



YOGA TRAINER (B&W)

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Yoga Trainer (B&W)

QP Code: BWS/Q2201

NSQF Level: 4

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	180
Practical	300
Viva	120
Total	600

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 180

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. Why is it important to prepare the yoga practice area before a session?
 - a) Decoration
 - b) Safety, hygiene and smooth session flow
 - c) Faster completion
 - d) Reduce effort
2. Which item should be checked before starting a yoga class?
 - a) Music volume only
 - b) Cleanliness, ventilation and floor condition
 - c) Attendance register only
 - d) Time only
3. Which component is essential in every yoga protocol?
 - a) Only asanas
 - b) Warm-up, asana, pranayama and relaxation
 - c) Meditation only
 - d) Stretching only

4. Why are yoga protocols standardised?
 - a) Decoration
 - b) Ensure safety and uniformity of practice
 - c) Speed
 - d) Marketing
5. Surya Namaskar is mainly used for:
 - a) Relaxation only
 - b) Flexibility, strength and circulation
 - c) Meditation
 - d) Breathing only
6. Which factor must be considered while selecting a yoga protocol?
 - a) Trainer preference
 - b) Participant age and health condition
 - c) Music choice
 - d) Time only
7. Which asana helps improve spinal flexibility?
 - a) Tadasana
 - b) Bhujangasana
 - c) Shavasana
 - d) Sukhasana
8. Why is breath awareness important during asana practice?
 - a) Decoration
 - b) Improve posture, balance and safety
 - c) Speed
 - d) Muscle growth
9. Which posture is generally used for relaxation at the end of a session?
 - a) Padmasana
 - b) Vajrasana
 - c) Shavasana
 - d) Dhanurasana
10. Why should counter-poses be practiced?
 - a) Decoration
 - b) Balance the effects of previous asana
 - c) Increase difficulty
 - d) Save time
11. What is the main purpose of meditation?
 - a) Physical strength
 - b) Mental calmness and awareness
 - c) Muscle growth
 - d) Weight loss

12. Which posture is commonly used for meditation?
- a) Standing
 - b) Supine
 - c) Cross-legged sitting
 - d) Prone
13. Why should meditation instructions be given in a calm voice?
- a) Decoration
 - b) Improve focus and relaxation
 - c) Speed
 - d) Discipline
14. What is the primary benefit of face yoga?
- a) Muscle building
 - b) Improve facial tone and circulation
 - c) Skin whitening
 - d) Fat gain
15. Which precaution is required before face yoga?
- a) Heavy makeup
 - b) Clean face and hands
 - c) High pressure movements
 - d) Fast repetitions
16. Why should face yoga movements be gentle?
- a) Decoration
 - b) Prevent strain and skin damage
 - c) Speed
 - d) Increase difficulty
17. Why is contraindication screening important before yoga practice?
- a) Pricing
 - b) Prevent injury and health risks
 - c) Decoration
 - d) Time saving
18. What should a trainer do if a participant feels dizzy?
- a) Ignore
 - b) Stop practice and assist immediately
 - c) Increase pace
 - d) Ask to continue
19. Which practice helps prevent injuries during yoga sessions?
- a) Overstretching
 - b) Proper alignment and supervision
 - c) Fast movements
 - d) Competition



20. What reflects professional behaviour for a yoga trainer?
- a) Casual attitude
 - b) Clean appearance and respectful communication
 - c) Silence
 - d) Strict behaviour
21. Why is punctuality important for yoga trainers?
- a) Decoration
 - b) Builds trust and discipline
 - c) Marketing
 - d) Speed
22. Why is effective communication important in yoga training?
- a) Decoration
 - b) Clear instructions and participant safety
 - c) Speed
 - d) Authority
23. What does teamwork mean in a wellness centre?
- a) Working alone
 - b) Coordinated effort with staff for smooth operations
 - c) Competition
 - d) Speed only
24. Why is record-keeping important for trainers?
- a) Decoration
 - b) Track attendance, progress and safety
 - c) Marketing only
 - d) Time saving
25. What is ethical practice in yoga training?
- a) Force participation
 - b) Respect participant consent and limits
 - c) Speed focus
 - d) High fees
26. Why is continuous learning important for yoga trainers?
- a) Exam purpose
 - b) Update skills and knowledge
 - c) Reduce workload
 - d) Avoid supervision
27. Which practice improves lung capacity?
- a) Asana only
 - b) Pranayama
 - c) Meditation
 - d) Relaxation

28. Why should hydration be encouraged during sessions?

- a) Decoration
- b) Prevent dehydration and fatigue
- c) Speed
- d) Discipline

29. What is the role of cool-down in yoga?

- a) Increase heart rate
- b) Gradual relaxation and recovery
- c) Strength training
- d) Stretching only

30. Why should yoga sessions end with relaxation?

- a) Decoration
- b) Integrate benefits and calm the body
- c) Save time
- d) Discipline

SAMPLE



SECTION B – PRACTICAL

Total Marks: 300

Practical Tasks (Combination as per NOS)

1. Prepare and Maintain Yoga Work Area
2. Demonstrate Common Yoga Protocol
3. Conduct Basic Yoga Session (Asana + Pranayama + Relaxation)
4. Conduct Meditation Session
5. Demonstrate Face Yoga Techniques
6. Health & Safety Handling during Session

SECTION C – VIVA VOCE

Total Marks: 120

Viva Questions (Indicative)

1. Why is warming up important before yoga practice?
2. Explain the benefits of Surya Namaskar.
3. What precautions are required during pranayama?
4. Why is meditation important for holistic wellbeing?
How do you handle a participant with health issues?

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.