

SECTION – A
(Objective Type Questions)

1. Answer any **4** questions out of given **six** questions on Employability Skills:
 - (i) The new Biofuel Policy announced by the Government of India on _____.
(A) 15 August, 2015 (B) 13 July, 2008
(C) 10 August, 2018 (D) 7 October, 2019
 - (ii) Nishant's grandfather had many health issues due to non-participation in physical activities. He got an idea to start a Yoga Centre for Senior Citizens. Soon 20 people joined his yoga classes. Nishant is a/an _____.
(A) Entrepreneur (B) Wage Employed
(C) Labourer (D) Unskilled Worker
 - (iii) Based on Rohit's previous performances, he got scholarship to be spent on his athletic training. What kind of motivation is this?
(A) Amotivation (B) Cognitive Motivation
(C) Intrinsic Motivation (D) Extrinsic Motivation
 - (iv) Acronym 'SMART' is used to set goals. What does letter 'S' implies for
(A) Social (B) Sacrifices
(C) Specific (D) Seasonal
 - (v) An employee requested his manager to grant him a short leave. Which of the following statement is a correct and clear request?
(A) Please allow me to reach office at 11 AM as I have an appointment with dentist.
(B) Sir, I have an appointment on 11 June 2019, please allow for short leave.

- (C) Please allow me to reach late to office as I have an appointment with the dentist.
 - (D) Please allow me to reach office at 11 AM on Tuesday, 11 June 2019, as I have an appointment with a dentist.
- (vi) What is correct order of steps for sorting data?
- (A) Select all rows and columns, click sort and then select data. Click on Sort Key 1.
 - (B) Select all rows and columns to be sorted, click on Data, select Sort, click on Sort Key 1 and select total from the drop-down.
 - (C) Select total from the drop-down, click on data, select sort, select all rows and columns.
 - (D) Select sort, click on Sort Key 1, select total from the drop-down, select all rows and columns, click on Data.

2. Answer any **5** out of the given **6** questions.

- (i) Nidhi is suffering from gastric trouble and indigestion. Which of the following Kriya will be beneficial for her?
 - (A) Kapalbhati
 - (B) Neti
 - (C) Dhauti
 - (D) Tratak
- (ii) Which of the following asana is **NOT** effective for strengthening the abdominal muscles?
 - (A) Bhujangasana
 - (B) Shalabhasana
 - (C) Paschimottanasana
 - (D) Vrikshasana
- (iii) Wheezing, shortness of breath, chest tightness and coughing are the symptoms of
 - (A) Arthritis
 - (B) Bronchial Asthma
 - (C) Hypertension
 - (D) Diabetes
- (iv) According to Yogic Philosophy a person has five koshas, which surround the divine self or the atman. Which of the following kosha helps to evolve better intra-personal and inter personal relationship?
 - (A) Vijnanamaya kosha
 - (B) Anandmaya kosha

- (C) Annamaya kosha (D) Pranamaya kosha
- (v) Which of the following Sukshama Vyayama is **NOT** recommended to manage arthritis?
- (A) Griva-Sakti-Vikasaka
 (B) Vaksha-Sthla-Shakti Vikasaka
 (C) Skandh-tatha Bahu-Mula Sakti Vikasaka
 (D) Kati-Sakti-Vikasaka
- (vi) Surya Namaskar, Tratak and Pranayama help to maintain the functions of pineal gland, responsible for .
- (A) Physical Development (B) Cognitive Development
 (C) Emotional Development (D) Social Development

2. Answer any 5 out of given 6 questions.

- (i) _____ is a method for purifying the large intestine either with or without water.
- (A) Nauli (B) Dhauti
 (C) Basti (D) Neti
- (ii) Normally, a healthy person should practice asanas and pranayamas every day for _____ respectively.
- (A) 30 minutes; 15 to 20 minutes (B) 45 minutes; 15 to 20 minutes
 (C) 30 minutes; 10 to 15 minutes (D) 40 minutes; 10 to 20 minutes
- (iii) _____ means union of panic force and mental force.
- (A) Kriya Yoga (B) Hath Yoga
 (C) Karma Yoga (D) Jnan Yoga
- (iv) Which of the following are the characteristics of good stress?
- (A) Motivates and focusses energy (B) Anxiety and Tension
 (C) Decreased Performance (D) Mental and Physical problems
- (v) Ashtanga Yoga of Patanjali consists of eight limbs. Which of the following limb is not a part of Antaranga Yoga?
- (A) Samadhi (B) Dhyana
 (C) Dharana (D) Pratyahara

(vi) Trataka is a still-gazing based technique for eyes, that helps to

_____.

- (A) Improve balance
- (B) Cleanse respiratory passage
- (C) Cure sinus and asthma
- (D) Calm mind and remove distraction

3. Answer any **5** out of the given **6** questions.

(i) With specific reference to micro-nutrients, choose the incorrect statement from the following:

- (A) Provide energy and heat
- (B) Maintain tissue's function
- (C) Regulate functions of the body
- (D) Comprise of vitamins and minerals.

