

YOGA

Maximum Marks: 100

Time allowed: 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.

*Attempt all questions from **Section A** and any six questions from **Section B**.*

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

SECTION A (40 Marks)

*(Attempt all questions from this **Section**.)*

Question 1

Choose the correct answers to the questions from the given options.

[20]

(Do not copy the questions, write the correct answers only.)

(i) The only artery in the human body that carries deoxygenated blood is:

- (a) Renal artery
- (b) Aorta
- (c) Pulmonary artery
- (d) Coronary artery

(ii) The endocrine gland which secretes the hormone insulin is called:

- (a) Pancreas
- (b) Thyroid
- (c) Adrenal
- (d) Pituitary

This paper consists of 10 printed pages.

(iii) **Assertion (A):** The mouth becomes dry when under stress.

Reasoning (R): Under stress the parasympathetic nervous system gets activated.

- (a) Both A and R are false.
- (b) A is true but R is false.
- (c) A is false but R is true.
- (d) Both A and R are true, R is the correct explanation of A.

(iv) A common disorder of the eye in which the lens turns opaque is called:

- (a) Astigmatism
- (b) Hyperopia
- (c) Night blindness
- (d) Cataract

(v) Yogic cleansing of the ears is called:

- (a) Trakata
- (b) Karna randhra dhauti
- (c) Jivhamula shodhanam
- (d) Basti

(vi) The main nitrogenous waste eliminated by kidneys is:

- (a) Creatinine
- (b) Sodium chloride
- (c) Ammonia
- (d) Urea

(vii) The thyroid stimulating hormone (TSH) is secreted by the:

- (a) Pancreas
- (b) Adrenal gland
- (c) Thyroid gland
- (d) Pituitary gland

- (viii) The mineral required for the clotting of blood is:
- (a) Vitamin K
 - (b) Calcium
 - (c) Iron
 - (d) Zinc
- (ix) The main purpose of maintaining hygiene of the sense organs in yoga is:
- (a) To look beautiful
 - (b) To inculcate discipline
 - (c) Removal of diseases by purifying the body
 - (d) To lengthen the breath
- (x) Meena has ten pairs of new shoes, yet she buys three more, the Yama from Rishi Patanjali's Yoga Sutra that she is violating is:
- (a) Ahimsa
 - (b) Satya
 - (c) Aparigraha
 - (d) Brahmacharya
- (xi) The main therapeutic effect of the asana shown in the picture is:
- (a) It energizes the system
 - (b) It opens the heart
 - (c) It is soothing and relaxing for the nerves
 - (d) It stretches the legs
- (xii) The following terms belong to a category listed in Rishi Patanjali's Yoga Sutras: Styana, Samshaya, Pramada. Another term belonging to the same category is:
- (a) Satya
 - (b) Asana
 - (c) Viparyaya
 - (d) Avirati



(xiii) Sage Yagnavalkya learnt the Shukla Yajurveda from:

- (a) Rishi Vaisampayana
- (b) Surya Bhagwan
- (c) Rishi Parashara
- (d) Rishi Vishwamitra

(xiv) The founder of the Purva Mimansa school of philosophy is:

- (a) Rishi Kapila
- (b) Rishi Jaimini
- (c) Rishi Patanjali
- (d) Rishi Yajnavalkya

(xv) The picture depicts an aspect from the following Yoga Sutra of Rishi Patanjali:

- (a) Sutra 1.2
- (b) Sutra 1.14
- (c) Sutra 1.33
- (d) Sutra 2.28



(xvi) The sage whose main teachings revolved around the question ‘Who am I?’ was:

- (a) Ved Vyasa
- (b) Rishi Yajnavalkya
- (c) Sri Aurobindo
- (d) Ramana Maharishi

(xvii) The philosophy that most emphasizes the ‘Power of Now’ is:

- (a) Purva mimansa
- (b) Jainism
- (c) Sankhya
- (d) Tolle’s philosophy

(xviii) The hepatic portal vein empties into the:

- (a) Vena cava
- (b) Liver
- (c) Aorta
- (d) Kidney

(xix) The vritti or thought wave that refers to the correct knowledge is:

- (a) Viparyaya
- (b) Vikalpa
- (c) Pramana
- (d) Smriti

(xx) The name of Sant Narsi Mehta's grandmother who raised him was:

- (a) Sunandadevi
- (b) Laxmidevi
- (c) Duritgauri
- (d) Jayakunwar

Question 2

(i) State whether the following are **true or false**:

[5]

- (a) The adrenal gland is regarded as the master gland of the body.
- (b) The tympanum is a part of the outer ear.
- (c) Myocardial infarction is a disorder in which the blood does not clot easily.
- (d) The coronary arteries supply the lungs with oxygenated blood.
- (e) The cochlea contains a spiral organ called the organ of Corti.

