BRAIN INTERNATIONAL SCHOOL
PRACTICE PAPER-(I)EXAM (2026-2027)
Subject – YOGA (841)

Time: 2 Hours **Class-XII** **M.M:50**

General Instructions :

(i) Please read the instructions carefully.

(ii) This 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 5 questions.***
- ***(b) There is no negative marking.***
- ***(c) Do as per the instructions given.***
- ***(d) Marks allotted are mentioned against each question/part.***

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

- ***(a) This section has 16 questions.***
- ***(b) A candidate has to do 10 questions.***

SECTION – A

Objective Type Questions)

1. Answer any 4 questions out of the given 6 questions on Employability Skills. (4 × 1 = 4)

(i) Identify the preposition in this sentence: "The shop is at the end of the road."
1

(A) the (B) of
(C) at (D) is

(ii) Define the term "stress".
1

(iii) Which of the following is not a part of the "Big Five Factors" of personality?
1

(A) Neuroticism (B) Openness
(C) Timely (D) Agreeableness

(iv) How many textboxes does the first slide of LibreOffice Impress have by default?
1

(A) 3 (B) 4
(C) 1 (D) 2

(v) _____ is a company that is in the first stage of its operation.
1

(A) Venture (B) Merger
(C) Startup (D) Traditional Business

(vi) Which of the following is not a Green House Gas?
1

(A) Nitrogen (B) Methane
(C) Nitrous oxide (D) Carbon dioxide

2. Answer any 5 out of the given 6 questions. (5 × 1 = 5)

(i) Which of the following Kriya improves the eyesight, tones up visual mechanism and helps to calm the mind?
1

(A) Sheetali (B) Neti
(C) Kapalbhati (D) Trataka

(ii) Rajiv is suffering from digestive tract related problems. Which Kriya should be practised to remove toxic material from stomach, liver, urinary bladder, large and small intestines?
1

(A) Sutra Neti (B) Nauli
(C) Trataka (D) Yog Mudra

(iii) Micronutrients are comprised of _____.
1

(A) Fats and Proteins (B) Carbohydrates and Vitamin
(C) Minerals and Vitamins (D) Proteins and Carbohydrates

(iv) According to Patanjali Yoga Sutras, enlightening the importance of controlling the mind is _____.
1

(A) Cittavritti Nirodha (B) Cittavikshepa
(C) Cittaprasadana (D) Citta Abhilasha

(v) Cardio-pulmonary resuscitation (CPR) is a life-saving procedure. The recommended order of C.A.B. intervention is _____.
1

(A) Cardio-Airways-Breathing (B) Cervical-Airways-Breathing
(C) Chest Compression, Airways, Breathing (D) Circulation, Airflow, Breathing

(vi) A combination of excessive calorie consumption and sedentary lifestyle are the primary causes of _____.
1

(A) Asthma (B) Obesity
(C) Hypertension (D) Low Back Pain

3. Answer any 5 out of the given 6 questions. (5 × 1 = 5)

(i) Which of the following statement is not a condition on which the human body remains healthy? 1

(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

(ii) Which of the following is not a noticeable feature of tamasic diet? 1

(A) Causes exhaustion and laziness (B) Individual may experience chronic depression
(C) Expansion of life span and well-being (D) Contains spoiled, unripe and overly processed food

(iii) Clarity of thoughts, inner freedom, contentment and self-confidence are the basis for _____. 1

(A) Social wellbeing (B) Emotional wellbeing
(C) Physical wellbeing (D) Mental wellbeing

(iv) What are the common symptoms of arthritis? 1

(A) Chest tightness and coughing (B) Systolic and diastolic pressure elevate above normal
(C) Accumulation of excess fat (D) Pain, swelling and joint stiffness

(v) According to Patanjali, Kriya Yoga is classified into three parts. Choose the correct option from the following: 1

(A) Pranayam, Shoucha, Santosha (B) Tapas, Swadhyaya and Ishwar-pranidhan
(C) Yama, Niyama, Pranayama (D) Asana, Pratyahara, Niyama

(vi) Yogic philosophy views the person as having five Koshas, which surround the divine self or atmaa. Which Kosha relates to the energy body? 1

