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## YOGA

(**Two hours**)

*Answers to this Paper must be written on the paper provided separately.*

*You will **not** be allowed to write during the first **15** minutes.*

*This time is to be spent in reading the question paper.*

*The time given at the head of this Paper is the time allowed for writing the answers.*

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*Attempt all questions from Section I and two questions each from Sections II, III and IV.*

*The intended marks for questions or parts of questions are given in brackets [ ].*

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### SECTION I (40 Marks)

*Attempt all questions from this Section*

#### Question 1

Fill in the blanks:

- (a) \_\_\_\_\_ in the human brain is concerned with memory. [1]
- (b) \_\_\_\_\_ is a sheet of fibers connecting the two cerebral hemispheres. [1]
- (c) \_\_\_\_\_ in the ear equalizes the air pressure on either side of the ear drum. [1]
- (d) \_\_\_\_\_ is a disorder of the eye in which the lens turns opaque. [1]
- (e) Vitamin \_\_\_\_\_ is needed for the clotting of blood. [1]
- (f) \_\_\_\_\_ arteries arise from the base of the aorta and supply blood to the muscles of the heart. [1]
- (g) The first stage of urine formation is called \_\_\_\_\_. [1]
- (h) A hormone called \_\_\_\_\_ stimulates vigorous contractions of the uterus in a pregnant woman leading to the birth of the baby. [1]

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**This Paper consists of 6 printed pages.**

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**Turn over**

## **Question 2**

State whether the following statements are *true* or *false*:

- (a) The pulmonary artery arises from the left ventricle and carries deoxygenated blood to the lungs. [1]
- (b) A vein has a thicker muscular wall than an artery. [1]
- (c) Glycosuria is a condition in which blood is found in the urine. [1]
- (d) In the kidney, the outer region is called the cortex. [1]
- (e) The semicircular canals contain a spiral organ called organ of Corti. [1]
- (f) Myxoedema is a condition caused by the under secretion of thyroxine which leads to dwarfism and mental retardation in children. [1]
- (g) The adrenal gland is endocrine as well as exocrine. [1]
- (h) Tropic hormones stimulate other endocrine glands to produce their specific hormones. [1]

## **Question 3**

Choose the correct answer from the options given in the brackets:

- (a) The outer portion of the spinal cord contains \_\_\_\_\_ matter. (*grey, white, black*) [1]
- (b) The outermost of the meninges in the brain is \_\_\_\_\_. (*Arachnoid, Pia mater, Dura mater*) [1]
- (c) \_\_\_\_\_ in the ear is concerned with static balance. (*semicircular canal, utriculus, cochlea*) [1]
- (d) \_\_\_\_\_ is a pigment in the eye that helps us to see in conditions of dim light. (*Melanin, Rhodopsin, Keratin*) [1]
- (e) Myopia is corrected using a \_\_\_\_\_ lens. (*convex, cylindrical, concave*) [1]
- (f) \_\_\_\_\_ artery supplies the liver with oxygenated blood. (*Renal, Hepatic, Mesenteric*) [1]

- (g) Cortisone is secreted by the \_\_\_\_\_ gland. (*Thyroid, Pituitary, Adrenal*) [1]
- (h) The major organic constituent of urine is \_\_\_\_\_. (*Sodium chloride, Urea, Ammonia*) [1]

#### Question 4

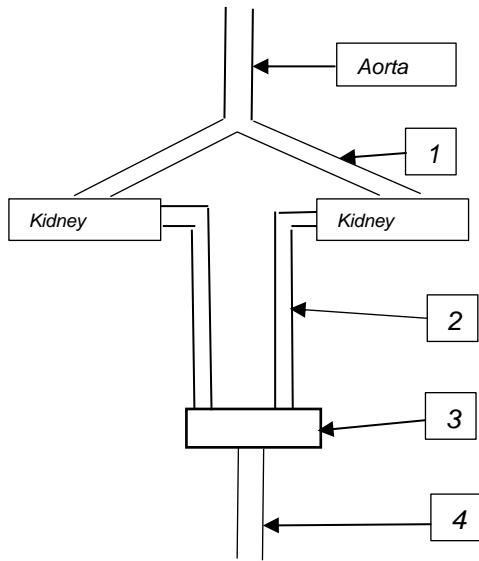
Match the items in the two columns given below:

