

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

General Instructions: -

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| 1 | The CBSE has decided to introduce On Screen Marking (OSM) for the evaluation of Class XII answer Book with the 2026 Examination. |
| 2 | 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. |
| 3 | “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.” |
| 4 | 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. |
| 5 | 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. |
| 6 | 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. |
| 7 | 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. |
| 8 | If a question has parts, please award marks on the right-hand side for each part in the OSM Portal. Marks awarded for different parts of the question will be totaled up by the OSM System. |
| 9 | If a question does not have any parts, marks must be awarded in the left-hand margin in the OSM Portal. This may also be followed strictly. |

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| 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 :- <ul style="list-style-type: none"> • 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 | The Examiners should acquaint themselves with the guidelines given in the “Guidelines for Spot Evaluation” before starting the actual evaluation. |
| 16 | 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. |
| 17 | If a candidate attempts both alternatives/options in a question where only one option/ alternative is required to be attempted, the Evaluator shall award marks in both the options. The system will take the higher of two scores and disregard the other response. |
| 18 | In a question having two options/alternatives, if a candidate has attempted only one, then the evaluator shall mark “NA” (Not attempted) against the option that has not been attempted by the candidate. |

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

| Q.No. | EXPECTED OUTCOMES/VALUE POINTS | Marks |
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| | SECTION – A (Objective Type questions) | |
| 1. | Answer any 4 out of the given 6 questions on employability skills. | |
| (i) | Identify the preposition in this sentence. “The shop is at the end of the road.” A. the B. of C. at D. is Ans. (C) at (ES unit-1, Page No: 13) | 1 |
| (ii) | Define the terms of stress? Ans. Stress is a state of feeling upset annoyed and hopeless. (ES unit 2 Page No:26) OR Stress as a specific response of body to all the non-specific demand That is secretion of certain harmonics (CBSE Hand Book unit-3, Page No:37) | 1 |
| (iii) | Which of the following is not a part of “Big five factors” of personality? A Neuroticism B Openness C. timely D Agreeableness Ans. (C) Timely (unit-2, Page No: 33) | 1 |
| (iv) | How many text boxes does the first Slide of libre Rest have by default? A. 3 B. 4 C. 1 D. 2 Ans. (D) 2 (Title and subtitle) (unit-3, Page No: 66) | 1 |
| (v) | _____ is a company that is in the first stage of its operation. A. Venture B. Merger C. Startup D. Traditional Business Ans. (A) Venture OR (C) Startup (ES unit-4, Page No: 88) | 1 |
| (vi) | Which of the following is not a greenhouse gas? A. Nitrogen B. Methane C. Nitrous oxide D. Carbon dioxide Ans. (A) Nitrogen (ES unit-5, Page No: 119) | 1 |

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| 3. | Answer any 5 out of given 6 questions. | |
| (i) | <p>Which of the following statement is not a condition on which human body remain healthy?</p> <p>A. Adequate nourishment to endocrine glands and other tissues B. Effective removal of waste products C. Proper functioning of all nerve connections D. Thoughtless awareness</p> <p>Ans (D) Thoughtless Awareness (CBQ Unit 1., Page No:5)</p> | 1 |
| (ii) | <p>Which of the following is not a noticeable feature of tamasic diet?</p> <p>A. Causes exhaustion and Laziness B. Individual may experience chronic depression C. Expansion of lifespan and well- being D. Contains spoiled, unripe and overly processed food</p> <p>Ans (C) Expansion of life spam and well being (CBQ Unit 2, Page No:20)</p> | 1 |
| (iii) | <p>Clarity of thoughts inner freedom contentment and self - confidence are the basis for _____</p> <p>A. Social well- being B. emotional well-being C. physical well being D mental well being</p> <p>Ans. (D) Mental well being (CBQ Unit 2, Page No:29)</p> | 1 |
| (iv) | <p>What are the common symptoms of arthritis?</p> <p>A. chest tightness and coughing B. Systolic and diastolic pressure elevate above normal C. Accumulation of excess fat D. Pain swelling and joint stiffness</p> <p>Ans. (D) Pain, Swelling and Joint Stiffness (CBQ Unit 3, Page No:62)</p> | 1 |
| (v) | <p>According to Patanjali. Kriya Yoga is classified into three paris. Choose the correct option from the following</p> <p>A. Pranayam. Shoucha, Santosha B. Tapas, Swadhyaya and Ishwar-pranidhan C. Yama, Niyama, Pranayama D. Asana, Pratyahara, Niyama</p> <p>Ans. (B) Tapas, Swadhyay & Ishwar Pranidhan (CBQ Unit 2, Page No 25)</p> | 1 |
| (vi) | <p>Yogic philosophy views the person as having five Koshas, which surround the divine self or atma. Which of the following kosha. relates to energy body?</p> <p>A. Annamaya kosha B. Manomaya kosha C. Pranmaya kosha D. Vijnanmaya kosha</p> <p>Ans (C) Pranmaya Kosha (CBQ Unit 3, Page No 63)</p> | 1 |

