

# **BHARTIYA SHIKSHA BOARD**

## **SAMPLE QUESTION PAPER 2025-26**

### **CLASS - XII**

### **YOGA (165)**

**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.



**PART A:**  
**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>	
<b>i.</b>	Which of the following quality is a hindrance in the path of a successful entrepreneur ?  A. Hard work  B. Self confidence  C. Inability to take risk  D. Motivation	<b>1</b>
<b>ii.</b>	..... can be performed with the help of a spreadsheet ?  1). Web designing 2). Writing letters 3). Analyzing data 4). Creating videos	<b>1</b>
<b>iii.</b>	Identify the correct option to help minimize green house emissions .  A. Petrol B. Diesel C. Compressed natural gas D. Chlorofluorocarbon	<b>1</b>



iv.	<p>Encouragement and Building confidence are the signs of.....</p> <p>A. Motivation B. Laziness C. Mental weakness D. Stress</p>	1
v.	<p>Which of the following is not considered a barrier in active listening ?</p> <p>A. Not maintaining an eye contact with the speaker B. Not being attentive C. Calm and quiet environment D. Noisy environment</p>	1
vi.	<p>Mr Amit is a very kind, sympathetic, cooperative and considerate person .He accommodates himself in any situation. What is his personality type?</p> <p>A. Consciousness B. Openness C. Neuroticism D. Agreeableness</p>	1

Q 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
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i.	<p>The Bhagavad Gita is a part of which great epic?</p> <p>A. Kathopanishad</p> <p>B. Mahabharata</p> <p>C. Panchtantra</p> <p>D. Patanjali yog-sutra</p>	1
ii.	<p>Which of the following lifestyle can cause lower back pain ?</p> <p>A. Sitting on a chair for a long time</p> <p>B. Balanced diet</p> <p>C. Regular practice of exercises</p> <p>D. Wearing low-heels shoes</p>	1
iii	<p>An asana suitable for the practice of trataka is .....</p> <p>A. Chakrasana</p> <p>B. Padmasana</p> <p>C. Paschimottanasana</p> <p>D. Halasana</p>	1
iv	<p>Out of the following which is not a symptom of stress?</p> <p>A. Anxiety</p> <p>B. Good sleep</p> <p>C. Depression</p> <p>D. Anger outburst</p>	1



<b>v</b>	<b>Benefit of Nauli kriya is-</b>  <b>A. Curing back pain</b>  <b>B. Abdominal massage</b>  <b>C. Colon cleaning</b>  <b>D. Nasal cleansing</b>	<b>1</b>
<b>vi</b>	<b>An asana one should avoid during back pain-</b>  <b>A. Bhujangasana</b>  <b>B. Setubandh Aasan</b>  <b>C. Savasana</b>  <b>D. Shirshasana</b>	<b>1</b>

<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i.</b>	<b>Shyam is suffering from nasal allergy . Which kriya is beneficial for him ?</b>  <b>A. Vastra Dhouti</b> <b>B. Basti</b> <b>C. Neti</b> <b>D. Nauli</b>	<b>1</b>
<b>ii.</b>	<b>.....is NOT a cause of stress.</b>  <b>A. Healthy mental state</b> <b>B. Bad parenting</b> <b>C. Excess work load</b> <b>D. Financial instability</b>	<b>1</b>



iii.	<p>Kajal is suffering from thyroid related problem . Which bandh is helpful for her to regulate the functioning of thyroid gland ?</p> <p>A. Mula Bandha</p> <p>B. Jalandhar Bandha</p> <p>C. Uddiyana Bandha</p> <p>D. Sethu Bandha</p>	1
iv.	<p>An Asana that can be performed in high blood pressure is -</p> <p>A. Shavasana</p> <p>B. Chakrasana</p> <p>C. Shirshasana</p> <p>D. Halasana</p>	1
v.	<p>Which of the following is NOT a part of Asthang yoga ?</p> <p>A. Asana</p> <p>B. Kundalini</p> <p>C. Pranayama</p> <p>D. Samadhi</p>	1
vi.	<p>.....comes under Antaranga yoga.</p> <p>A. Yama</p> <p>B. Pratyahara</p> <p>C. Dharana</p> <p>D. Pranayama.</p>	1

