



SENIOR YOGA INSTRUCTOR (B&W)

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Senior Yoga Instructor (B&W)

QP Code: BWS/Q2205

NSQF Level: 5.5

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	200
Practical	280
Viva	120
Total	600

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 200

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 ambient condition important before conducting yoga sessions?
 - a) Decoration
 - b) Client comfort and safety
 - c) Marketing
 - d) Time saving
2. Which practice helps prevent cross-infection in the work area?
 - a) Rearranging mats
 - b) Sterilisation and waste segregation
 - c) Music control
 - d) Attendance checking
3. What is the role of opening and closure in advanced yoga sessions?
 - a) Entertainment
 - b) Mental centring and session integration
 - c) Physical warm-up only
 - d) Time management

4. Which skill is most important while training yoga instructors?
 - a) Speed
 - b) Adaptive teaching methodology
 - c) Authority
 - d) Strict discipline
5. Why is guest intake assessment important?
 - a) Documentation only
 - b) Identify goals, limitations and conditions
 - c) Marketing
 - d) Time saving
6. Advanced yoga sessions primarily aim to:
 - a) Increase flexibility only
 - b) Enhance holistic wellbeing and self-awareness
 - c) Build muscle
 - d) Weight loss
7. Sukshma vyayama is mainly used for:
 - a) Relaxation
 - b) Joint loosening and circulation
 - c) Meditation
 - d) Strength training
8. Which practice combines breath, posture and awareness?
 - a) Kriya
 - b) Asana
 - c) Pranayama
 - d) Integrated Hatha Yoga
9. Why are bandhas practiced?
 - a) Decoration
 - b) Energy control and stability
 - c) Entertainment
 - d) Flexibility only
10. Which principle ensures safe advanced hatha yoga practice?
 - a) Overstretching
 - b) Contraindication awareness
 - c) Speed
 - d) Repetition
11. The main benefit of face yoga is:
 - a) Skin whitening
 - b) Improved tone, circulation and relaxation
 - c) Muscle hypertrophy
 - d) Fat gain

12. Why should face yoga movements be gentle?
- a) Time constraint
 - b) Prevent muscle strain and skin damage
 - c) Discipline
 - d) Speed
13. Hydration before and after face yoga helps in:
- a) Detoxification and elasticity
 - b) Weight gain
 - c) Muscle growth
 - d) Fat reduction
14. Corporate yoga mainly addresses:
- a) Competition
 - b) Workplace stress and posture issues
 - c) Muscle building
 - d) Sports training
15. Chair yoga is suitable for:
- a) Outdoor sessions
 - b) Office environments
 - c) Meditation retreats
 - d) Sports academies
16. Why should corporate yoga sessions be time-efficient?
- a) Cost reduction
 - b) Match workplace schedules
 - c) Marketing
 - d) Discipline
17. Mindful eating focuses on:
- a) Quantity of food
 - b) Awareness of food and body signals
 - c) Fasting
 - d) Diet restriction
18. Meditation helps primarily in:
- a) Muscle growth
 - b) Mental clarity and emotional balance
 - c) Weight gain
 - d) Competition
19. Contraindication screening is required to:
- a) Save time
 - b) Prevent injury and health risks
 - c) Discipline clients
 - d) Reduce workload

20. What should a trainer do during discomfort reported by a guest?
- a) Ignore
 - b) Modify or stop the practice
 - c) Increase intensity
 - d) Continue session
21. Professional appearance helps in:
- a) Branding
 - b) Building trust and credibility
 - c) Entertainment
 - d) Authority
22. Ethical practice in yoga means:
- a) Forcing practice
 - b) Respecting client limits and consent
 - c) Speed focus
 - d) High pricing
23. Why is documentation important for trainers?
- a) Decoration
 - b) Progress tracking and compliance
 - c) Marketing
 - d) Time saving
24. Teamwork in wellness centres ensures:
- a) Competition
 - b) Smooth service delivery
 - c) Authority
 - d) Discipline
25. Continuous learning helps trainers to:
- a) Reduce workload
 - b) Stay updated and effective
 - c) Avoid supervision
 - d) Increase fees
26. Which yoga component balances body and mind?
- a) Asana only
 - b) Integrated practice
 - c) Stretching
 - d) Strength training
27. Why is cool-down important?
- a) Increase heart rate
 - b) Gradual relaxation and recovery
 - c) Strength
 - d) Speed

28. Yogic counselling mainly supports:
- a) Physical fitness
 - b) Mental and emotional wellbeing
 - c) Competition
 - d) Marketing
29. Advanced yoga training differs from basic yoga by:
- a) Speed
 - b) Depth, adaptation and teaching skills
 - c) Simplicity
 - d) Repetition
30. Yoga philosophy emphasizes:
- a) Competition
 - b) Harmony of body, mind and soul
 - c) Strength
 - d) Speed



SECTION B – PRACTICAL

Total Marks: 280

Practical Tasks (NOS-based)

1. Prepare and maintain yoga work area
2. Conduct an advanced yoga session (asana, pranayama, relaxation)
3. Demonstrate advanced hatha yoga techniques
4. Conduct face yoga session
5. Conduct a corporate yoga module
6. Demonstrate meditation / mindful practice
7. Safety handling and professional conduct

SECTION C – VIVA VOCE

Total Marks: 120

Indicative Viva Questions

1. Explain the importance of intake assessment in advanced yoga.
2. Difference between basic and advanced hatha yoga.
3. Role of yoga philosophy in modern wellness.
4. Contraindications in advanced yoga practices.
5. Benefits of corporate yoga for employees.

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.