(ii) Divansh is suffering from obesity. Which of the following yogic management will help him to control over-eating habits and anxiety?

- (A) Dhyana
- (B) Pranayama
- (C) Yama and Niyama
- (D) Yognidra

(iii) Ahimsa-Parmo-Dharma – this principle teaches us non-violence in thoughts, words and actions. We can study these under the goal of

_____.

- (A) Mental Health
- (B) Spiritual Health
- (C) Social Health
- (D) Physical Health

(iv) _____ enables an individual to control the urge for materialistic and physical pleasures.

- (A) Tapas
- (B) Swadhyaya
- (C) Ishwar Pranidhan
- (D) Pranayama

(v) Which of the following factors are important for social development?

- (A) Body Systems
- (B) Stress and Anxiety
- (C) Meditation and Mantras
- (D) Behaviour and Communication

(vi) _____
includes food items like red meat, Alcohol, over-ripe or unripe organic products and fermented food.

- | | |
|------------------|-------------------|
| (A) Rajasic diet | (B) Yogic diet |
| (C) Tamasic diet | (D) Balanced diet |

4. Answer any **5** out of given **6** questions.

(i) Which of the following asana can **NOT** be performed in Supine line position?

- | | |
|--------------------|--------------------|
| (A) Ardha Halasana | (B) Pawanmuktasana |
| (C) Sarvangasana | (D) Makarasana |

(ii) The Bhagwad Gita is a Sanskrit text derived from the Mahabharata epic. The content is in the form of discussion between

- | | |
|-----------------------------|---------------------------------|
| (A) Yudhishtir and Arjun | (B) Arjun and Shri Krishna |
| (C) Bhishm Pitamah and Bhim | (D) Shri Krishna and Yudhishtir |

(iii) Harshit is facing stress in his business due to lack of resources. Choose the behaviour related effect of stress from the following:

- (A) Restlessness and depression
(B) Lack of motivation
(C) Anger outburst and social withdrawal
(D) Feeling overwhelmed

(iv) Patanjali Yoga Sutras start with the idea of enlightening the importance of controlling the mind, it is known as _____.

- | | |
|----------------------------|-----------------------------|
| (A) Yogah Karmasu Kaushlam | (B) Cittavrti Nirodha |
| (C) Aarogyam Ojas Siddhi | (D) Samatvam Yog Uchchayate |

(iv) Which machine is used to give electric shock in case of cardiac arrest?

- (A) Mechanical Ventilator

- (B) Pace Maker
 - (C) Automated External defibrillator
 - (D) Electrocardiogram
- (v) Cardio pulmonary resuscitation is a lifesaving procedure that suggests to place heel of hand over the Centre of the person's chest and _____.
- (A) Push straight down 10 cm @ 80 compressions per minute
 - (B) Push straight down 15 cm @ 72 compressions per minute
 - (C) Push straight down 20 cm @ 60 compressions per minute
 - (D) Push straight down 5 cm @ 100 compressions per minute

SECTION – B

(Subjective Type Questions)

Answer any **3** out of given **5** questions on Employability Skills.
Answer each question in **20-30** words.

6. Mr. Sachin wants to see the marks of students of Class XIA. To do this, he can use another feature of spread sheet – 'filters. What are the steps to apply filters to a table?
7. Active listening is an art, which comprises both a desire to comprehend as well as offer support and empathy to the speaker. What are the stages of active listening?
8. 'Startup India' is a flagship initiative of Govt. of India. Rita wants to start a health care unit. But she does not know much about startups. How will you make her understand about startups?
9. Elucidate the ways to become result oriented.
10. How can we reduce the amount of waste generated? Explain.

Answer any **4** out of the given **6** questions in **20-30** words each.

11. What are the career opportunities in Yoga?
12. Differentiate between Spiritual and Mantra meditation.
13. What are the effects of stress on Respiratory and Cardiovascular System.

14. Suggest 2 asanas and 2 pranayamas to manage arthritis.
15. Ramesh was playing football with his friends in their sports period. Suddenly, he became unconscious and fell on the ground. The teacher rushed to the area of incident and start giving CPR. What is the recommended order of CPR interventions for children?
16. Mamta is suffering from low back pain. Due to chronic pain, she has lost her working capacity and has to spend largely on health care expenses.
Discuss about the causes of pain.

Answer any **3** out of the given **5** questions in **80-100** words each.

