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Yoga as Preventive Measure for Lifestyle Disease — CBSE Class 12 Physical Education Chapter Test

FREE CHAPTER TEST · CLASS XII · PHYSICAL EDUCATION (048) · PATTERN OF THE CBSE SAMPLE QUESTION PAPER 2026-27

TIME ALLOWED	MAXIMUM MARKS	QUESTIONS	NAME / ROLL NO.
1½ hours	35	17 (A 9 · B 3 · C 2 · D 1 · E 2)	

GENERAL INSTRUCTIONS

Read the following instructions very carefully and strictly follow them:

1. This question paper contains 17 questions. All questions are compulsory.
2. This question paper is divided into five sections: A, B, C, D and E.
3. Section A (Q1–9) contains multiple choice questions of 1 mark each, including assertion-reason and match-the-following questions.
4. Section B (Q10–12) contains very short answer questions of 2 marks each; answer in about 60–90 words.
5. Section C (Q13–14) contains short answer questions of 3 marks each; answer in about 100–150 words.
6. Section D (Q15) contains a case study based question of 4 marks, with four sub-parts of 1 mark each; an internal choice is given in the last sub-part.
7. Section E (Q16–17) contains long answer questions of 5 marks each; answer in about 200–300 words. Each has an internal choice: attempt only one of the alternatives.
8. Draw neat diagrams wherever required.
9. This chapter test follows the section structure, question types and marks per question of the CBSE Class XII Physical Education (048) Sample Question Paper 2026-27, at half the length of the 70-mark board paper: 35 marks in 1½ hours. (In the board paper you attempt any 5 of 6 questions in Section B, any 5 of 6 in Section C and any 3 of 4 in Section E; here every question is compulsory.)
10. The answer key and the marking scheme are at the end of this booklet. Attempt the paper in 1½ hours before you look at them.

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Chapter: Yoga as Preventive Measure for Lifestyle Disease · **Topics:** Obesity · Diabetes · Asthma · Hypertension · Back pain and arthritis · Procedure, benefits and contraindications of asanas

SECTION A

This section comprises 9 multiple choice questions (MCQs) of 1 mark each, including assertion-reason and match-the-following questions.

1. Which of the following asanas is prescribed in the syllabus for obesity? 1

(A) Halasana (B) Makarasana

(C) Shavasana (D) Sitli pranayama

2. The pranayama prescribed for obesity is 1

(A) Sitli pranayama (B) Suryabhedan pranayama

(C) Nadi-shodhan pranayama (D) Anulom-Vilom

3. Halasana should NOT be practised by a person suffering from 1

(A) constipation (B) dyspepsia

(C) cervical spondylitis (D) obesity

4. Which of the following asanas is prescribed for obesity, diabetes and asthma alike? 1

(A) Dhanurasana (B) Halasana

(C) Mandukasana (D) Makarasana

5. A person is called obese when the Body Mass Index is 1

(A) 18.5 or more (B) 25.0 or more

(C) 30.0 or more (D) 40.0 or more

6. Mandukasana is prescribed in the syllabus for 1

(A) asthma (B) diabetes

(C) hypertension (D) back pain

7. Match each pranayama or asana in List I with the lifestyle disease (List II) for which it alone is prescribed among the five. 1

List I	**List II**
A. Suryabhedan pranayama	(i) Hypertension
B. Mandukasana	(ii) Asthma
C. Anulom-Vilom	(iii) Obesity
D. Sitli pranayama	(iv) Diabetes

Choose the correct option:

(A) A-(iii), B-(ii), C-(iv), D-(i) (B) A-(iv), B-(iii), C-(ii), D-(i)

(C) A-(iii), B-(iv), C-(ii), D-(i) (D) A-(i), B-(iv), C-(ii), D-(iii)

8. Pavanmuktasana should be avoided by a person suffering from 1

(A) constipation (B) obesity

(C) gas trouble (D) hernia

9. **Assertion (A):** Kapalbhati is prescribed in the syllabus for both diabetes and asthma. 1
Reason (R): Kapalbhati is a cleansing breathing practice (a kriya) of forceful exhalations.