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| 4. | Answer any 5 out of the given 6 questions. | |
| (i) | <p>This type of meditation is for those who regularly participate in prayer, as it is based on communicating with God.</p> <p>A. Movement Meditation C. Spiritual Meditation B. Mantra Meditation D. Focused Meditation</p> <p>Ans (C) Spiritual Meditation</p> <p>(CBQ Unit 2, Page No 15)</p> | 1 |
| (ii) | <p>Sanjiv admires "Shrimad Bhagwat Gita' and has full faith in its sacred preaching The type of yoga highlighted in it as a path to achieve true knowledge about the self is:</p> <p>A. Bhakti Yoga C. Jnan Yoga B. Karma Yoga D. Bahirang Yoga</p> <p>Ans. (C) Jnana Yoga</p> <p>(CBQ Unit 2, Page No.27)</p> | 1 |
| (iii) | <p>Which of the following statement is associated with "Samatvam Yog Uchyate" – a teaching of Bhagwat Gita?</p> <p>A. Yoga is skill in action B. Practice of equanimity of mind C. Eating healthy and right food D. Cultivation of spirituality.</p> <p>Ans. (B) Practice of Equability of mind</p> <p>(CBQ Unit 2, Page No.30)</p> | 1 |
| (iv) | <p>Which of the following are helpful in attaining higher level of buddhi</p> <p>A. Dhyana and Jnana Yoga B. Dhyana and Bhakti Yoga C. Bhakti Yoga and Karma Yoga D. Dharna and Jnana Yoga</p> <p>Ans. (A)Dhyana & Jnana Yoga OR (D) Dharna and Jnana Yoga</p> <p>(CBQ Unit 2, Page No.63)</p> | 1 |
| (v) | <p>Good intellect, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath, known as:</p> <p>A. Manomaya Kosha B. Annamaya Kesha C. Pranmaya Kosha D. Anandmaya Koshn</p> <p>Ans. (D) Anandmaya Kosha</p> <p>(CBQ Unit 3, Page No 63)</p> | 1 |
| (vi) | <p>Which of the following is Not the characteristic feature of good stress?</p> <p>A. Motivates B. Anxiety C. Focuses Energy D. Improves performance</p> <p>Ans. (B) Anxiety</p> <p>(CBQ Unit 3, Page No 38)</p> | 1 |