17. Acharya Rajesh is starting a group for yogic practices. Suggest some essential points to be kept in mind before doing pranayamas, to improve the productivity of yogic practices.
18. What are the effects of Mitahara (Yogic Diet)? Explain.
19. Elucidate the concept of mental well-being according to Patanjali yoga. What are the effects of Chittavikshepa?
20. What is the role of yoga in the management of hypertension? Explain the prescribed yogic practices for it.
21. According to yogic philosophy, how we can develop personality through yoga? Explain.

ANSWER KEY

SECTION A — Objective-Type Questions

1. Employability Skills (Answer any 4 out of 6)

(i) The new Biofuel Policy announced by the Government of India on ____

Answer: 10 August, 2018 → **(C)**

(ii) Nishant's grandfather started a Yoga Centre for Senior Citizens; Nishant is a/an

Answer: Entrepreneur → **(A)**

(iii) Scholarship based on previous performances — what kind of motivation?

Answer: Extrinsic Motivation → **(D)**

(iv) In the SMART goal-setting acronym, “S” stands for

Answer: Specific → **(C)**

(v) Correct and clear leave request:

Answer: “Please allow me to reach office at 11 AM on Tuesday, 11 June 2019, as I have an appointment with a dentist.” → **(D)**

(vi) Correct order for sorting data:

Answer: Select all rows and columns to be sorted, click on Data, select Sort, click on Sort Key 1 and select total from the drop-down. → **(B)**

2. Yoga & Related Topics (Answer any 5 out of 6)

From yoga theory and common CBSE content:

(i) Beneficial Kriya for gastric trouble and indigestion:

Answer: Dhauti → **(C)**

(ii) Asana that is NOT effective for strengthening abdominal muscles:

Answer: Vrikshasana → **(D)**

(iii) Symptoms like wheezing, shortness of breath, chest tightness, coughing:

Answer: Bronchial Asthma → **(B)**

(iv) Kosha that helps evolve better intra- and interpersonal relationships:

This is the **Vijnanamaya Kosha** (intellect sheath) → **(A)**

(v) Sukshama Vyayama NOT recommended for managing arthritis:

Answer: Kati-Sakti-Vikasaka → **(D)** (*possibly the exception; elsewhere, Vaksha-St... etc. are more directly relevant*)

(vi) Pineal gland functions supported by Surya Namaskar, Tratak, and Pranayama:

Answer: Cognitive Development → **(B)**

3. More Yoga & Personal Development (Answer any 5 out of 6)

(i) Method for purifying the large intestine:

Answer: Basti → **(C)**

(ii) Healthy person practicing asanas and pranayamas every day for ___ respectively:

Commonly: asanas 30 min; pranayamas 15-20 min → **(A)**

(iii) “Union of pranic force and mental force”: This is **Hatha Yoga** (Ha = pranic force, Tha = mental force) → **(B)**

(iv) Characteristics of good stress:

Answer: Motivates and focuses energy → **(A)**

(v) Limb not part of Antaranga Yoga:

Antaranga = internal: Dharana, Dhyana, Samadhi. Samadhi is Antaranga, so the **internal ones are these**, but question asks which limb is *NOT* part of Antaranga — **Samadhi** is part, so correct is one not included. Actually **Pratyahara** is Bahiranga. So answer: **Pratyahara** → **(D)**

(vi) Trataka helps to:

Answer: Calm mind and remove distraction → **(D)**

4. Asanas, Philosophy & First Aid (Answer any 5 out of 6)

(i) Asana not performed in supine position:

Answer: Sarvangasana → **(C)**

(ii) Discussion in the Bhagavad Gita is between:

Answer: Arjun and Shri Krishna → **(B)**

(iii) Behavioral effect of stress in business:

Answer: Anger outburst and social withdrawal → **(C)**

(iv) Patanjali Sutras concept of controlling the mind:

Cittavrti Nirodha → **(B)**

(v) Machine used to give electric shock in cardiac arrest:

Answer: Automated External Defibrillator → **(C)**

(vi) CPR chest compression recommendation:

Answer: Push straight down ~10 cm @ 80 compressions per minute → **(A)**

SECTION B — Subjective-Type Short Answers

6. Applying filters in a spreadsheet (20–30 words)

You can write:

"Select the dataset, go to the **Data** menu, click **Filter**, and dropdown arrows will appear. Use them to filter data based on criteria as needed."

7. Stages of Active Listening (20–30 words)

You could say:

"Active listening involves: (a) paying full attention, (b) reflecting or paraphrasing, (c) asking clarifying questions, and (d) responding empathetically to show understanding."

8. Explaining startups simply to Rita (20–30 words)

For example:

"Startups are new, small businesses aiming to innovate or scale quickly. They usually begin with unique ideas, require planning and funding, and involve risk-taking and growth efforts."

9. Ways to become result-oriented (20–30 words)

Possible answer:

"Set specific goals, track progress, prioritize tasks, stay disciplined, focus on outcomes rather than effort, reflect on results, and adjust strategies to improve efficiency."

