
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.

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 [].

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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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

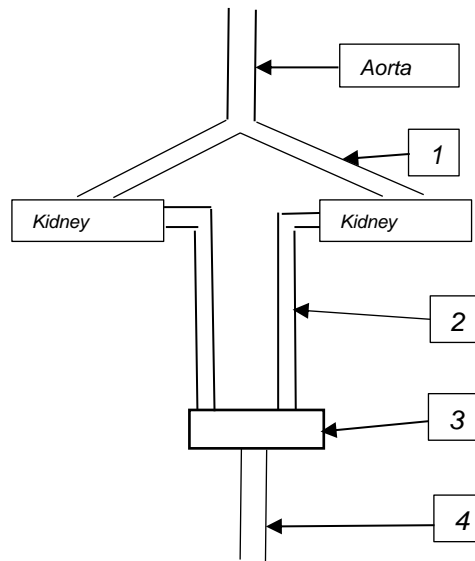
Match the items in the two columns given below:

- | | | |
|-------------------------|--|-----|
| (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]