

Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Examination, 2026 (XIIth)
SUBJECT NAME: - YOGA (Q.P. CODE 841/365)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in Newspaper/Website, etc. may invite action under various rules of the Board and IPC.”
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In Class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark (✓) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. This is most common mistake which evaluators are committing.
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totalled up and written in the left hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.

9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note " Extra Question "
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines). This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past :- • Leaving answer or part thereof unassessed in an answer book. • Giving more marks for an answer than assigned to it. • Wrong totalling or marks awarded on an answer. • Wrong transfer of marks from the inside pages of the answer book to the title page. • Wrong question wise totalling on the title page. • Wrong totalling of marks of the two columns on the title page. • Wrong grand total. • Marks in words and figures not tallying/not same. • Wrong transfer of marks from the answer book to online award list. • Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) • Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totalling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also as the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the " Guidelines for Spot Evaluation " before starting the actual evaluation.
17	Every examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totalled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

MARKING SCHEME
YOGA (Subject Code - 841)
(PAPER CODE : 365) (P3650841)

Q. No.	EXPECTED OUTCOMES/VALUE POINTS	Marks	Source/study content	Unit	Page no.
	SECTION – A Objective Type Questions				
1.	Answer any 4 out of the given 6 questions on Employability Skills. (1 x 4 = 4 marks)				
	(i) (B) A group of words that communicates a complete thought or meaning.	1	CBSE STUDY MATERIAL	1	9
	(ii) Stress is a state of feeling upset, annoyed and hopeless.	1	CBSE STUDY MATERIAL	2	26
	(iii) (A) Suspicious	1	CBSE STUDY MATERIAL	2	34
	(iv) (B) Information and Communication Technology.	1	CBSE STUDY MATERIAL	3	39
	(v) (D) Workarea	1	CBSE STUDY MATERIAL	4	42
	(vi) ‘Start-up India’	1	CBSE STUDY MATERIAL	5	89
2.	Answer any 5 out of the given 6 questions. (1 x 5 = 5 marks)				
	(i) (B) Uttra Nauli	1	CBSE STUDY MATERIAL	1	4
	(ii) (D) Kapal bhati	1	CBSE STUDY MATERIAL	1	13
	(iii) (A) Antarang Yoga	1	CBSE STUDY MATERIAL	2	27
	(iv) (C) Cittavikshepa	1	CBSE STUDY MATERIAL	2	24
	(v) (C) Nadi Shodhan, Ujjayi, Bhramari	1	CBSE STUDY MATERIAL	3	58

	(vi) (D) Ashwasanchalasana	1	CBSE STUDY MATERIAL	3	45
3.	Answer any 5 out of the given 6 questions. (1 x 5 = 5 marks)				
	(i) (B) Gomukhasana	1	CBSE STUDY MATERIAL	1	14
	(ii) (C) Karmayoga	1	CBSE STUDY MATERIAL	2	27
	(iii) (D) Pratyahar	1	CBSE STUDY MATERIAL	2	27
	(iv) (A) Bhishma Paiva	1	CBSE STUDY MATERIAL	2	27
	(v) (B) 30 chest compressions + 2 Rescue Breaths	1	CBSE STUDY MATERIAL	3	34
	(vi) (C) 30 kg /m ² or higher	1	CBSE STUDY MATERIAL	3	52
4.	Answer any 5 questions out of the given 6 questions. (1 x 5 = 5 marks)				
	(i) (D) Neti	1	CBSE STUDY MATERIAL	1	3
	(ii) (D) Yogic Diet	1	CBSE STUDY MATERIAL	2	21
	(iii) (A) Vitamins and Minerals	1	CBSE STUDY MATERIAL	2	19
	(iv) (B) Anxiety	1	CBSE STUDY MATERIAL	3	38
	(v) (C) Obesity	1	CBSE STUDY MATERIAL	3	53
	(vi) (D) Maintain Healthy Life Style by doing daily exercise.	1	CBSE STUDY MATERIAL	3	57
5.	Answer any 5 questions out of given 6 questions. (1 x 5 = 5 marks)				

	(i) (B) Purak	1	CBSE STUDY MATERIAL	1	13
	(ii) (A) Controlling the mind	1	CBSE STUDY MATERIAL	2	23
	(iii) (C) Srimad Bhagwad Gita	1	CBSE STUDY MATERIAL	2	28
	(iv) (D) Buddhi-tatha Dhriti shakti vika sak	1	CBSE STUDY MATERIAL	3	32
	(v) (D) Pawanmuktasana; Naukasana	1	CBSE STUDY MATERIAL	3	61
	(vi) (B) Asanas	1	CBSE STUDY MATERIAL	3	63
	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.				
6.	Communication is a two-way process through which information or message is exchanged between individuals using language, symbols, signs or behaviour. Speaking, listening, reading and writing are the parts of communication.	2	CBSE STUDY MATERIAL	1	1
7.	(1) Openness - Individuals are creative, curious, active, flexible and adventurous. (2) Consciousness - self-disciplined, work on time, take care of others. (3) Extraversion - love to interact with people. (4) Agreeableness - kind, sympathetic, cooperative, considerate and warm. (5) Neuroticism - tendency towards anxiety, self doubt, depression, shyness.	(0.5x4) any four	CBSE STUDY MATERIAL	2	33
8.	(1) Sorting Data in IT refers to the process of arranging data elements in a specific order such as ascending or descending based on pre-defined criterion. (2) It helps in data organization, making it easier to search, analyze and process information efficiently.	1x2	CBSE STUDY MATERIAL	3	58
9.	Environmental barriers : (1) Lack of adequate resources or raw material (2) Non-availability of skilled labour (3) Lack of requisite machinery and infrastructure (4) Unavailability of monetary resources on time	2	CBSE STUDY MATERIAL	4	