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| 5. | Answer any 5 out of given 6 questions. | |
| (i) | <p>If you are not trained and not confident about giving CPR, then provide hands-only CPR until medical help arrives, that means per minute</p> <p>A. 30 chest compressions followed by 2 Rescue breaths. B. 50 chest compressions only C. 50 chest compressions with 4 Rescue breaths D. 100 chest compressions</p> <p>Ans. (D) 100 chest compressions (CBQ Unit 3, Page No 34)</p> | 1 |
| (ii) | <p>Which of the following is Not a Prone line asana?</p> <p>A. Bhujang-asana B. Makar-asana C. Supt-vajrasana D. Shalabhasana</p> <p>Ans. (C) Supt Vajrasana (CBQ Unit 3, Page No 9)</p> | 1 |
| (iii) | <p>According to yogic philosophy, which of the following is the outer most sheath?</p> <p>A. Annamaya Kosha B. Pranmaya Kosha C. Manomaya Kosha D. Vijnanmay Kosha</p> <p>Ans. (A) Annamaya Kosha (CBQ Unit 3, Page No 63)</p> | 1 |
| (iv) | <p>Maharishi Patanjali precisely explains the effects of mental distraction. Which of the following is Not the symptoms of 'Cittavikshepa'?</p> <p>A. Depression B. Blissful state of mind C. Trembling of the body D. Irregular Breathing</p> <p>Ans (B) Blissful state of mind (CBQ Unit 3, Page No 24)</p> | 1 |
| (v) | <p>Tarun is obese and wants to reduce body fat. He has started yogic practice. What advise will you give him regarding food?</p> <p>A. Fill half the stomach with food, and half with water B. Fill half the stomach with food, one quarter with water and fourth quarter should be saved for expansion of air C. Fill quarter stomach with food and one quarter with water D. Fill quarter stomach with food and one quarter with air.</p> <p>Ans (B) Fill half the stomach with food, one quarter with water and fourth quarter should be saved for expansion of air (CBQ Unit 3, Page No 21)</p> | 1 |
| (vi) | <p>Hypertension is the elevation of blood pressure above normal, which of the following is generally accepted as hypertension?</p> <p>A. Systolic BP > 120 mmHg; Diastolic BP > 60 mmHg B. Systolic BP > 110 mmHg; Diastolic BP > 70 mmHg. C. Systolic BP > 90 mmHg; Diastolic BP > 140 mmHg</p> | 1 |

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| | <p>D. Systolic BP > 140 Diastolic BP > 90 mmHg. Ans (D) Systolic BP > 140 Diastolic BP > 90 mmHg.</p> <p>(CBQ Unit 3, Page No1)</p> | |
| | <p align="center">SECTION – B (Subjective Type questions)</p> | |
| | <p>Answer any 3 out of the given 5 questions on employability skills. Answer each question in 20-30 words.</p> | |
| 6. | <p>1. An individual's past experiences develop biases or prejudices which hinders the ability of the individual to become an active listener. 2. In order to overcome this barrier, the individual must try to have an open and objective approach while interacting with others. 3. Do not judge the speaker quickly. 4. Listen patiently and carefully. 5. Ask questions for clarification. 6. Be open to new ideas. (any 2)</p> <p align="right">(ES Unit–1, Page No: 6)</p> | 2 |
| 7. | <p>Self - awareness is about understanding one's own needs, desires, habits, traits, behaviours and feelings. Example is subjective and may vary from student to student.</p> <p align="right">(ES Unit–2, Page No: 32)</p> | 2 |
| 8. | <p>The 4 ways in which text can align in a slide are: - 1. Left 2. Right 3. Centre 4. justified, 'left or right aligned' means that text will be aligned to the left or right margin, respectively. (ES Unit–3, Page No: 71)</p> | 2 |

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| 9. | <p>Types of entrepreneurs: -</p> <ol style="list-style-type: none"> 1. Service entrepreneur – They create a new market or provide service in an existing market. 2. IT entrepreneur – They take up entrepreneurship in the field of information technology. 3. Agricultural entrepreneur – Agriculturists, who introduced innovative technology to maximise the yield. 4. Women entrepreneurs – Women, who take up entrepreneurship. 5. Business entrepreneurs -These are entrepreneurs, who undertake business and trading activities. 6. Industrial entrepreneurs- An industrial entrepreneur is, essentially, a manufacturer, who identifies the needs of customers and creates products or services to serve them. 7. Technical entrepreneurs- The Technical entrepreneurs, who use their technical expertise to create and offer machines, tools and methods. 8. Non-technical entrepreneurs -These entrepreneurs use their expertise in providing services to create a market for technical entrepreneurs. 9. Professional entrepreneurs -Entrepreneur who starts a business, nurtures it and makes it reach a point of self-sustenance. 10. Social entrepreneurs -Individuals, who focus on developing solutions that benefit the society, are called social entrepreneurs. 11. Family business entrepreneurs -When a family or an individual runs a business successfully and passes it on to the next generation. 12. First generation entrepreneurs-First generation entrepreneurs are those who do not have any entrepreneurship background. (any four) <p>(ES Unit–4, Page No: 82)</p> | 2 |
| 10. | <p>(A) Solar and wind energy sector's jobs –</p> <ol style="list-style-type: none"> 1. Solar panel installation technician 2. Field technician 3. Solar lighting technician 4. Wind turbine technician <p>(B) Agriculture sector's jobs –</p> <ol style="list-style-type: none"> 1. Organic farming 2. Integrated pest management 3. Agriculture scientist <p>(Any two from each)</p> <p>(ES Unit–5, Page No: 115, 116)</p> | 2 |

