on Insert from the menu. 2. Select Image 3. An Insert Image dialog box appears 4. Browse through folders and 1. Select the image you want to use.	NCERT Textbook, Employability Skills	Unit 3	75	.5X2 = 1

Q.9	Benefits of green jobs — • increase the efficiency of energy and raw materials. • reduce greenhouse gas emissions. • control waste and pollution. • protect and restore ecosystems. • support adaptation OR There are green jobs in water harvesting and conservation. Rooftop rainwater harvesting: Cycle-run water pumps are being used instead of electricity-run pumps. In the agriculture sector are related to water quality testing, water conservation, water management, etc.	NCERT Textbook, Employability Skills	Unit 5	114	.5X2 = 1
PART – B Answer the following six questions in 20–30 words each. Internal choices have been provided. (6 × 2 = 12 marks)					
Q.10	Normally, women during the first 3 months of pregnancy should avoid all the asanas which create abdominal pressure. During menstruation cycle, they should also avoid all the asanas.	CBSE Study Material/ YOGA BOOK	Unit 1	7	1+1=2
Q.11	Elements of Ashtanga Yoga:- 1. Yamas 2. Niyamas 3. Asana 4. Pranayama 5. Pratyahara 6. Dharna 7. Dhyana 8. Samadhi (Explanation of Any two)	CBSE Study Material/ YOGA BOOK	Unit 2	26	1+1=2
Q. 12	To understand the concept of a healthy life according to the Bhagavada Gita, some Important facts are indicated; if a person follows them, he can lead a healthy life. 1. YOGA MEANS EQUANIMITY 2. DEDICATING THE DIVINE QUALITIES 3. BALANCE IN CONSCIOUSNESS (Explanation of any two)	CBSE Study Material/ YOGA BOOK	Unit 2	28	1+1=2
Q.13	Everyone should learn CPR properly, and also know how to use an automated external defibrillator (AED). AED is a machine that is used for electric shock in case of cardiac arrest (stopping of heart beat). The AED is usually available at public places/ commercial set-ups like malls, cinema halls and airports etc.	CBSE Study Material/ YOGA BOOK	Unit 3	33	2

Q.14	Supine line Asanas for stress management: Uttan padasana, Ardhhahasana, Pawanmuktasana, Setubandhasana, savasana (any 2) Pronline asanas for stress management: Dhanurasana, Bhujangasana, Makarasana (Any 2)	CBSE Study Material/ YOGA BOOK	Unit 3	49-50	.5X4=2
	OR Shodhan Kriyas: Kapalbhati, Kunjal, Agnisar Nauli Pranayama: Nadishodhan, suryabhedhi, Brahmari, sitali, Bhastrika (Ant two from each)	CBSE Study Material/ YOGA BOOK		53 & 56	5X4=2
Q.15	Q. Write any four points which should be kept in mind while performing asanas. Ans. 1. Asanas should be practised under the guidance of an experienced teacher. 2. Asanas should not be performed with jerks, but slowly and step by step, 3. The final posture should be held for some time, but not beyond one's capacity. 4. The place should be clean and well ventilated. 5. Always breathe through the nose, unless specific instructions are given to the contrary. 6. Do not practice beyond your capacity. 7. Concentrate on the effects of the asanas on the mind and the body. 8. Shavasana may be performed. (Any two points)	CBSE Study Material/ YOGA BOOK	Unit 1	6	.5X4=2
	OR Focused Meditation: In focused meditation, one should be focused on a sound, object, mantra, or thought. The key here is to just focus on one of these things and stay committed to That one thought or object. This is when relaxation music comes in handy. Even though you're essentially using your mind, you'll be amazed at how rejuvenated you feel afterwards.			15	2

Answer the following four questions in 80–100 words each. Internal choices have been provided.
(4x3=12 marks)

