KENDRIYA VIDYALAYA SANGATHAN, DELHI REGION ROHINI SEC-28

PRE BOARD EXAMINATION, 2025-2026

CLASS-XII **SUBJECT- YOGA(841)**

Max. Time: 2 hours **Max. Marks: 50**

General Instructions:

1. This Question Paper consists of 21 questions in two sections: Section A & Section B.
2. Section A has Objective type questions whereas Section B contains Subjective type questions.
3. 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.
4. All questions of a particular section must be attempted in the correct order.
5. Follow the instructions given against each Questions.

SECTION-A OBJECTIVE TYPE QUESTIONS

(I) Answer any 4 questions our of the given 6 questions (4x1= 4 marks)

1. "Enterpreneurship is the process by which individuals pursue opportunities without regard to the resources they currently control."

   The above definition is given by _____
   (a) William Wordsworth
   (b) David Miller
   (c) Stevenson and Jarillo
   (d) Rabindranath Tagore

2. A good way to control stress is _____
   (a) Eating junk food
   (b) Taking nature walk
   (c) Listening loud music
   (d) To attend late night parties

3. _____is NOT a sign of self-awareness.
   (a) Having conscious knowledge of your own self
   (b) Faith in your capabilities
   (c) Taking care of personal hygiene
   (d) Quarrelling with others

4. Which of following functions can NOT be performed with the help of spreadsheet?
   (a) Writing letters
   (b) Maintaining records
   (c) Analyzing data
   (d) Performing financial calculations

5. Ravi has a yoga center, where many toga teachers are working as yoga instructors. Ravi is a/an _____
   (a) Wage employed person
   (b) Entrepreneur
   (c) Unskilled worker
   (d) Skilled worker

6. A _____ is a rectangle shaped box, where the row and column meet.
   (a) Worksheet
   (b) Workbook
   (c) Cell
   (d) Name box

(II) Answer any 5 out of the given 6 questions (5x1=5 marks)

1. Read the below passage carefully and identify the correct yoga practice :

   It is still-gazing based technique for eyes. In this purifying methods, we place a light source like a flame at a manageable distance, then look at the point of the flame without blinking our eyes until tears start to flow.
   (a) Kapalbhati
   (b) Nauli
   (c) Trataka
   (d) Basti

2. What diet should be followed by a yoga practitioner ?
   (a) Tamsik
   (b) Satvik
   (c) Rajsik
   (d) a and b

3. In which disease we should avoid the practice of Kapalbhati?
   (a) Acidity
   (b) Sinus
   (c) Slipped disc
   (d) Hair loss

4. The yoga sutra "**Sthira Sukham Asanam**" has been taken from which book?
   (a) Bhagwad Gita
   (b) Upanisad
   (c) Ramayan
   (d) Yoga sutras of Patanjali

5. Which of the following is helpful to relieve lower back pain ?
   (a) Regular exercise
   (b) Attending late night functions
   (c) Sleeping in the wrong position
   (d) Lifting heavy weight

6. Dharana Dhyana and Samadhi constitue the form of _____
   (a) Bahiranga yoga
   (b) Kriya yoga
   (c) Antaranga yoga
   (d) Hatha yoga

(III) Answer any 5 out of the given 6 questions (5x1=5 marks)

1. Srimad Bhagwad Gita has been originally written in _____
   (a) Hindi
   (b) Tamil
   (c) Awadh
   (d) Sanskrit

2. A person suffering from hypertension should avoid
   (a) Boiled vegetables
   (b) Pickles and Chutney
   (c) Green salad
   (d) Less salty food

3. _____ is the effect of good stress.
   (a) Improved performance
   (b) Increased fear
   (c) Incresed laziness
   (d) Increased tension

4. Asthma directly affects which of the following system ?
   (a) Degestive system
   (b) Cardiovascular system
   (c) Respiratory system
   (d) Excretory system

5. Which one of the following is NOT a benefit of " **Trataka Kriya**" ?
   (a) It improves the eyesight.
   (b) It removes obesity.
   (c) It tones up the visual mechanism.
   (d) It helps to calm the mind.