- (ii) **Match** the columns: [5]
- | | |
|--------------------|--|
| (a) Motor nerves | 1. 31 pairs |
| (b) Artery | 2. 12 pairs |
| (c) Cranial nerves | 3. Has a thick muscular wall |
| (d) Capillary | 4. Has no muscular wall |
| (e) Spinal nerves | 5. Carry impulses from brain or spinal cord to the effector organs |
- (iii) Select the **odd one** out: [5]
- (a) Spinal cord, Brain, Reflex action, White matter on the outside.
 - (b) Janushirshasana, Parivritta Trikonasana, Ardha Chandrasana, Uttanasana.
 - (c) Renal artery, Vena cava, Aorta, Hepatic artery.
 - (d) Diabetes insipidus, Diabetes mellitus, Dwarfism, Gigantism.
 - (e) Erythrocytes, Leucocytes, Biconcave, Lack mitochondria.
- (iv) **Name** the following: [5]
- (a) The part of the brain that controls the activities of the internal organs for example, beating of the heart.
 - (b) The inner lighter portion of the kidney.
 - (c) The process by which white blood cells squeeze through the walls of the capillaries into the tissues.
 - (d) The hormone that controls the volume of urine produced by the kidneys.
 - (e) The part of the autonomic nervous system that is stimulated by the hormone adrenaline.

SECTION B (60 Marks)

(Answer any six questions from this Section.)

Question 3

- (i) Write *two* aspects of the following works of Rishi Yajnavalkya: [4]
- (a) Krishna Yajurveda
 - (b) Yoga Yajnavalkya samhita
- (ii) Write *two* aspects of the following works of Rishi Ved Vyasa. Also state *one* way each of these works inspire you: [6]
- (a) Brahma sutras
 - (b) The Mahabharata

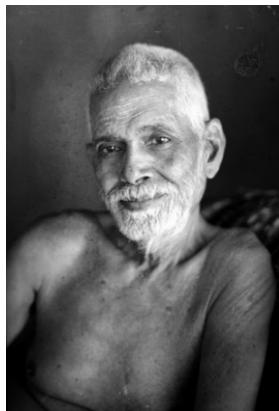
Question 4

With respect to Swami Vivekananda write about the following:

- (i) Write *one* sentence each on the following works of Swami Vivekananda: [2]
- (a) Raja Yoga
 - (b) My Master
- (ii) Describe *any two* ways in which you draw inspiration from the life of Swami Vivekananda. [2]
- (iii) A brief description of his first living experience with the Divine Mother in the Kali temple at Dakshineshwar. [3]
- (iv) An incident from his childhood that exhibits his truthfulness or his courage. [3]

Question 5

(i)



[4]

The picture shows a famous Indian sage.

- (a) Name the sage. Where is his ashram located?
 - (b) What was the event that made him leave his home at a very young age on a spiritual quest?
- (ii) (a) Write about an incident in the life of Sant Narsi Mehta to show how grace came to his rescue at a moment of difficulty. [6]
- (b) Write *any two* teachings of Sri Aurobindo that inspire you. Why do these teachings inspire you?

Question 6

With respect to the Sadhana Pada write notes on the following:

- (i) Pratipaksha Bhavanam [2]
- (ii) Pranayama [2]
- (iii) Write a sentence on the following limbs of Ashtang Yoga: [3]
 - (a) Pratyahara
 - (b) Dhyana
 - (c) Samadhi
- (iv) Name the *first three* yamas listed in the Yoga Sutras, writing a sentence on each of them. [3]

Question 7

With respect to the Samadhi Pada answer the following questions:

- (i) Write a sentence on the following obstacles listed in Yoga sutra 1.30: [2]
- (a) Bhrantidarshana
 - (b) Vyadhi
- (ii) Which of the nine obstacles listed in sutra 1.30 trouble you the most? Why? [2]
- (iii) Write a sentence each on the two wings of yoga, Abhyasa and Vairagya. Describe *any one* way in which you have brought Abhyasa or Vairagya into your life. [3]
- (iv) Write a sentence on each of the following: [3]
- (a) Viparyaya vritti
 - (b) Vikalpa vritti
 - (c) Klishta vritti

Question 8

- (i) Explain the term Nirbeej Samadhi. [2]
- (ii) Explain the term Pranava Mantra. [2]
- (iii) What is the Vibhuti obtained when the object of samyama is: [3]
- (a) The navel
 - (b) The head
 - (c) The heart?
- (iv) Write a sentence on the following terms from the Kaivalyapada: [3]
- (a) Dharma megha samadhi
 - (b) Chit
 - (c) Chitta

Question 9

- (i) Write about *any two* teachings of the Jain school of philosophy. [2]
- (ii) Write a sentence each on Purusha and Prakriti (from the Sankhya philosophy). [2]
- (iii) Write about *any two* teachings of Eckhart Tolle that inspire you. Why do they inspire you? [3]
- (iv) Write a sentence each on the first three of the four Noble Truths of Buddhism. [3]

Question 10

Write the following Yoga sutras in Sanskrit (transliteration allowed), explain them word by word and write the meaning of the entire sutra:

- (i) Yoga sutra 1.33 [5]
- (ii) Yoga sutra 1.14 [5]

Question 11

Write *ten* points of comparison (similarities and differences) between the Uttara Mimansa and the Purva Mimansa. [10]