Q.16	Patanjali's Yoga Sutras highlight the capability of yoga to maintain mental health. It concentrates on the promotive, preventive, and curative aspects of the Patanjali Yoga Sutras in its syllabus for the promotion and development of the mental health and healthy personality to maintain peace. The yoga sutras allows practical philosophy and an applied science of life with all the necessary related processes, tools and techniques. Yoga therapy in sutras offer sound procedure for a harmonious life and also sound principles for higher, spiritual, transcendental life. Maharshi Patañjali defines yoga as 'yogah cittavrti nirodhah'. He described various thereaputical aspects in his yoga sutras. We can begin with these concepts for promotive curative, and preventive aspects in relation to mental wellbeing. Patañjali explains about the	CBSE Study Material/ YOGA BOOK	Unit 2	23	4
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	disturbance of the mind and the development of disease (vyadhi), its symptoms and the process to overcome them. OR Maharshi Patanjali suggests that a person should inculcate the qualities to achieve a blissful state of mind called Cittaprasadana. Tapas literally means 'to generate heat or energy'. So it means conservation of heat and energy. In the sense of awakening or stimulating the whole body of our being to higher consciousness. It helps to discipline the mind. It enables the individual to control the urge for materialistic and physical pleasures and thus helps in the attainment of the goal. "Swadhyaya means 'self-study.' This is usually interpreted as the study of the scriptures, which deals with the nature of the true Self (spirit) and its realisation. Continuous self-analysis leads towards awareness of the entire structure of one's personality involving physical, mental, emotional and spiritual aspects.			25	
Q.17	Today, yoga is widely practiced not only for spiritual development but also as a method to reduce stress, anxiety, and improve lifestyle-related health problems caused by modern fast-paced life. Yoga asanas help in improving the digestive, respiratory, and nervous systems of the body in the following ways: 1. Digestive System: Yoga asanas strengthen and stretch the abdominal muscles, which improves digestion and absorption of food. Asanas like Bhujangasana, Shalabhasana, and Paschimottanasana provide gentle massage to the digestive organs and help in proper removal of waste products. 2. Respiratory System: Asanas and pranayama improve lung capacity and make the respiratory muscles strong and elastic. Practices like Anulom-Vilom help in better breathing and increase oxygen supply to the body. 3. Nervous System: Yoga asanas help maintain the health of the brain and spinal cord. They improve the functioning of the autonomic and peripheral nervous systems, ensuring proper coordination and nerve connections throughout the body.	CBSE Study Material/ YOGA BOOK	Unit 1	5	1+1.5+1.5=4
Q.18	Yogic Management of Arthritis: 1. Om chanting and prayer 2. Spinal exercise: The simple spinal movements facilitate the practice of further range of Yogic techniques by loosening the joints and muscles. 3. Sukshma Vyayama: Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), Skandhatatha Bahu-mula-sakti-vikasaka (Developing the strength of the Shoulder-Blades and Joints), Purnabhuja-sakti-vikasaka (Developing the arms Exercise B, C, D, E & F, Kati-sakti vikasaka strengthening the back exercise 1, 2, 3, 4 & 5).	CBSE Study Material/ YOGA BOOK	Unit 3	62	1X4=4

	4. Yogasanas: Tadasana, Urdhwa hastottanasana, Katichakrasana, Ardachakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendr asana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana. 5. Pranayama: Nandishodhana Pranayama, Suryabhedana Pranayama, Ujjayi, Bhramari 6. Special Practices: YogaNidra 7. Dhyana: Meditation (Any Four) OR Yogic Management of Hypertension: The role of yoga in the management of hypertension is well documented now. Aim of treatment of hypertension should be to lower the blood pressure and to prevent further complications. In general, the practices prescribed for the hypertension cases are: Kriyas: Jalneti, Sutraneti Surya-namaskara and selected practices of Yoga SukshmaVyayama (suryanamaskara may be avoided in severe cases) Asanas: Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardhalasana, Pavanamuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana. Pranayama: Nadishuddhi, Ujjayi and Bhramari. Meditation: Breath Awareness, Om Chanting and Om Meditation. Contraindications: The Topsy-turvy postures, hyperventilation breathing practices should be avoided.			58	
19	A good stress has the following characteristic features it: Motivates, Focuses energy, Improves performance Causes of stress: Financial 2. Job/work 3. Personal relationship 4. Daily life schedule 5. Personality and resources 6. Parenting (Explanation of both the points)	CBSE Study Material/ YOGA BOOK	Unit 3	38	2+2=4