<b>Q 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	<p>Which of the following statement about yoga is incorrect ?</p> <p>A. Yoga has been practiced since ancient time</p>	1



	<p>B. The word 'Yoga ' is derived from Sanskrit root</p> <p>C. Yoga means to join or unite</p> <p>D. Yoga originated in China</p>	
ii.	<p>A Characteristic of good personality is -</p> <p>A. Greed</p> <p>B. Positive attitude</p> <p>C. Fearful</p> <p>D. Jealousy</p>	1
iii.	<p>Which of the following is not a correct statement towards the practice of yogasana?</p> <p>A. The place should be clean and ventilated.</p> <p>B. Asana should be performed with jerks and fast manner.</p> <p>C. Asana should be practice under the guidance of an experienced teacher.</p> <p>D. Wear comfortable cotton clothes for asana practice</p>	1
iv.	<p>What is the ratio of a chest compression to rescue breath while giving CPR to a woman ?</p> <p>A. 50:2</p> <p>B. 30:2</p> <p>C. 15:2</p> <p>D. 20:2</p>	1
v.	<p>In the practice of Surya namaskar at which step does ashtanga namaskar come?</p> <p>A. Six</p> <p>B. Seven</p>	1



	C. Eight D. Nine	
vi.	Which of the following is a part of Niyama? A. Swadhyaya B. Satya C. Dharana D. Samadhi	1

<b>Q 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	Identify an example of Sattvic food. A. Eggs B. Fish C. Vegetables D. Garlic	1
ii.	A quality needed for career opportunity in the field of yoga is..... A. Weak communication skill B. Indiscipline life style C. knowledge of practical and theoretical aspects of yoga D. Knowledge of modern life style	1
iii.	One of symptom of Asthma is –  A. Diarrhea B. Swallowing in joints C. Shortness of breath D. Difficulty in movement	1
iv.	The sign of good mental health is ..... A. Clarity of thought B. Anger C. Negative thinking D. Anxiety	1



v.	Which of the following is NOT a cause of obesity? A. Lack of exercise B. Regular yogasanas practice C. Consumption of fried food D. Consumption of cold drinks	1
vi.	Suitable diet for reducing stress - A. Spicy food B. Processed food C. Vegetable soup D. Fermented food	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 is organic farming ? List down its two benefits.	1+1=2
Q 7	Write down any two characteristic of entrepreneurship?	2
Q8	What is positive attitude ? explain its role in life.	2
Q9	Mention the importance of giving feedback in active listening?	2
Q10.	Suraj has created a digital presentation on pollution . Mention two advantages of digital presentations.	2

### **PART B:**



## **SECTION B: SUBJECTIVE TYPE QUESTIONS**

**Answer any 4 out of the given 6 questions in 20 – 30 words. (4X2 = 8 marks)**

<b>Q11.</b>	Write down two symptoms each of asthma and arthritis respectively ?	<b>1+1=2</b>
<b>Q12.</b>	Sohan is doing very stressful job . what effect can stress have on his respiratory system?	<b>2</b>
<b>Q13.</b>	List down any four benefits of meditation.	<b>2</b>
<b>Q14.</b>	How does AED machine help in first aid ?Mention any one place where it is usually available .	<b>1+1=2</b>
<b>Q15.</b>	Name any four asanas which are ideal for practice of pranayama?	<b>2</b>
<b>Q16.</b>	Radha is suffering from obesity .Suggest any four asana that can help her to reduce obesity.	<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>	Write down the Yogic management of Asthma? What kind of food Asthmatic patient should avoid?	<b>3+1=4</b>
<b>Q.18</b>	What is Antranga Yoga according to Patanjali? Explain its limbs.	<b>4</b>
<b>Q.19</b>	Shatkarma are of how many types? Explain Trataka in detail .	<b>2+2=4</b>
<b>Q.20</b>	According to ancient yogis, aahara is of how many types? Explain with examples.	<b>4</b>
<b>Q.21</b>	Vijay lifted a very heavy weight while training in the gym . After that he is complaining of stiffness in his back and	<b>1+3=4</b>



	<p>sometimes pain radiating down to his legs .</p> <p>A) What muscles pain is Govind suffering from? B) Write down the yogic management for the same?</p>	
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