(A) Annamaya kosha (B) Manomaya kosha
(C) Pranamaya kosha (D) Vijnanamaya kosha

4. Answer any 5 out of the given 6 questions. (5 × 1 = 5)

(i) This type of meditation is for those who regularly participate in prayer, as it is based on communicating with God. 1

(A) Movement Meditation (B) Mantra Meditation
(C) Spiritual Meditation (D) Focused Meditation

(ii) 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 _____.
1

(A) Bhakti Yoga (B) Karma Yoga
(C) Jnan Yoga (D) Bahirang Yoga

(iii) Which of the following statement is associated with "Samatvam Yog Uchate" – a teaching of Bhagvat Geeta?
1

(A) Yoga is skill in action (B) Practice of equanimity of mind
(C) Eating healthy and right food (D) Cultivation of spirituality

(iv) Which of the following are helpful in attaining higher level of buddhi?
1

(A) Dhyana and Jnan Yoga (B) Dhyana and Bhakti Yoga
(C) Bhakti Yoga and Karma Yoga (D) Dharna and Jnan Yoga

(v) Good intellect, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath, known as _____.
1

(A) Manomaya Kosha (B) Annamaya Kosha
(C) Pranamaya Kosha (D) Anandmaya Kosha

(vi) Which of the following is not the characteristic feature of good stress?
1

(A) Motivates (B) Anxiety
(C) Focuses Energy (D) Improves performance

5. Answer any 5 out of the given 6 questions. (5 × 1 = 5)

(i) If you are not trained and not confident about giving CPR, then provide hands-only CPR until medical help arrives, that means per minute _____.
1

(A) 30 chest compressions followed by 2 rescue breaths only (B) 50 chest compressions only
(C) 50 chest compressions with 4 rescue breaths (D) 100 chest compressions

(ii) Which of the following is not a prone line asana?
1

(A) Bhujang-asana (B) Makar-asana
(C) Supt-vajrasana (D) Shalabhasana

(iii) According to yogic philosophy, which of the following is the outermost sheath?
1

(A) Annamaya Kosha (B) Manomaya Kosha
(C) Pranamaya Kosha (D) Vijnanamaya Kosha

(iv) Maharishi Patanjali precisely explains the effects of mental distraction. Which of the following is not the symptom of "Cittavikshepa"?
1

(A) Depression (B) Blissful state of mind
(C) Trembling of the body (D) Irregular breathing

(v) Tarun is obese and wants to reduce body fat. He has started yogic practice. What advice will you give him regarding food?
1

(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 3 quarter stomach with food and one quarter with water

(D) Fill 3 quarter stomach with food and one quarter with air

(vi) Hypertension is the elevation of blood pressure above normal. Which of the following is generally accepted as hypertension?
1

(A) Systolic BP > 120 & Diastolic BP > 60 mmHg

(B) Systolic BP > 110 & Diastolic BP > 70 mmHg

(C) Systolic BP > 90 & Diastolic BP > 140 mmHg

(D) Systolic BP > 140 & Diastolic BP > 90 mmHg

SECTION – B (Subjective Type Questions)

Answer any 3 out of the given 5 questions on Employability Skills. Answer each question in 20–30 words.
(3 × 2 = 6)

6. Explain how "past experiences or mindset" act as a barrier to active listening. How can one overcome it?
2

7. Define “Self-Awareness” and also give an example of how one can be self-aware.
2

8. Mention four ways in which text can be aligned in a slide.
2

9. Briefly explain any four types of entrepreneurs.
2

10. Name any two green jobs in the following sectors:
2

(A) Solar and wind energy sector

(B) Agriculture sector

Answer any 4 out of the given 6 questions in 20–30 words each. (4 × 2 = 8)

11. What is “Basti”? Explain its any two benefits.
2

12. Write any four career opportunities in Yoga.
2

13. What are the objectives of First Aid?
2

14. Name any two asanas and two pranayamas recommended to manage hypertension.
2

15. Sudha is suffering from wheezing, coughing and shortness of breath. What is this disease called? Suggest dietary management for this.
2

16. Raman is facing problems in his everyday life due to a lack of resources to cope with them. What are the signs and symptoms of stress on his mood and behaviour?
2

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

17. During morning walk, Vibham and Ritu observed people practising Yogasanas in the park. They decided to join their practice sessions. Suggest them some aspects and key points to be kept in mind while performing yogic practices.
4

