

BHARTIYA SHIKSHA BOARD
MARKING SCHEME
SAMPLE QUESTION PAPER 2025-26
CLASS - XII
YOGA (165)

SECTION A: OBJECTIVE TYPE QUESTIONS

A. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	Marks	Source/study content	Unit/chapter
i.	C – Inability to take risk	1	NCERT Textbook Employability skills	Ch 4 (pg 81) Entrepreneurs-hip skills
ii.	C – Analyzing data	1	NCERT Textbook Employability skills	Ch 3 (pg 40) ICT Skills
iii.	C – Compressed natural gas	1	NCERT Textbook Employability skills	Ch 5 (pg 119) Green Skills
iv.	A – Motivation	1	NCERT Textbook Employability skills	Ch 2 (pg 24) Self Mgmt Skill
v.	C – Calm and quiet environment	1	NCERT Textbook Employability skills	Ch 1 (pg 115) Communicati-on skills
vi.	D – Agreeableness	1	NCERT Textbook Employability skills	Ch 2(pg 34) Mgmt skills

A. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	B – Mahabharata	1	CBSE Textbook Yoga XII	UNIT 2 (pg 27)
ii.	A– Sitting on a chair for a long time	1	CBSE Textbook Yoga XII	UNIT 3 (pg 60)
iii.	B – Padmasana	1	CBSE Textbook Yoga XII	UNIT 1 (pg 2)
iv.	B – Good sleep	1	CBSE Textbook	UNIT 3

			Yoga XII	(pg 40)
v.	B – Abdominal massage	1	CBSE Textbook Yoga XII	UNIT 1 (pg 4)
vi.	D – Shirshasana	1	CBSE Textbook Yoga XII	UNIT 3 (pg 58)

A. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	C – Neti	1	CBSE Textbook Yoga XII	UNIT 1 (pg 3)
ii.	A – Healthy mental state	1	CBSE Textbook Yoga XII	UNIT 3 (pg 39)
iii.	B – Jalandhar Bandha	1	CBSE Textbook Yoga XII	UNIT 2 (pg 23)
iv.	A – Shavasana	1	CBSE Textbook Yoga XII	UNIT 3 (pg 57)
v.	B – Kundalini	1	CBSE Textbook Yoga XII	UNIT 2 (pg 26)
vi.	C – Dharana	1	CBSE Textbook Yoga XII	UNIT 2 (pg 27)

A. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	D – Yoga originated in China	1	CBSE Textbook Yoga XII	UNIT 1 (pg 4)
ii.	A - Greed	1	CBSE Textbook Yoga XII	UNIT 3 (pg 63)
iii.	B – Asana should be performed with jerks and fast manner	1	CBSE Textbook Yoga XII	UNIT 2 (pg 26)
iv.	B – 30:2	1	CBSE Textbook Yoga XII	UNIT 3 (pg 35)
v.	A – Six	1	CBSE Textbook Yoga XII	UNIT 3 (pg 45)

vi.	A – Swadhyaya	1	CBSE Textbook Yoga XII	UNIT 2 (pg 26)
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A. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	C – Vegetables	1	CBSE Textbook Yoga XII	UNIT 2 (pg 19)
ii.	C- Knowledge of practical and theoretical aspects of yoga	1	CBSE Textbook Yoga XII	UNIT 1 (pg 15)
iii.	C – Shortness of breath	1	CBSE Textbook Yoga XII	UNIT 3 (pg 61)
iv.	A – Clarity of thoughts	1	CBSE Textbook Yoga XII	UNIT 2 (pg 29)
v.	B - Regular yogasanas practice	1	CBSE Textbook Yoga XII	UNIT 3 (pg 52)
vi.	C – Vegetables soup	1	CBSE Textbook Yoga XII	UNIT 3 (pg 51)

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.

Ans- 6	<p>Organic gardening and farming is the process by which we can grow plants and crops in an environment friendly way.</p> <p>It prevents toxic runoff as no synthetic pesticides are used.</p> <p>It prevents water pollution and soil contamination as no chemical is added to the soil.</p>	1+1=2		<p>UNIT 5 (pg-114</p> <p>Green skills</p>
Ans -7	<p>characteristics of entrepreneurship.</p> <ul style="list-style-type: none"> • It is an economic activity done to create, develop and maintain a profit-oriented organisation. • It begins with identifying an opportunity as a potential to sell and make profit in the 	2	NCERT Textbook Employability	<p>UNIT 4 (pg 80)</p> <p>Entrepreneurship Skill</p>

