

# CBSE | DEPARTMENT OF SKILL EDUCATION

## YOGA (SUBJECT CODE 841)

### Blue print for Sample Question Paper for Class XI (Session 2023-2024)

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 - III	1	1	2
2	Self-Management Skills - III	2	1	3
3	Information and Communication Technology Skills – III	1	1	2
4	Entrepreneurial Skills - III	1	1	2
5	Green Skills - III	1	1	2
<b>TOTAL QUESTIONS</b>		<b>6</b>	<b>5</b>	<b>11</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>Any 4</b>	<b>Any 3</b>	<b>07</b>
<b>TOTAL MARKS</b>		<b>1 x 4 = 4</b>	<b>2 x 3 = 6</b>	<b>10 MARKS</b>

#### 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 MARKS EACH	4 MARKS EACH	
1	Introduction to Yoga & yogic practices - I	5	2	1	8
2	Introduction to Yogic Texts - I	9	0	2	11
3	Yoga for Health Promotion - I	10	4	2	16
<b>TOTAL QUESTIONS</b>		<b>24</b>	<b>6</b>	<b>5</b>	<b>35</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>Any 20</b>	<b>Any 4</b>	<b>Any 3</b>	<b>27</b>
<b>TOTAL MARKS</b>		<b>1 x 20 = 20</b>	<b>2 x 4 = 8</b>	<b>4 x 3 = 12</b>	<b>40 MARKS</b>

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### Sample Question Paper for Class XI (Session 2023-2024)

**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>	
<b>i.</b>	Rajesh goes to the gym as he wishes to win body-building competition. This is which type of motivation. A. Internal B. External C. Both A and B D. Not any specific type	<b>1</b>
<b>ii.</b>	To achieve 'Open-defecation Free India' by 150th birth anniversary of Mahatma Gandhi, _____ was launched by Indian government. A. Swachh Bharat Abhiyan B. National Green Tribunal C. Green India Mission D. National Solar Mission	<b>1</b>
<b>iii.</b>	In visual communication, exchange of information takes place through A. Gestures B. Images & signs C. Written material D. Facial expressions	<b>1</b>
<b>iv.</b>	Networking skills are very useful to A. Share the expertise B. Boast of our knowledge C. Know personal details of people D. Have a leisure time	<b>1</b>
<b>v.</b>	A successful entrepreneur is a one who A. Understands the customers B. Knows the competitors C. Studies the market D. All of the above	<b>1</b>
<b>vi.</b>	In a word document, _____ has details of word or character count. A. Standard Toolbar B. Formatting Toolbar C. Menu Bar D. Status Bar	<b>1</b>
<b>Q 2</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i.</b>	_____ systematized and codified various practices of Yoga. A. Patanjali B. Ved Vyas C. Lord Shiva D. Swami Ramdev	<b>1</b>

ii.	The intake of _____ food influences our physical and mental well-being. A. Sattvik B. Rajasik C. Tamasik D. All of the above	1
iii	The word 'Yoga' has been derived from Sanskrit word _____ A. Yog B. Yuj C. Yama D. None of these	1
iv	We get mention of 'Yoga' in _____, an ancient Indian literature. A. Samveda B. Rigveda C. Yajurveda D. Atharv Veda	1
v	Which organ of our body is about the size of a closed fist? A. Liver B. Lungs C. Heart D. Stomach	1
vi	In Mandukasana, the body attains a shape like that of a _____ A. Lion B. Cat C. Frog D. Butterfly	1
<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i	A yoga student gets a coherent understanding of the rich Yoga tradition by reading A. Patanjali Yog Sutra B. Hath Yog Pradipika C. Gherand Samhita D. All of the above	1
ii	Which is not listed as Yama ? A. Ahimsa B. Satya C. Asteya D. Sauch	1
iii	A journey to yogic way of life has been explained in total _____ chapters of Shreemad Bhagvad Gita A. 10 B. 14 C. 16 D. 18	1
iv	_____ asana is also referred as 'King of Asanas'. A. Shirshasana B. Sarvangasana	1