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| | Answer any 4 out of given 6 questions in 20-30 words each. | 2x4=8 |
| 11. | <p>Basti is a method of purifying large intestine or colon cleaning either with or without water.</p> <p>Benefits:</p> <ol style="list-style-type: none"> 1. Helps in removing gastric trouble, 2. Indigestion, purifies large intestine and helps to absorb nutrients and water from undigested food. 3. Help to relive constipation and abdominal disorder. 4. To remove toxins from the body. <p>(Any two points)</p> <p>(CBSE Unit 1, Page No 4)</p> | 1+1= 2 |
| 12. | <p>Career opportunities in yoga –</p> <p>Yoga Instructor, Yoga Therapist, Yoga Teacher, Resource officer in yoga, Yoga Instructor, Naturopathy doctor, Yoga blogger, Yoga Researcher, Yoga corporate, or any other relevant career.</p> <p>(Any four)</p> <p>(CBSE Unit 1, Page No 15)</p> | 1/2x4= 2 |
| 13. | <p>Objectives of First Aid –</p> <ol style="list-style-type: none"> 1. To minimize pain and save life 2. Addresses external factors i.e moving patient away from any cause of harm or site of accident, away from fire or smoke. 3. To accelerate recovery from illness or injury 4. May involve completing a treatment such as applying adhesive bandage or supporting a broken arm or leg 5. To provide temporary relief until medical helps arrive. <p>(Any four)</p> <p>(CBQ Unit 3, Page No 33)</p> | 1/2x4= 2 |
| 14 | <p>Yogic Practices to manage Hypertension.</p> <p><u>Asanas</u> – Tadasana, Katichakra-asana, Konasana, Uttanpadasana, Ardhalasana, Pavanmuktasana, Vajrasana, Ushtraasana, Bhujangasana, Shashankasana Dhanurasana, Gomukhasana, Vakrasana, Uttanmandukasana, Shavasana.</p> <p>(any two)</p> <p><u>Pranayamas</u> – Nadishodhan/ Nadishudhhi, Ujjayi Bhramari, Sheetkari and Sheetal</p> <p>(any two)</p> <p>(CBQ Unit 3, Page No 58)</p> | 1+1= 2 |

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| 15. | <p>Bronchial Asthma/ Asthma</p> <p>Dietary management for Asthma</p> <ol style="list-style-type: none"> 1. Food allergic to Asthma patient should be avoided 2. Cold food, ice-cream, chocolates or other stimulant should be avoided. 3. Fruit like banana to be avoided. 4. Avoid oily and processed food. (or any other relevant point) 5. Avoid oily and processed food, <p>(or any other relevant point)</p> <p>(CBQ Unit 3, Page No 61)</p> | $\frac{1}{2} + 1\frac{1}{2} = 2$ |
| 16. | <p>Sign and symptoms of stress on mood and behaviour:</p> <p><u>Mood</u> → Anxiety, restlessness, lack of motivation or focus, feeling over whelmed, irritability or anger and sadness or depression, Reduced performance, physical and mental health issue (any two)</p> <p><u>On behaviour</u> → Over eating or anger out- burst, drug or alcohol abuse, tobacco use, Sadness, lack of confidence, Sleeping disorder social withdrawal. (any two)</p> <p>(CBQ Unit 3, Page No 40)</p> | 2 |
| | Answer any 3 out of the given 5 questions in 80-100 words each. | |
| 17. | <p>Some aspects and key points to be kept in mind while performing yogic practices</p> <p><u>Aspects</u> →</p> <ol style="list-style-type: none"> 1. Time 2. Place 3. Duration of Asanas 4. Restricted Conditions\Medical issue 5. Limitation for women <p><u>Important points to be kept in mind</u></p> <ol style="list-style-type: none"> 1. Should be done under guidance and experience 2. Should not be performed with jerks but slowly and step by step 3. Final poses should be held for some time. 4. In case of injury or illness, should consult teacher. 5. Place should be clean and well ventilated | 4 |