	<p>market</p> <ul style="list-style-type: none"> • It deals with optimisation in utilisation of resources. • It is the ability of an enterprise and an entrepreneur to take risks. <p style="text-align: right;">(Any Two)</p>		y skills	
Ans .8	A positive attitude makes a person happier, and helps build and maintain relationships. It even increases one's chances of success. In addition, it can help the person make better decisions. Positive attitude helps improve mental and physical health. Ways to maintain positive attitude	2	NCERT Textbook Employability skills	UNIT 2 (pg 24) Mgmt skills
Ans 9	Giving feedback: Feedback can be positive or negative. But in both the cases, one needs to be polite so that the person to whom the feedback is being given is not hurt or offended.	2	NCERT Textbook Employability skills	UNIT 1 (pg 4) Communication skills
Ans 10	<p>1. They are interesting as they have features like images, videos, animation and music.</p> <p>2. Making changes in digital presentations is easy.</p> <p>3. A digital presentation can be shown to a much larger audience by projecting on a screen.</p> <p>4. The presentation can be printed and distributed to the audience.</p> <p>(any two)</p>	2	NCERT Textbook Employability skills	UNIT 3 (pg 63) ICT Skill

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

Ans 11	<p>Two symptoms of Asthma</p> <p>1- Difficulty in expiration.</p> <p>2- Tightness of the chest</p> <p>Two symptoms of Arthritis</p>	1+1=2	CBSE Textbook Yoga XII	UNIT 3 (pg 5)
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	<p>1- Inability to use the hand or walk.</p> <p>2- Feeling tiredness</p>			
Ans 12	<p>Stress hormones affect the respiratory and cardiovascular systems. During stress, breathing becomes faster in an effort to quickly distribute oxygen-rich blood to our body. If one already has a breathing problem like asthma or emphysema, stress can make it even harder to breathe</p>	2	CBSE Textbook k Yoga XII	UNIT 3(pg 41)
Ans.13	<p>Benefits of Meditation (Dhyan)</p> <p>1- A feeling of tranquility and freedom in daily life</p> <p>2- Reduction in psychological disorders like anxiety, tiredness and depression etc.</p> <p>3- Relief from various pains, such as headache, joint pains etc.</p> <p>4- Highly beneficial in insomnia.</p>	1+1= 2	CBSE Textbook k Yoga XII	UNIT 1(pg 15)
Ans .14	<p>AED is a machine that is used for electric shock in case of cardiac arrest (stopping of heart beat).</p> <p>The AED is usually available at public places/ commercial set-ups like malls, cinema halls and airports etc.</p>	2	CBSE Textbook k Yoga XII	UNIT 3 (pg 33)
Ans .15	<p>Asanas for Pranayama - such as Padamasana, Siddhasana, Vajrasana and Sukhasana are considered the most suitable postures for the practice of pranayama.</p>	2	CBSE Textbook k Yoga XII	UNIT 1(pg 14)
Ans .16	Asanas:	2	CBSE Textbook	UNIT 3 (pg

1.Naukasana		k Yoga	53)
2. Vajrasana		XII	
3. Mandukasana			
4. Pawanmuktasana			

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

Ans .17	<p>Yogic Management</p> <p>The role of yoga in the management of Bronchial. Asthma is well documented now. Aim of the treatment of asthma should be broncho-constriction and to tackle the triggering factors.</p> <ol style="list-style-type: none"> 1. Kriyas: Jalaneti, sutraneti, kapalabhati, kunjai, vastradhouti 2. Om chanting and prayer 3. Suryanamaskara 4. Selected practices of sukshma vyayama: Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhriti shaktivikasaka, Vakshasthala shaktivikasaka (1 and 2) 5. Yogasanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardhamatsyendrasana, Uttanamandukasana, Bhujanasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana. 6. Pranayama: Nadishodhana Pranayama, Suryabhedhi pranayama, Bhramari, Bhastrika. 7. Special Practice: Yoganidra 8. Dhyana: Meditation 	3+1=4	CBSE Textbook k Yoga XII	UNIT 3 (pg 61)
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	Dietary management - Cold foods, ice creams, chocolates, other stimulants, fruits like banana etc. are to be avoided.			
Ans .18	<p>Ashtanga Yoga of Patanjali consists of eight limbs. Dharna, Dhyana and Samadhi constitute to form as Antaranga Yoga. It provides sound technique to attain holistic healthy physical mental, social and spiritual.</p> <p>Dharana (concentration/focus): Dharana involves focusing the mind on a single object of concentration for long periods of time. Thus it is beneficial for psychological and spiritual growth.</p> <p>Dhyana (meditation): When there is an uninterrupted flow of the mind towards the object of focus, the yogi enters the state of meditation. The practice of Dhyana promotes towards good health, happiness and harmony in life.</p> <p>Samadhi (total absorption): Finally when even the self-awareness of the mind disappears, and only the object of meditation shines through, it is called the state of samadhi. This leads to enlighten the state of self realization.</p>	1+3=4	CBSE Textbook k Yoga XII	UNI T 2 (pg 27)
Ans .19	<p>Shatkarma are cleansing techniques (shuddhi kriyas). They are prescribed to set up the body for yoga practises. They are named shatkarma in view of fact that they are six in number. They are known as Shat kriyas (six purification processes) which are given as under:</p> <p>1. - Kaphalabhati - Purification of frontal lobes and lungs.</p> <p>2-Trataka - Blinkless gazing.</p>	2+2=4 =4	CBSE Textbook k Yoga XII	UNI T 1 (pg 02)