	C. Dhanurasana D. Surya Namaskar	
<b>v</b>	Kumbhak can be practiced _____ A. After inhalation B. After exhalation C. Both A and B D. None	<b>1</b>
<b>vi</b>	The greatest classical text, Yoga Sutras of Patanjali has _____ sutras A. 196 B. 152 C. 170 D. 145	<b>1</b>
<b>Q. 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i</b>	Which of these areas of Yoga Centre should be maintained well? A. Reception B. Yoga practice room C. Toilets D. All of the above	<b>1</b>
<b>ii</b>	The karmas described in Bhagwad Gita are _____ A. Sattwik B. Tamsik C. Rajsik D. All of the above	<b>1</b>
<b>iii</b>	The body postures in Yoga are called _____ A. Asanas B. Mudra C. Bandh D. None of these	<b>1</b>
<b>iv</b>	Mouth, Larynx and Pharynx are organs that aid _____ system of human body. A. Respiratory B. Digestive C. Excretory D. Muscular	<b>1</b>
<b>v</b>	Gita has evolved amidst the battle field with the dialogue between A. Ram and Krishna B. Pandavas and Kaurvas C. Arjun and Krishna D. Guru and disciples	<b>1</b>
<b>vi</b>	In human body, upper limbs and lower limbs are a part of _____ A. Axial Skeleton B. Appendicular Skeleton C. Spinal Cord D. None	<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>	The path of Ashtanga Yoga has been enlightened by A. Baba Ramdev B. Sage Patanjali C. Swami Vivekananda D. Veda and Upanishad	<b>1</b>
<b>ii</b>	The starting position for Chakrasana is while A. Standing B. Sitting C. Lying in Supine D. Lying in Prone	<b>1</b>
<b>iii</b>	Yoga has been defined as- योगः कर्मसु कौशलम् by A. Lord Krishna B. Maharishi Vyasa C. Patanjali D. None of the above	<b>1</b>
<b>iv</b>	Padmasana, Sukhasana and Siddhasana are usually attained while doing A. Pranayama B. Meditation C. Bandha D. All of the above	<b>1</b>
<b>v</b>	Yoga is a perfect way to ensure A. Good organ health B. Prevent illness C. Emotional well-being D. All of the above	<b>1</b>
<b>vi</b>	The author of ancient Yoga text Hatha Yoga Pradipika is A. Swami Swatmaram B. Maharishi Patanjali C. Sage Gherada D. Shree Krishna	<b>1</b>

## **SECTION B:**

### **SUBJECTIVE TYPE QUESTIONS**

**Answer any 3 out of the given 5 questions in 20-30 words each (2 x 3 = 6 marks).**

<b>Q 6</b>	Define Communication. What are the elements of communication?	<b>2</b>
<b>Q 7</b>	To make your word document look attractive, state as many ways you would make use of to do so.	<b>2</b>
<b>Q 8</b>	How can you use 'SMART' model to set your goals?	<b>2</b>
<b>Q 9</b>	Define an entrepreneur. Briefly mention the types of business activities with examples	<b>2</b>
<b>Q 10.</b>	Explain how can the solar energy be used as a renewable resource	<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>	Write any two definitions of Yoga	<b>2</b>
<b>Q 12.</b>	Mention the elements of Yoga (in sequence) according to eight-fold path described by Patanjali?	<b>2</b>
<b>Q 13.</b>	What is the purpose of doing Sukshama Vyayama?	<b>2</b>
<b>Q 14.</b>	Write a short note on Bhagwat Gita	<b>2</b>
<b>Q 15.</b>	State main advantages of fasting?	<b>2</b>
<b>Q 16.</b>	What do you understand by Sattvik, Rajsik and Tamsik food? Give examples also	<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>	Describe journey of Yoga from India to countries abroad	<b>4</b>
<b>Q.18</b>	Surya Namaskar is an ultimate yoga practice. How does it have a positive impact on body and mind?	<b>4</b>
<b>Q.19</b>	What are the rules that one should follow while practicing Yoga?	<b>4</b>
<b>Q.20</b>	Yoga principles of Yama & Niyama serve as a prescription for moral and ethical conduct and self-discipline. Elaborate.	<b>4</b>
<b>Q.21</b>	How do Achar, Vichar, Ahar, Vihar and Vyavhar form integral components of a healthy life – style ?	<b>4</b>