10.	According to UNEP - United Nations Environment Program, green jobs or green collar jobs are works in agricultural, administrative, research and development, manufacturing and service activities that contribute substantially to preserving or restoring environment quality.	2	CBSE STUDY MATERIAL	5	112
	Answer any 4 out of the given 6 questions in 20 - 30 words each. (2 x 4 = 8 marks)				
11.	According to UNEP - United Nations Environment Program, green jobs or green collar jobs are works in agricultural, administrative, research and development, manufacturing and service activities that contribute substantially to preserving or restoring environment quality.	2	CBSE STUDY MATERIAL	5	112
12.	Name of Asanas in Standing position : Utkatasana, Tadasana, Trikonasana, Hanumanasana Supine Position : Sarvangasana, Ardh-Ardhhalasana, Chakrasana, Pawanmuktasana.	2	CBSE STUDY MATERIAL	1	8
13.	Sign and symptoms of stress on Mood : Anxiety, Restlessness, lack of focus or motivation, feeling overwhelmed, irritability or anger and sadness or depression. (any four)	$\frac{1}{2} \times 4 = 2$	CBSE STUDY MATERIAL	3	40
14.	Role of Pranmaya Kosha to develop personality – Pranmaya Kosha or subtle energy level restores harmony to the flow of Prana (Vital force) by removing blocks and imbalances. Thus helps to develop personality. (or any other related answer)	2	CBSE STUDY MATERIAL	3	63
15.	Sushma should take care of the following factors : (1) Worry (2) Anxiety (3) Fear (4) Feeling of loneliness, and dissociation and frustration, because it may stimulate the person to over eat, which may lead to obesity.	2	CBSE STUDY MATERIAL	3	53
16.	He is suffering from Asthma – Dietary Management : - Avoid food which are allergic to asthma. - Cold foods, ice creams, chocolates, fruits like banana are to be avoided. - Foods add to the production of cough should be avoided. (or any other relevant answer)	$\frac{1}{2} + 1\frac{1}{2} = 2$	CBSE STUDY MATERIAL	3	61
	Answer any 3 out of the given 5 questions in 50 - 80 words each (3 x 4 = 12 marks)				
17.	Aspects that need to be taken care of while practicing yogasanas. 1. Should be under the guidance of experienced teacher or trainer.	1x4=4 marks	CBSE STUDY MATERIAL	1	6

	- Asanas should not be performed with Jerks but slowly and step by step. - Final posture should be held for some time but not beyond capacity place should be clean and ventilated. - Always breath with nose, unless specific instructions are given. - Don't practice beyond capacity. - Concentrate on the effects of asanas on the body and mind. - When feeling physically and mentally tired, perform shavasana. - After shatkarmas, asanas should be performed followed by pranayams. Aspects that need to be taken care of Time, place, limitations for women Duration of asanas, Restricted conditions. (any four)				
18.	Effects of yogic practices on mental and spiritual health – - Effects on Mental Health : It is a state of psychological and emotional well being, clarity of thought, inner freedom, contentment and self confidence are the basis for mental well being. Yogic practices help to overcome negative qualities and thoughts and intend to create positive thoughts and behaviour. - Spiritual Health : The fundamental principle of spiritual life and highest percept of humanity are : Ahimsa – Parmo - Dharma. The principle teaches us non-violence in thoughts, words, feelings and action. To secure life and respect individuality and autonomy of all types of life is a primary practice of yoga teachings. Spiritual urge is related to the search of happiness and termination of misery. Yogic practices i.e. prayer, meditation, mantras develop positive thinking, tolerance lead to spiritual health and well being.	2+2=4	CBSE STUDY MATERIAL	2	29
19.	According to Patanjali Yoga Limbs of Bahirang Yoga : - Yamas - Niyamas - Asana - Pranayam - Pratyahara (Explanation of any four.)	1x4=4	CBSE STUDY MATERIAL	2	26
20.	Aim and objectives of first Aid : The primary aim of First Aid - To minimize pain, prevent death or serious injury from worsening. - Addressing external factors – moving away from fire, or sight of accident.	1+1	CBSE STUDY MATERIAL	3	33

	- Accelerate the recovery from illness or injury. Points to be kept in mind – - Airways - Breathing - Circulation - Disability Some other points – safe environment - if the person is conscious or unconscious - call emergency helpline numbers - try to feel pulse at neck - start CPR				
21.	(a) Digestive System : - Liver produces extra blood sugar - May increase the risk of type-2 diabetes. - The rush of hormones, rapid breathing and increased heart rate can also upset the digestive system resulting into heart burn or acid-reflux. (Explanation) (b) Immune System : Stress stimulates the immune system, for immediate situations it can help to avoid infections and heal wounds. But overtime chronic stress will weaken the immune system and reduce the body's response to foreign invaders. People under chronic stress are more susceptible to viral illness like flu and common cold. It can also increase the time to recover from an injury.	1+3=4	CBSE STUDY MATERIAL	3	40
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