18. What do you understand by Hath-Yoga? What is the significance of Hath-Yoga?
4

19. According to Patanjali Yoga, what is the concept of mental well-being? Explain chittavritti nirodha and chitta prasadana described by Patanjali.
4

20. Explain the procedure of cardio-pulmonary resuscitation (CPR) in children before calling your local emergency help number and the A.E.D.
4

21. Yoga is considered as an effective tool for development of personality of children. Yoga acts on all five koshas surrounding the self. Explain the effect of yogic practices on any 4 koshas.
4

BRAIN INTERNATIONAL SCHOOL
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Subject – YOGA (841)

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(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 5 questions.***
- ***(b) There is no negative marking.***
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- ***(d) Marks allotted are mentioned against each question/part.***

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

- ***(a) This section has 16 questions.***
- ***(b) A candidate has to do 10 questions.***

SECTION A

(Objective Type Questions) (24 Marks)

1. Answer any *4* questions out of the given *6* questions on Employability Skills. ***4X1=4***

(i) Which of the following can be a barrier to active listening ?

(A) Objective Approach

(B) Conducive Environment

(C) Pre-occupied

(D) Empathy

(ii) _____ helps to understand what we want, how to achieve it and how we measure our success.

(A) Goal setting

(B) Hard work

(C) Positive thoughts

(D) Motivation

(iii) Ritu is characterised by a general pattern of excessive concern with orderliness, perfectionism and attention to details. Which type of personality disorder is this ?

(A) Avoidant personality disorder

(B) Obsessive-compulsive personality disorder

(C) Dependent personality disorder

(D) Histrionic personality disorder

(iv) _____ is an arrangement of cells in a vertical manner.

(A) Spreadsheet

(B) Column

(C) Row

(D) Worksheet

(v) The ability to act in a situation before others do is known as _____ .

(A) interpersonal skills (B) initiative

(C) perseverance (D) decisiveness

(vi) Which of the following Green jobs is *not* included in building and construction ?

(A) Water Management (B) Landscaping

(C) Gardening (D) E-waste Recycling

2. Answer any *5* out of the given *6* questions. ***5X1=5***

(i) Which of the following kriya helps in the cleaning of digestive tract and stomach ?

(A) Neti (B) Basti

(C) Dhauti (D) Nauli

(ii) _____ includes ghee, coconut oil, the good fats in the diet that help in keeping the body and mind healthy and sharpen the memory.

(A) Micronutrients (B) Satvic nourishment

(C) Unwholesome foods (D) Tamasic diet

(iii) Kriya Yoga is classified into three parts :

(A) Swadhyaya, Dhyana, Dharana

(B) Yama, Niyama, Ishwarpranidhana

(C) Tapas, Pranayama, Pratyahara

(D) Tapas, Swadhyaya, and Ishwarpranidhana

(iv) C-A-B means :

(A) Cardio, Airway, Breathing

(B) Cervical, Airway, Breathing

(C) Chest compression, Airway, Breathing

(D) Cold compression, Asthma, Breathing

(v) _____ is an increase of body adipose tissue (fat tissue) mass due to excess calorie consumption and sedentary lifestyle.

(A) Asthma (B) Obesity

(C) Hypertension (D) Arthritis

(vi) Macronutrients cover principally three components. Choose the correct option from the following :

(A) Proteins, Vitamins, Minerals

(B) Carbohydrates, Proteins, Iron

(C) Vitamins, Fats, Minerals

(D) Carbohydrates, Fats, Proteins

3. Answer any *5* out of the given *6* questions. ***5X1=5***

(i) Which of the following asana is performed in supine line position ?

(A) Bhujangasana (B) Gomukhasana

(C) Naukasana (D) Padahastasana

(ii) Focusing on gentle and repetitive flowing movements rather than Om chanting is a type of _____.

(A) Mantra Meditation (B) Movement Meditation

(C) Spiritual Meditation (D) Mindfulness Meditation

(iii) Dharana, Dhyana, Samadhi constitute to form _____.

(A) Antaranga Yoga (B) Karma Yoga

(C) Jnana Yoga (D) Bahiranga Yoga

(iv) Which of the following option is correct related to Satvic diet ?

(A) Green leafy vegetables, Fruits, Sprouted grains

(B) Garlic, Onion, Mushroom

(C) Fruits, Red meat, Alcohol

(D) Fermented foods, Nuts, Seeds

(v) _____ means union of the Pranic force and Mental force.