(A) A is true, but R is false.

(B) A is false, but R is true.

(C) Both A and R are true and R is the correct explanation of A.

(D) Both A and R are true, but R is not the correct explanation of A.

SECTION B

This section comprises 3 very short answer questions of 2 marks each (answer in about 60–90 words).

10. Write two benefits and two contraindications of Halasana. 2

11. What is obesity? Name two asanas recommended for it. 2

12. Name any four asanas or pranayamas prescribed for hypertension. 2

SECTION C

This section comprises 2 short answer questions of 3 marks each (answer in about 100–150 words).

13. Explain the procedure of Tadasana and write two of its benefits. 3

14. What is diabetes? Name any four asanas recommended for it. 3

SECTION D

This section comprises 1 case study based question of 4 marks, with four sub-parts of 1 mark each.

15. Mr Sharma, 45, works at a desk all day. His doctor has found that his blood pressure stays high, and has advised yoga along with his medicines.

(i) Name the lifestyle disease Mr Sharma has. [1]

(ii) Name one pranayama prescribed for this disease. [1]

(iii) Name one asana, done lying down, that will help him relax. [1]

(iv) Should he practise Dhanurasana? Give a reason. [1]

OR

(iv) Write one lifestyle cause of this disease. [1]

SECTION E

This section comprises 2 long answer questions of 5 marks each (answer in about 200–300 words).

16. (a) Name any four asanas prescribed for asthma. Explain the procedure, benefits and contraindications of Bhujangasana. 5

OR

(b) Explain the procedure, two benefits and two contraindications of Ardha Matsyendrasana.

17. (a) Explain the procedure, benefits and contraindications of Pavanmuktasana. 5

OR

(b) Name any four asanas prescribed for back pain and arthritis, and explain the procedure and benefits of Makarasana.

END OF THE QUESTION PAPER

ANSWER KEY — SECTION A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
(A)	(B)	(C)	(A)	(C)	(B)	(C)	(D)	(D)

MARKING SCHEME AND WORKED SOLUTIONS

Marks for each step are shown in brackets, as in the CBSE marking scheme. Any correct alternative method earns full marks.

Q1. Answer (A). Halasana is in the obesity list; Makarasana, Shavasana and Sitli are prescribed for hypertension.

Q2. Answer (B). Suryabhedan (right-nostril breathing) is the pranayama in the obesity list.

Q3. Answer (C). Halasana helps in dyspepsia and constipation, but is contraindicated in cervical spondylitis, spinal stiffness and hernia.

Q4. Answer (A). Dhanurasana is in all three lists; Halasana is for obesity only, Mandukasana for diabetes, Makarasana for hypertension and back pain.

Q5. Answer (C). BMI 25.0–29.9 is overweight; 30.0 or more is obesity.

Q6. Answer (B). Mandukasana is in the diabetes list (Uttan Mandukasana, a different asana, is for asthma and hypertension).

Q7. Answer (C). Suryabhedan — obesity (iii); Mandukasana — diabetes (iv); Anulom-Vilom — asthma (ii); Sitli — hypertension (i).

Q8. Answer (D). Pavanmuktasana aids digestion and relieves gas, but is avoided after abdominal surgery, in hernia or piles, and in pregnancy.

Q9. Answer (D). Both statements are true, but the nature of the practice does not explain why it appears in both lists. Option (d).

Q10. (2 marks) Answer: relieves constipation and dyspepsia; avoid in cervical spondylitis and hernia.
Benefits [1]: helps in dyspepsia (indigestion) and constipation; makes the spine flexible; helps reduce abdominal fat.
Contraindications [1]: cervical spondylitis; spinal stiffness; abdominal injury or hernia.

Q11. (2 marks) Answer: excess body fat, BMI ≥ 30; for example Halasana and Dhanurasana.
Obesity is a condition of excess body fat that harms health; a BMI of 30.0 or more indicates obesity. [1]
Any two [½ + ½]: Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Paschimottanasana, Ardha Matsyendrasana, Dhanurasana, Ushtrasana (or Suryabhedan pranayama).

