KENDRIYA VIDYALAYA SANGATHAN, LUCKNOW REGION

PRE BOARD (YOGA)

CLASS XII

MAX. TIME- 2 HOURS MM- 50

General Instructions –

(i) Please read the instructions carefully.

(ii) The question paper consists of 21 questions in two Sections: Section A & Section B

(iii) Section A has Objective Type Questions whereas Section B contains Subjective Type Questions.

(iv) 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.

(v) All questions of a particular section must be attempted in the correct order.

(vi) Section A: Objective type questions (24 marks):

(a) This section has 05 questions.

(b) Marks allotted are mentioned against each question/part.

(c) There is no negative marking.

(d) Do as per the instructions given.

(vii) Section B: Subjective Type Questions (26 marks):

(a) This section has 16 questions.

(b) A candidate has to do 10 questions.

(c) Do as per the instructions given.

(d) Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

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| Q.1 | Answer any 4 questions out of the given 6 questions on Employability Skills (1 x 4 = 4 marks) | |
| i. | Which communication type is widely used is in advertising and branding?<br>(a) Verbal communication<br>(b) Non-verbal communication<br>(c) Visual communication<br>(d) Public communication | 1 |
| ii. | Why is self-motivation important?<br>(a) It forces others to help you<br>(b) It helps achieve goals without external pressure<br>(c) It eliminates the need for discipline<br>(d) It makes people dependent on rewards | 1 |
| iii. | Ravi has feelings of emptiness, abandonment and suicide. what type of personality disorder is this?<br>(a) Borderline<br>(b) Dependent<br>(c) Avoidant<br>(d) Obsessive | 1 |
| iv. | Where do you input data, perform calculations and create formula in a spreadsheet?<br>(a) Title bar<br>(b) Menu bar<br>(c) Status bar<br>(d) Cells | 1 |
| v. | What is the primary role of an entrepreneur?<br>(a) To work and employer<br>(b) To take risks and create businesses<br>(c) To follow traditional job roles<br>(d) To avoid financial investment | 1 |

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| vi. | What is the aim of eco-tourism?<br>(a) Expending tourism without concern for nature (b) Reducing waste and protecting nature<br>(c) Increasing urban development (d) Building large hotels | 1 |
| Q.2 | Answer any 5 questions out of the given 6 questions (1 x 5= 5 marks) | |
| i. | The word 'Yoga' is derived from which Sanskrit root?<br>(a) 'Yuj' meaning 'to unite or join' (b) 'Yogin' meaning 'meditation'<br>(c) 'Yama' meaning 'discipline' (d) 'Asana' meaning 'posture' | 1 |
| ii. | 'Yama' in yoga refers to:<br>(a) Social discipline (b) Personal discipline<br>(c) Meditation (d) Physical exercise | 1 |
| iii. | Which of the following is NOT a part of Satkarma?<br>(a) Neti (b) Dhauti (c) Kapalbhati (d) Trataka | 1 |
| iv. | What is the main purpose of Satkarma?<br>(a) Body decoration (b) Cleansing and purification of body<br>(c) Building muscles (d) Improving eyesight only | 1 |
| v. | Which ancient text defines Asana as "Sthiram Sukham Asanam"?<br>(a) Bhagavad Gita (b) Patanjali Yoga Sutra<br>(c) Hatha Yoga Pradipika (d) Gheranda Samhita | 1 |
| vi. | Which Asana is known as "Lotus Pose"?<br>a) Vajrasana b) Padmasana c) Tadasana d) Trikonasana | 1 |
| Q.3 | Answer any 5 questions out of the given 6 questions (1 x 5= 5 marks) | |
| i. | How many types of food are mentioned in the Bhagavad Gita?<br>(a) Two (b) Three (c) Four (d) Five | 1 |
| ii. | Meat, alcohol, and stale food belong to which category?<br>(a) Sattvic (b) Rajasic (c) Tamasic (d) Yogic | 1 |
| iii. | "Yogah Chitta Vritti Nirodhah" means –<br>(a) Yoga is the control of mind (b) Yoga is exercise<br>(c) Yoga is breathing (d) Yoga is devotion | 1 |
| iv. | Which is the second limb of Ashtanga Yoga?<br>(a) Niyama (b) Asana (c) Pratyahara (d) Dhyana | 1 |
| v. | Which Yoga focuses on knowledge and wisdom?<br>(a) Bhakti Yoga (b) Karma Yoga (c) Jnana Yoga (d) Hatha Yoga | 1 |
| vi. | Spiritual health mainly deals with —<br>(a) Body and muscles (b) Mind and emotions<br>(c) Soul and consciousness (d) Wealth and status | 1 |
| Q.4 | Answer any 5 questions out of the given 6 questions (1 x 5= 5 marks) | |
| i. | Which limb connects Bahiranga Yoga and Antaranga Yoga?<br>(a) Yama (b) Asana (c) Pratyahara (d) Dhyana | 1 |
| ii. | What is the aim of Antaranga Yoga?<br>(a) To gain physical health (b) To control breath<br>(c) To attain self-realization (d) To perform exercises | 1 |
| iii. | What is the full form of CPR?<br>(a) Cardiac Pressure Recovery (b) Cardiopulmonary Resuscitation<br>(c) Cardiac Pulse Revival (d) Complete Pulse Recovery | 1 |
| iv. | Which of the following is not a part of First Aid kit?<br>(a) Bandages (b) Antiseptic solution<br>(c) Scissors (d) Television remote | 1 |
| v. | Stress mainly affects —<br>(a) Only body (b) Only mind (c) Both body and mind (d) Only emotions | 1 |

