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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) Endocrine glands secrete \_\_\_\_\_ into the bloodstream for transport to target organs. [1]
- (b) \_\_\_\_\_ is a condition in which objects which are at far distance appear blurred. [1]
- (c) The urine is intermittently emptied from the urinary bladder to the outside of body through the \_\_\_\_\_. [1]
- (d) Each kidney contains over one million tiny blood processing units called \_\_\_\_\_. [1]
- (e) Over secretion by the \_\_\_\_\_ gland causes gigantism. [1]
- (f) The mitral valve is also known as the \_\_\_\_\_ valve. [1]
- (g) The only vein that carries oxygenated blood is \_\_\_\_\_ vein. [1]
- (h) \_\_\_\_\_ hormone increases reabsorption of water from the kidney tubules. [1]
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**This Paper consists of 6 printed pages.**

## Question 2

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

- (a) Phagocytosis is a function of platelets. [1]
- (b) The inner portion of the spinal cord consists of gray matter. [1]
- (c) Red blood cells are responsible for blood clotting. [1]
- (d) The main function of cerebrum is to maintain balance of the body and coordinate muscular activity. [1]
- (e) Practice of Shirshasana improves blood circulation particularly the movement of blood along the veins. [1]
- (f) In human eyes the yellow spot is the area of no vision and the blind spot is the area of best vision. [1]
- (g) The diencephalon in the brain is made up of pons and medulla oblongata. [1]
- (h) Kidneys are the primary excretory organs that eliminate nitrogenous waste chiefly urea from the blood. [1]

## Question 3

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

- (a) The asana that is the most calming for the nerves is \_\_\_\_\_. (*Urdhwa Dhanurasana, Sarvangasana, Marichyasana III*) [1]
- (b) \_\_\_\_\_ carry / carries waste from the kidney to the bladder. (*Urethra, Ureters, Renal pelvis*) [1]
- (c) The \_\_\_\_\_ is a portion of the nephron between the loop of Henle and the collecting duct. (*Bowman's Capsule, Distal convoluted tubule, Proximal convoluted tubule*) [1]
- (d) The systolic value of blood pressure in normal healthy human is \_\_\_\_\_. (*140-190mm, 100-140mm, 100-200mm*) [1]
- (e) \_\_\_\_\_ carries impulses from one hemisphere of the cerebellum to the [1]

other hemisphere and coordinates muscular movements on both the sides of the body. (*Forebrain, Pons, Spinal Cord*)

- (f) The protective layer covering the heart is known as \_\_\_\_\_. (*Pleura, Pericardium, Piamater*) [1]
- (g) When the lens of the eye turns opaque it causes a condition called \_\_\_\_\_. (*Night blindness, Colour blindness, Cataract*) [1]
- (h) Glucagon is a hormone produced by the \_\_\_\_\_ cells. (*Alpha, Delta, Beta*) [1]

#### Question 4

Match the items in the two columns given below:

- |                  |                       |     |
|------------------|-----------------------|-----|
| (a) Hind Brain   | (i) Vein              | [1] |
| (b) Glomerulus   | (ii) Ultrafiltration  | [1] |
| (c) Narrow lumen | (iii) Ear Ossicles    | [1] |
| (d) Stirrup      | (iv) Pons             | [1] |
| (e) Forebrain    | (v) Artificial kidney | [1] |
| (f) Dialysis     | (vi) Artery           | [1] |
| (g) Wide lumen   | (vii) Lymph glands    | [1] |
| (h) Tonsils      | (viii) Thalamus       | [1] |

#### Question 5

Select the **odd one** out:

- (a) Night-blindness, Astigmatism, Hyperopia, Deafness. [1]
- (b) Cerebrum, Cerebellum, Capillaries, Pons. [1]
- (c) Simple goitre, Exophthalmic goitre, Myxoedema, Diabetes Insipidus. [1]
- (d) Urethra, Uterus, Urinary Bladder, Urethra. [1]

- (e) Serum, Acetylcholine, Plasma, Lymph. [1]
- (f) Hepatic vein, Renal vein, Aorta, Vena Cava. [1]
- (g) Dura mater, Pia mater, Gray matter, Arachnoid [1]
- (h) Liver, Pituitary, Thyroid, Adrenal [1]

## SECTION II (20 Marks)

Answer any *two* questions from this Section

### Question 6

With respect to Ved Vyasa answer the following questions:

- (a) Write notes on the following works of *Ved Vyasa*: [8]
- (i) Brahman Sutras
  - (ii) The Mahabharata
  - (iii) The Bhagwatam
  - (iv) The Puranas
- (b) What was his relationship with the following people: [2]
- (i) Satyawati
  - (ii) The Pandavas

### Question 7

With respect to *Narsi Mehta* answer the following questions:

- (a) Write about any three miracles that happened during Narsi's life that prove his greatness to us. [6]
- (b) Write notes on Narsi's composition "*Vaishnav Jan To Tene Kahiye je...*" [2]
- (c) Narsi's life teaches us the importance of having faith in the existence of God. [2]  
How important is faith to you? Why?

### Question 8

With respect to Yajnavalkya write about the following:

- (a) His relationship with Vaisampayana and the Krishna Yajurveda. [4]
- (b) His relationship with King Janak. [2]
- (c) His relationship with Surya Bhagwan and the Shukla Yajurveda. [2]
- (d) His relationship with Gargi and the Yoga Yajnavalkya Samhiti [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) Vairagya
- (b) Sabija Samadhi
- (c) Avidya
- (d) Chitta Prasadnam
- (e) Swadhyaya

### Question 10

- (a) What is the meaning of Antarayas or Chitta Vikshepas? [1]
- (b) State the names of all the Antarayas as per Sage Patanjali's Sutra 1.30. [3]
- (c) Write in detail on any three Antarayas. [6]

### Question 11

- (a) In the third pada of sage Patanjali's Yoga Sutra he mentions Samyama. [5]  
Explain Samyama.  
What are the three aspects that constitute Samyama?
- (b) Write a short note on Kriya Yoga of Sage Patanjali. [3]
- (c) Explain the term Ishwar Pranidhan as explained to us in Patanjali Yoga Sutras. [2]

**SECTION IV (20 Marks)**

*Answer any two questions from this section*

**Question 12**

- (a) With respect to Samkhya Philosophy explain the following:
- (i) Purusha [2]
  - (ii) Prakriti [2]
  - (iii) Gunas [2]
  - (iv) Gyan Indriyas [1]
  - (v) Karma Indriyas [1]
- (b) (i) Who is the founder of the Purva Mimamsa and School of Philosophy? [2]
- (ii) Who is the founder of the Uttar Mimamsa School of Philosophy?

**Question 13**

- (a) Write Sage Patanjali Yoga Sutra 2.3 in Sanskrit and explain it word by word. [5]
- (b) Write the Yoga Sutra of Sage Patanjali which gives us the definition of Yoga. [5]  
Write this sutra in Sanskrit with its sutra number and explain it word by word.

**Question 14**

Compare the Buddhist and Jain schools of Philosophies. [10]