	<p>3-Neti - Nasal cleansing.</p> <p>4-Dhauti - Cleaning of digestive track and stomach.</p> <p>5-Nauli - Abdominal massage.</p> <p>6-Basti - Colon cleaning.</p> <p>TRATAKA -It is a still-gazing based technique for eyes. In this purifying method, you place a light source like a flame at a manageable distance from yourself. Then look at the point of the flame without blinking your eyes until tears start to flow.</p> <p>BENEFITS -It improves the eyesight and tones up the visual mechanism.</p> <p>It also helps in increasing concentration. It helps to calm the mind and remove distractions.</p>			
Ans .20	<p>The ancient yogis has characterized Aahara into three qualities namely, Sattvic, Rajsic and Tamasic. Each individual has three distinct qualities which are transcendent and decide the nature and likings of an individual. Yogic system categorizes Aahara(diet) into three groups:</p> <p>Sattvic diet: Diet that relates to expansion of lifespan, mental essence, quality, wellbeing and charm, that are tasty, Unctuous, stable, and fulfilling to the heart are the nourishments that are favored by sattvic.</p> <p>" Sattvic diet is also mentioned as Yogic diet. It is considered as condition in which food occurs naturally and liberated from any added substances or preservatives.</p> <p>Sattvic diet contains Whole grains (carbohydrates), pulses, nuts and seeds (proteins), fresh leafy foods (nutrients and minerals), herbs, natural sweetners, for</p>	4	CBSE Textboo k Yoga XII	UNI T 2 (pg 25)

	<p>example, honey (in small quantities) etc.</p> <p>Rajasic diet: "Bitter, sour, salty, excessively hot, pungent, dry, and burning are the foods favored by rajsic, causing discomfort, depression and illness." Rajasic things of food ought to be abstained in a yogic eating diet; they include: Caffeinated beverages, for example, tea and coffee, Over processed artificial added substances in food. Hot chilli or anything that can aggravate the mucous membranes, garlic, onion, mushrooms etc.</p> <p>Tamasic diet: Not completely cooked, flavorless, smelly, extra food by others, not fit as a contribution to health is known as tamasic." Tamasic diet contains food items which are substantial and cause exhaustion or laziness in a person. Such nourishment is best avoided by individuals experiencing chronic depression. Tamasic diet includes food items like: Red meat, alcohol, spoiled food, overripe or unripe organic products, burnt food, overly processed food sources, fermented food.</p>			
Ans. 21	<p>(a) Govind is suffering from lower back pain (b) Yogic Management of Low Back Pain</p> <ol style="list-style-type: none"> 1. Om chanting and prayer 2. Spinal exercise: The simple spinal movements facilitate the practice of a further range of Yogic techniques by loosening the joints and muscles. 3. Sukshma Vyayama: Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), SkandhatathaBahu- mula-sakti-vikasaka (Developing the strength of the Shoulder-Blades and Joints), Purnabhujasakti- vikasaka (Developing the arms) (Exercise B, C, D, E - vikasaka & F), Kati-sakti 4. Yogasanas: Tadasana, UrdhwaHastottanasana, Katichakrasana, ArdhaChakrasana, Konasana, Uttanapadasana, 	1+3=4	CBSE Textbook Yoga XII	UNIT 3 (pg 59)

	<p>Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendrasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.</p> <p>5. Pranayama: Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari</p> <p>6. Special Practices: YogaNidra</p> <p>7. Dhyana: Meditation</p>			
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