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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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Turn over

## 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]
- Brahman Sutras
  - The Mahabharata
  - The Bhagwatam
  - The Puranas
- (b) What was his relationship with the following people: [2]
- Satyavati
  - 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's 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]