10. Reducing waste generated (20–30 words)

Example:

"Reduce waste by refusing unnecessary items, reusing products, recycling materials, composting organic waste, buying in bulk, choosing minimal packaging, and encouraging repair instead of replacement."

Very Short Answer Type (20–30 words)

11. What are the career opportunities in Yoga?

Career opportunities include becoming a **Yoga Instructor, Therapist, Yoga Researcher, Yoga Studio Owner, Yoga Coach** in schools/colleges, or working in **wellness centers and rehabilitation clinics**.

12. Differentiate between Spiritual and Mantra meditation.

- **Spiritual Meditation** focuses on connecting with the inner self or divine consciousness through silence and mindfulness.
 - **Mantra Meditation** involves chanting or mentally repeating sacred sounds (e.g., “Om”) to enhance concentration and awareness.
-

13. What are the effects of stress on Respiratory and Cardiovascular System?

Stress may cause **shallow or rapid breathing, tight chest muscles, increased heart rate, high blood pressure**, and raises the risk of **cardiovascular diseases** like hypertension and stroke.

14. Suggest 2 asanas and 2 pranayamas to manage arthritis.

- **Asanas:** *Tadasana* and *Vrikshasana* help improve joint flexibility and balance.
 - **Pranayamas:** *Anulom Vilom* and *Bhramari* reduce inflammation and promote relaxation.
-

15. What is the recommended order of CPR interventions for children?

The correct order is **C-A-B**:

- **C:** Chest Compressions (30 compressions)
 - **A:** Airway – open the airway
 - **B:** Breathing – give 2 rescue breaths
Repeat the cycle until help arrives.
-

16. Discuss the causes of low back pain.

Causes include **poor posture, muscle strain, lack of physical activity, herniated disc, overuse injuries**, and **chronic stress**. Psychological stress can also worsen back pain by increasing muscle tension.

Long Answer Type (80–100 words)

17. Essential points before doing Pranayama

Before starting pranayama, practice should be done on an **empty stomach**, preferably **early morning**. Sit in a **calm and clean environment** in a **comfortable posture** like Padmasana. Ensure the **spine is straight** and **body relaxed**. Avoid pranayama if suffering from **severe illness or breathlessness**. Begin with basic breathing and gradually increase intensity. **Do not force the breath**, and always breathe through the **nose**, not the mouth. Pranayama should be done under **proper guidance**, especially in the beginning, for safety and maximum benefit.

18. Effects of Mitahara (Yogic Diet)

Mitahara, or yogic diet, promotes **balance of body and mind**. It involves **sattvic food**—simple, fresh, and vegetarian meals taken in **moderation**. Such a diet helps in **cleansing the body**, improving **digestion**, boosting **immunity**, and enhancing **mental clarity**. Avoidance of rajasic (spicy, oily) and tamasic (stale, processed) foods improves **energy levels**, reduces **lethargy**, and supports the **spiritual and physical growth** of a yoga practitioner. Mitahara also encourages **mindful eating**, fostering **discipline and self-control**.

19. Mental well-being according to Patanjali Yoga & Chittavikshepa

Patanjali defines mental well-being as the state of **Chitta Vritti Nirodha**, meaning control over fluctuations of the mind. When the mind is calm, one experiences **inner peace** and **clarity**. However, **Chittavikshepa** refers to the **disturbances of the mind**, including laziness, doubt, delusion, and restlessness. These disturbances lead to **anxiety**, **lack of focus**, and **mental suffering**. Regular practice of **Yama**, **Niyama**, **Pranayama**, and **Dhyana** (meditation) helps overcome Chittavikshepa and improves **concentration**, **emotional stability**, and **positivity**.

20. Role of Yoga in the management of hypertension

Yoga helps manage hypertension by **relaxing the nervous system**, reducing **stress hormones**, and improving **blood circulation**. It lowers blood pressure by calming the mind and enhancing heart health.

Recommended practices include:

- **Asanas:** Shavasana, Vajrasana, Tadasana, Bhujangasana
- **Pranayamas:** Anulom Vilom, Bhramari
- **Meditation** and **Yoga Nidra** reduce stress levels.

A combination of these practices brings long-term benefits and may reduce dependence on medications (under medical guidance).

21. Personality development through Yoga (Yogic Philosophy)

According to yogic philosophy, personality develops through the **harmonious growth of body, mind, and spirit**. Practicing **Asanas** improves physical strength and posture. **Pranayama and Meditation** enhance mental clarity and emotional stability. **Yama and Niyama** cultivate values like **non-violence, self-discipline, and truthfulness**, shaping moral character. Yoga fosters **self-awareness, self-confidence, and resilience**, essential traits for a balanced personality. Through regular practice, one becomes more **focused, calm, empathetic, and socially responsible**, contributing to holistic development.