(A) Shatkriya (B) Hatha Yoga

(C) Karma Yoga (D) Jnana Yoga

(vi) Immediate help given to a sick or injured person, while awaiting ambulance or medical help is known as :

(A) Chest Compression (B) Elevation

(C) Rescue Breath (D) First Aid

4. Answer any *5* out of the given *6* questions. ***5X1=5***

(i) Which of the following is *not* a physiological condition in which the human body remains healthy ?

(A) Constant supply of adequate nourishment to the endocrine glands and other tissues

(B) Effective removal of waste products

(C) Relief from pain, anxiety and depression

(D) Proper functioning of the nervous system

(ii) _____ leads towards awareness of the entire structure of one's personality involving physical, mental, emotional and spiritual aspects.

(A) Tapas (B) Swadhyaya

(C) Ishwarpranidhana (D) Citta prasadana

(iii) In which type of yoga, work is done without attachment to the results ?

(A) Bhakti yoga (B) Jnana yoga

(C) Hatha yoga (D) Karma yoga

(iv) _____ compressions a minute for children are advised until there are signs of movement or until medical help arrives.

(A) 100 to 120 (B) 90 to 100

(C) 110 to 120 (D) 80 to 100

(v) Shooting muscle pain, limited flexibility, inability to stand straight are the symptoms of ____ .

(A) lower back pain (B) hypertension

(C) asthma (D) obesity

(vi) Emotional stability, aggression and stress tolerance are the characteristics of _____ dimension of personality.

(A) physical (B) social

(C) psychological (D) emotional

5. Answer any *5* out of the given *6* questions. ***5X1=5***

(i) _____ are the tools which mainly influence Annamaya Kosha by bringing about flexibility, relaxation, toning, strength, balance and general fitness.

(A) Asanas (B) Dhyana

(C) Pranayamas (D) Dharana

(ii) Which of the following kriya is *not* suggested for the management of Asthma ?

(A) Jala Neti (B) Kapalabhati

(C) Vastra dhauti (D) Nauli

(iii) The primary objective of first aid is to _____ .

(A) accelerate recovery

(B) move the patient to hospital

(C) minimize pain and save life

(D) complete a treatment

(iv) _____ is the one which contains all the elements of food that are needed to keep healthy.

(A) Macronutrient (B) Balanced diet

(C) Micronutrient (D) Mitahara

(v) Citta prasadana means _____ .

(A) depression (B) trembling of body

(C) irregular breathing (D) blissful state of mind

(vi) Which of the following is *not* a pranayama ?

(A) Anuloma-Viloma (B) Trataka

(C) Ujjayi (D) Bhramari

SECTION B

(Subjective Type Questions) (26 Marks)

Answer any 3 questions out of the given 5 questions on Employability Skills. Answer each question in 20 – 30 words. ***3X2=6***

6. Why is listening attentively important ? Explain briefly.

7. The acronym SMART is used to set goals. What does each letter in SMART imply?

8. What are the steps to sort data ?

9. What do you understand by interpersonal skills ? Share an example where you displayed interpersonal skills.

10. Enlist some ways by which we can reduce the amount of waste generated.

Answer any 4 out of the given 6 questions in 20 – 30 words each. ***4X2=8***

11. What are the benefits of Kapalabhati ?

12. Differentiate between Mindfulness meditation and Spiritual meditation.

13. What are the characteristics of Bad Stress ?

14. Which points should be kept in mind while providing first aid to an injured person during an emergency situation ?

15. What do you understand by Hypertension ? Suggest any four asanas to manage it.

16. What is the significance of Pranamaya Kosha ? Explain.

Answer any 3 out of the given 5 questions in 80 – 100 words each. ***3X4=12***

17. What are the signs and symptoms of Arthritis ? Suggest any two Sukshma Vyayamas which can help to manage arthritis.

18. Savita's Body Mass Index (BMI) is 38 kg/m^2.

(a) What are the causes of this condition ?

(b) Suggest any four asanas to manage this problem.

19. What is the meaning of 'Shatkarma' ? Explain the purpose and significance of it.

20. Write short notes on :

(a) Samatvam Yoga Uchayte

(b) Yogah Karmasu Kaushalam

21. Explain the concepts of healthy living according to the Bhagavad Gita.