- |                         |  |     |
|-------------------------|--|-----|
| (a) Vision              | (i) Temporal lobe                          | [1] |
| (b) Ardhamatsyendrasana | (ii) Asana excellent for opening the chest | [1] |
| (c) Sclera              | (iii) Ear                                  | [1] |
| (d) Tympanum            | (iv) Asana that soothes the nerves         | [1] |
| (e) Axon                | (v) Asana that stimulates the pancreas     | [1] |
| (f) Sarvangasana        | (vi) Eye                                   | [1] |
| (g) Urdhwadhanurasana   | (vii) Occipital lobe                       | [1] |
| (h) Hearing             | (viii) Neuron                              | [1] |

#### Question 5

- (a) Select the **odd one out**: [6]
- (i) Paschimottanasana, Matsyasana, Janushirshasana, Upavishtakonasana
  - (ii) Medulla oblongata, Pons, Cerebrum, Cerebellum
  - (iii) Afferent arteriole, efferent arteriole, ureter, glomerulus
  - (iv) Spleen, tonsils, liver, lymph glands
  - (v) Myocardial infarction, kidney failure, haemophilia, leukemia
  - (vi) Simple reflex, conditioned reflex, withdrawal of hand when pricked, closing of the eyelids when an object suddenly approaches the eye.

- (b) Label parts 1-4 of the excretory system in the diagram below: [2]



## SECTION II (20 Marks)

*Answer any two questions from this Section*

### Question 6

With respect to Gyaneshwar answer the following:

- (a) Write about any three miraculous events that were a part of Gyaneshwar's life. [6]
- (b) Write any four works or significant teachings of Gyaneshwar. [4]

### Question 7

Write notes on the following works of Ved Vyas:

- (a) The Mahabharat and Bhagwat Gita [4]
- (b) Srimad Bhagwatam [2]
- (c) Brahman Sutras [2]
- (d) Puranas [2]

### **Question 8**

With respect to Purandhardas answer the following questions:

- (a) Write about any six important works or teachings of Purandhardas that are significant. [6]
- (b) What was the turning point in Purandhardas's life? [2]
- (c) What inspiration do you draw from the life of Purandhardas? [2]

### **SECTION III (20 Marks)**

*Answer any two questions from this section*

### **Question 9**

Explain the following terms with reference to Patanjali's Yoga Sutras: [10]

- (a) Abhinivesh (also state the sutra number it is mentioned in)
- (b) Bhranti Darshana (also state the sutra number it is mentioned in)
- (c) Pramana (also state the sutra number it is mentioned in)
- (d) Shvasa Prashvasa (also state the sutra number it is mentioned in)
- (e) Avidya (also state the sutra number it is mentioned in)

### **Question 10**

- (a) Explain the four virtues i.e. Maitri, Karuna, Mudita and Upeksha as stated by Patanjali in his yoga sutras. [8]
- (b) Write the number of the Yoga sutra that describes these virtues. [1]
- (c) Describe one way in which you have cultivated or could cultivate any one of these virtues. [1]

### **Question 11**

- (a) Name and explain the Shadripus. [6]
- (b) Explain the terms Abhyasa and Vairagya. [2]
- (c) Explain the term – Viparyaya Vritti [2]

## **SECTION IV (20 Marks)**

*Answer any two questions from this section*

### **Question 12**

- (a) With respect to the Vedanta philosophy explain the following terms:
- (i) Maya [2]
  - (ii) Brahman [2]
  - (iii) Jagat [2]
  - (iv) Mithya [2]
- (b) Who was the founder of Vedanta? [1]
- (c) Why is Vedanta called a monistic philosophy or the philosophy of Advaita? [1]

### **Question 13**

Write the following sutras of Patanjali in Sanskrit and explain them word by word:

- (a) Sutra 1.14 [5]
- (b) Sutra 2.28 [5]

### **Question 14**

Compare the Yoga and Sankhya schools of Philosophy. [10]