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| | <p>6. Don't practice beyond capacity.</p> <p>7. Comfortable clothes.</p> <p>8. Breath from nose, unless specific instructions are given.</p> <p>9. Yoga mat</p> <p>10. Shavasana may be performed when feeling physically and mentally tired</p> <p>11. After completing Shatkarma, asana should be performed, followed by Pranayama.</p> <p>(Any other relevant points)</p> <p style="text-align: right;">(CBQ Unit 1, Page No 6)</p> | |
| 18. | <p>Hath yoga meaning –</p> <p>The word Hath yoga is made up of two words 'HA' and 'THA'.</p> <p>Ha – means prana shakti</p> <p>Tha – means shakti of the mind</p> <p>Therefore, hatha yoga means union of the Pranic force and mental force.</p> <p style="text-align: center;">OR</p> <p>In Hath yoga 'HA' represents Pingla Nadi\ Surya swar/ Right nostril, represent Sun(hot) and 'THA' represents Ida Nadi/Chander swar/Left nostril. represent Moon cold)</p> <p>Balance Ida and Pingla Nadi from that point reviving the course to through Sushmana Nadi.</p> <p>(any three points)</p> <p>Significance:</p> <p>Improve Respiratory System</p> <p>Improve Cardiovascular Fitness</p> <p>Improve Digestive System</p> <p>Clean and Shiny Skin</p> <p>Flexibility of Joints</p> <p>Improvement in Nervous System</p> <p>Regulates the functioning of endocrine glands</p> <p>Regulates extra oxygen and burns fat</p> <p>Prepares mind for meditation</p> <p>Overall well-being of whole body</p> <p style="text-align: right;">(CBQ Unit 2, Page No 22-23)</p> | 1+3= 4 |
| 19. | <p>Concept of mental well-being according to Patanjali →</p> <p>Patanjali yoga sutra starts with the idea of 'Cittavriti nirodha' enlightening the importance of controlling the mind. Yoga maintains mental health.</p> <p>Citta means mind or mean</p> <p>Vritti means thought or vichar</p> <p>Nirodha means to control the mind.</p> <p>Chitprasadana is the blissful state of mind or cultivating the right attitude towards different kind of people or developing positive attitude and feelings.</p> | 1+11/2+11/2=4 |

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| | 1.Friendliness (maitri) 2. Happy (sukh) 3. Compassion (karuna) 4.Virtuous (punya) 5. Delight (mudita) 6. Indifference (Upesksha) It concentrates on the promotive, preventive and curative aspects of mental health. (CBQ Unit 2, Page No 24-25) | |
| 20. | Procedure of CPR Compression, Airway, Breathing <ol style="list-style-type: none"> 1. Put the child on firm or hard surface 2. Kneel next to the child's neck and shoulder. 3. Use two hands or only one hand if the child is very small, to perform chest compression. 4. Press straight down on the chest about 2 inches (approximate 5 cm). 5. Push hard @ 100 to 120 compressions in a minute or If you are trained 30 chest compression. (CBQ Unit 3, Page No 36-37) | 4 |
| 21. | Yoga is considered as an effective tool for development of personality of children. Yoga acts on all five koshas (sheaths) surrounding the self. <ol style="list-style-type: none"> 1. Asanas are the tools which mainly influence Annamaya kosha by bringing flexibility, relaxation, toning, strength, balance and general fitness. 2. Pranamaya kosha or the subtle energy level- By practicing of Pranayama we can enhance the Prnamaya Kosha. Pranayama restores harmony to the flow of prana (vital force) by removing blocks and imbalances. 3. Manomaya Kosha-The Manomaya kosha works at two levels, the level of mind and the level of emotion. At the mental level, Pratyahara, Dharna, Dhyana and Samadhi facilitate channelization of thoughts and then focus on a single thought leading to the state of super consciousness. 4. Vijananmaya Kosha- Jnana Yoga are helpful to reach the level of higher buddhi i.e. Intellectual development. Good intellect, intuition, wisdom, higher knowledge and psychic abilities, shine out from the innermost sheath. By the practice of Dharna, Dhyana and Samadhi, child becomes wise, confident and respected 5, Anandmaya kosha- Practice of Dharna, Dhyana and Samadhi develop spiritual aspects of a child, with this child develop Love, compassion, joy, accomplishment and mutually fulfilling relationships. (CBQ Unit3, Page No 63) | 1x4= 4 |