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| vi. | The main cause of stress is —<br>(a) Balanced mind (b) Overthinking and attachment<br>(c) Calm attitude (d) Regular meditation | 1 |
| Q.5 | Answer any 5 questions out of the given 6 questions (1 x 5= 5 marks) | |
| i. | Which pranayama is best for calming the mind and controlling hypertension?<br>(a) Bhastrika (b) Anulom Vilom (c) Kapalabhati (d) Ujjayi | 1 |
| ii. | Obesity can be prevented by —<br>(a) Regular yoga and balanced diet (b) Eating junk food<br>(c) Sleeping long hours (d) Taking stress | 1 |
| iii. | The recovery position is used to —<br>(a) Keep airway open (b) Stop bleeding<br>(c) Treat fracture (d) Give CPR | 1 |
| iv. | Arthritis primarily affects —<br>(a) Brain (b) Heart (c) Joints (d) Lungs | 1 |
| v) | Physical development through yoga is achieved by —<br>(a) Asana and Pranayama (b) Dhyana and Japa<br>(c) Only fasting (d) Sleeping for long hours | 1 |
| vi. | Yoga helps in physical development by balancing —<br>(a) Energy and metabolism (b) Anger and stress<br>(c) Thoughts only (d) None of these | 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 20 – 30 words.

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| Q.6 | What is the communication cycle? | 2 |
| Q.7 | Why is goal setting important, and how does it help individuals succeed? | 2 |
| Q.8 | What do you understand by copying and moving data? | 2 |
| Q.9 | What are the key characteristics of a successful entrepreneur? | 2 |
| Q.10 | How does organic farming benefit the environment? | 2 |

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

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| Q.11 | What is the importance of satkarmas in yoga? | 2 |
| Q.12 | What are the benefits of Dhauti? | 2 |
| Q.13 | Write the yogic management of lower back pain? | 2 |
| Q.14 | Which yoga asanas are beneficial for arthritis patients? | 2 |
| Q.15 | Write three types of good stress? | 2 |
| Q.16 | Which meditation should we do in hypertension? | 2 |

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

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| Q.17 | Describe?<br>a) Spiritual meditation (b)Mantra meditation<br>© Mindfulness meditation | 4 |
| Q.18 | Explain Pathya (wholesome food) and Apathya (un-wholesome food)? | 4 |

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| Q.19 | Explain the following:<br>a) Sattvic Diet (b) Rajasic Diet (C)Tamasic Diet | 4 |
| Q.20 | Explain all parts of Antaranga yoga? | 4 |
| Q.21 | What is CPR ? Describe its importance in saving life? | 4 |