Q12. (2 marks) Answer: for example Shavasana, Makarasana, Sitli, Nadi-shodhan.
Any four [½ each]: Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhan pranayama, Sitli pranayama.

Q13. (3 marks) Answer: stretch up on the toes with interlocked fingers; strengthens the legs and improves balance.
Procedure [2]: stand erect with the feet together and the arms by the sides; raise the arms above the head, interlock the fingers with the palms facing up; inhaling, raise the heels and stretch the whole body upwards, standing on the toes; hold for a few seconds with normal breathing; exhaling, lower the heels and arms.
Benefits, any two [1]: strengthens the legs; improves balance and posture; stretches the spine; helps increase height in growing children.

Q14. (3 marks) Answer: high blood glucose from too little or ineffective insulin; for example Mandukasana, Shalabhasana. Diabetes mellitus is a chronic metabolic disorder in which the body cannot regulate the blood glucose level, because too little insulin is produced (Type 1) or the insulin is not used properly by the body (Type 2); the blood glucose stays abnormally high. [1]
Any four [½ each]: Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Mandukasana, Gomukhasana.

Q15. (4 marks) Answer: (i) hypertension; (ii) Sitli; (iii) Shavasana; (iv) no, or stress.
(i) Hypertension (high blood pressure). [1]
(ii) Sitli pranayama or Nadi-shodhan pranayama. [1]
(iii) Shavasana or Makarasana. [1]
(iv) No: high blood pressure is a contraindication of Dhanurasana. [1]
OR (iv) Stress, lack of physical activity, obesity, or too much salt in the diet. [1]

Q16. (5 marks) Answer: four asanas, and the procedure, benefits and contraindications of Bhujangasana.
Any four [1]: Tadasana, Urdhwahastottanasana, Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Gomukhasana, Matsyasana (also Kapalbhati and Anulom-Vilom).
Procedure of Bhujangasana [2]: lie on the stomach with the legs together and the palms on the floor under the shoulders; inhaling, slowly raise the head and chest, keeping the navel on the floor and the elbows slightly bent; look up and hold with normal breathing; exhaling, come down slowly.
Benefits [1]: expands the chest and helps breathing; strengthens the back and makes the spine flexible; tones the abdomen.
Contraindications [1]: hernia; back or spinal injury; peptic ulcer; pregnancy.
OR Procedure [2]: sit with the legs stretched out; bend the left leg and place the left heel near the right buttock; place the right foot on the floor outside the left knee; bring the left arm over the right knee and hold the right foot or ankle; place the right hand on the floor behind the back; twist the trunk to the right and look over the right shoulder; hold with normal breathing, return slowly, and repeat on the other side. Benefits [1½] (any two): makes the spine flexible; massages the abdominal organs and improves digestion; helps in diabetes by stimulating the pancreas; reduces abdominal fat.
Contraindications [1½] (any two): pregnancy; peptic ulcer or hernia; recent abdominal or spinal surgery; a severe back injury.

Q17. (5 marks) Answer: knees to the chest, head up; aids digestion; avoid in hernia, piles, pregnancy.
Procedure [2]: lie on the back; bend both knees and bring the thighs to the abdomen; clasp the hands round the knees; exhaling, raise the head and touch the knees with the chin or nose; hold with normal breathing; release slowly.
Benefits [1½]: stretches the neck and back; aids digestion and relieves gas and constipation; reduces abdominal fat.
Contraindications [1½]: after abdominal surgery; hernia or piles; pregnancy; severe back or neck problems.
OR Any four [1]: Tadasana, Urdhwahastottanasana, Ardha Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana. Procedure of Makarasana [2]: lie on the stomach with the feet apart and the heels turned inwards; fold the arms and rest the head on the crossed forearms; close the eyes, relax the whole body and breathe deeply and slowly; stay for a few minutes. Benefits [2]: relaxes the back and relieves back pain; releases stress and fatigue; helps lower blood pressure; aids breathing.

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