6. Which of following asanas can NOT be recommended to the patient of **" Bronchial Asthma" ?**
   (a) Katichakrasana
   (b) Uttanpadasana
   (c) Ushtrasana
   (d) Matsyasana

(IV) Answer any 5 out of the given 6 questions (5x1=5 marks)

1. Patanjali has divided " **Kriya Yoga"** into how many parts ?
   (a) Four
   (b) Three
   (c) Two
   (d) Eight

2. _____ is a part of Yama.
   (a) Santosh
   (b) Swadhyaya
   (c) Ishwara Pranidhana
   (d) Brahmacharya

3. Which yogic kriya is beneficial for Hypertension ?
   (a) Basti
   (b) Jalneti
   (c) Dhauti
   (d) Nauli

4. _____ ia a part of Niyama.
   (a) Ahimsa
   (b) Tapa
   (c) Asteya
   (d) Satya

5. _____ is NOT suitable asana for reducing stress.
   (a) Shavasana

(b) Sethubandhasana
(c) Ardha Chakrasana
(d) Shirsasana

6. "Meditation is a state of pure consciousness which transcends the inner and outer senses".

From, the following, select the statement which is irrelevant in this context :
(a) Meditation improves quality of life.
(b) Meditation helps to increase concentration.
(c) Meditation enables to focus on present moment.
(d) Meditation dwells on unchangeable past.

(V) Answer any 5 out of the given 6 questions (5x1=5 marks)

1. An asthma patient should avoid _____.

(a) Cold food

(b) Vegetables soup

(c) Fresh fruits

(d) Coconut water

2. Which of the following is NOT a Pathya (wholesome) food for Yogi ?

(a) Dry ginger

(b) Garlic

(c) Rice

(d) Milk

3. Bhagwad Gita has been translated into how many languages ?

(a) 15

(b) 75

(c) 50

(d) 95

4. Which of the following is NOT a part of CPR ?

(a)Chest copmpressions

(b) Opening of Air ways

(c) Mouth to mouth resuscitation

(d) Infusion of oxygenated blood

5. What is the meaning of the word Kapal in Kapalbhati ?

(a) Nose

(b) Mouth

(c) Neck

(d) Skull

6. Tea and Coffee are examples of_____.

(a) Tamsik food

(b) Rajsik food

(c) Satvik food

(d) Yogic food

SECTION B: SUBJECTIVE TYPW QUESTIONS

(VI) Answer any 3 out of the given 5 questions (3x2=6 marks)

1. Explain any two dimensions of 'Big Five Factor' .
2. Briefly explain any two advanced features in a spreadsheet.
3. Describe how personality influences others ?
4. Describe the role of feedback in the self-assessment of behavioural competencies. Explain how constructive feedback contributes to professional development.
5. How do green jobs in the agriculture sector contribute to sustainable farming practices? Provide an example.
6. Write any 4-5 Sources of motivation and Inspiration.

(VII) Answer any 4 out of the given 6 questions (4x2=8)

1. Write the procedure of Bhramari pranayama.
2. Differentiate between Kapalbhanti and Anulom-Vilom.
3. Explain Mitahara definition and Ratio.
4. Write any four name of Meditative pose.
5. Write the procedure and benefits of Tadasana.
6. What is the meaning word of "Hatha".

(VIII) Answer any 3 out of the given 6 questions (3x4=12 marks)

2. Write name of five supine Asanas and explain procedure any on asana.
3. Introduction of Pranayama and explain any two Pranayama.
4. Concept of ahara according to Shrimadbhagvad Gita.
5. Explain the yogic management of low back pain.
6. How to perform 'Trataka' and explain its benefits and contraindication?