

# YOGA

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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.

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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[ ].

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## 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 artery that arises from the right ventricle and carries deoxygenated blood to the lungs is:
- (a) The pulmonary vein
  - (b) Vena cava
  - (c) The pulmonary artery
  - (d) Aorta
- (ii) The endocrine gland which secretes the hormone cortisone is called:
- (a) Pituitary gland
  - (b) Adrenal gland
  - (c) Thyroid gland
  - (d) Pancreas

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Turn Over

- (iii) The largest portion of the brain that controls all the voluntary actions and is the seat of intelligence is:
- (a) Cerebellum
  - (b) Diencephalon
  - (c) Pons
  - (d) Cerebrum
- (iv) The outermost layer of the eyeball, white in colour is called:
- (a) Retina
  - (b) Choroid
  - (c) Vitreous chamber
  - (d) Sclera
- (v) The process that involves cleaning the root of the tongue is called:
- (a) Basti
  - (b) Dantamula Dhauti
  - (c) Jivha mula Shodhana
  - (d) Jala neti
- (vi) The urine produced in the kidney constantly flows through this tube to collect in the bladder:
- (a) Urethra
  - (b) Ureter
  - (c) Pelvis
  - (d) Cortex
- (vii) A disease caused by the *undersecretion* of the thyroid gland is:
- (a) Exophthalmic goitre
  - (b) Acromegaly
  - (c) Diabetes
  - (d) Cretinism

- (viii) The type of blood cells involved with the clotting of blood are:
- (a) Erythrocytes
  - (b) Thrombocytes
  - (c) Leucocytes
  - (d) Red blood cells
- (ix) The practice in which we use our eyes to increase concentration and focus is called:
- (a) Dantamula dhauti
  - (b) Vaman dhauti
  - (c) Sutra neti
  - (d) Trataka
- (x) The power obtained by practicing Samyama on this, is the knowledge of the course of destiny:
- (a) Pit of the throat
  - (b) Heart
  - (c) Navel
  - (d) The pole star
- (xi) The term 'chittaprāsadanam' from Patanjali's Yoga sutra 1.33 means:
- (a) A calm, benevolent and purified consciousness.
  - (b) A constantly scattered consciousness.
  - (c) A dull and dark consciousness.
  - (d) A consciousness which is calm at times, scattered at times.
- (xii) The founder of the Purva Mimansa school of philosophy is:
- (a) Rishi Patanjali
  - (b) Rishi Jaimini
  - (c) Rishi Kapila
  - (d) Sage Ved Vyasa

- (xiii) The hill that played a very important role in Ramana Maharishi's life is called:
- (a) Mount Kailas
  - (b) Nilgiri hill
  - (c) Chamundi hill
  - (d) Arunachala hill
- (xiv) The Yoga sutra that describes how the practice of yoga can achieve a firm grounding (Driddha Bhoomi) is:
- (a) Yoga sutra 2.28
  - (b) Yoga sutra 1.14
  - (c) Yoga sutra 2.3
  - (d) Yoga sutra 1.33
- (xv) Agamas is an important text from this school of philosophy:
- (a) Buddhism
  - (b) Samkhya
  - (c) Vedanta
  - (d) Jainism
- (xvi) The sage whose guru was Rishi Vaisampayana was:
- (a) Rishi Patanjali
  - (b) Rishi Yagnavalkya
  - (c) Swami Brahmananda
  - (d) Swami Vivekananda
- (xvii) The 'Pain Body' is a concept from this school of philosophy:
- (a) The Buddhist philosophy
  - (b) The Jain philosophy
  - (c) Eckhart Tolle's philosophy
  - (d) The Samkhya philosophy

- (xviii) The artery that arises from the base of the aorta and supplies blood to the heart muscles is:
- (a) Pulmonary artery
  - (b) Hepatic artery
  - (c) Coronary artery
  - (d) Renal artery
- (xix) The Chittavikshepa that means disease or illness is:
- (a) Samshaya
  - (b) Pramada
  - (c) Vyadhi
  - (d) Styana
- (xx) A newspaper called Vande Mataram was edited by:
- (a) Swami Vivekananda
  - (b) Subhash Chandra Bose
  - (c) Sri Aurobindo
  - (d) Sri Ramana Maharishi

## Question 2

- (i) State whether the following are true or false: [5]
- (a) The adrenal gland is located in front of the neck.
  - (b) The eustachian tube equalizes the air pressure on either side of the eardrum.
  - (c) Veins have thicker muscular coats than arteries.
  - (d) The contraction phase of the heart is called diastole.
  - (e) A concave lens is used to correct myopia.

- (ii) Match the columns: [5]
- |                                    |                                      |
|------------------------------------|--------------------------------------|
| (a) Sympathetic nervous system     | 1. Carries blood away from the heart |
| (b) Artery                         | 2. Mixed nerves                      |
| (c) Parasympathetic nervous system | 3. Accelerates the heartbeat         |
| (d) Vein                           | 4. Vasodilation                      |
| (e) Spinal cord                    | 5. Carries blood towards the heart   |
- (iii) Select the odd one out: [5]
- (a) Sensory neuron, Receptor, Effector, Pons
- (b) Ardha Chandrasana, Matsyasana, Uttanasana, Parivritta Trikonasana
- (c) Cerebellum, Cerebrum, Pons, Medulla Oblongata
- (d) Addison's disease, Arteriosclerosis, Simple goitre, Adrenal virilism
- (e) Haemophilia, Phagocytosis, Anaemia, Angina pectoris
- (iv) Name the following: [5]
- (a) The membranous coverings that protect the brain.
- (b) The largest inorganic solute found in the urine.
- (c) The type of blood cells that are shaped like biconcave discs and are concerned with gaseous exchange in the body.
- (d) A blood vessel that carries deoxygenated blood away from the kidney.
- (e) The lobe of the cerebrum that controls vision.

**SECTION B (60 Marks)**

*(Answer any six questions from this Section.)*

**Question 3**

- (i) With respect to Swami Vivekananda write two sentences on each of the following: [4]
- (a) His speech at the Parliament of World Religions
- (b) Any two teachings of Swami Vivekananda

- (ii) Describe the following works of Ved Vyasa in 3 sentences each: [6]
- (a) Srimad Bhagwatam
- (b) Mahabharat with a special reference to the Bhagwad Gita

#### Question 4

With respect to Sri Aurobindo write notes on the following:

- (i) His experience of the silent mind after guidance from Lele. [2]
- (ii) Auroville and the Matrimandir. [2]
- (iii) Any *three* teachings of Sri Aurobindo. [3]
- (iv) Name the *three* major works of Sri Aurobindo and write a sentence on each of them. [3]

#### Question 5

With respect to Ramana Maharishi write notes on the following:

- (i) His relationship with his mother. [2]
- (ii) Setting up of the Ramana Ashram. [2]
- (iii) His method of self enquiry. [3]
- (iv) The experience he had at a young age that led him to the all-consuming question, 'Who am I?' [3]

#### Question 6

With respect to Rishi Patanjali's yoga sutras answer the following:

- (i) Explain the following terms: [4]
- (a) Ishwara Pranidhana
- (b) Viparyaya
- (ii) Write *any three* ways of spiritual accomplishments listed in the Kaivalya pada. [3]
- (iii) Write the *three* components of Kriya yoga from the Sadhana pada. [3]

### Question 7

Answer the following:

- (i) Explain the term 'avirati'. [2]
- (ii) Explain the term 'pratyahara'. [2]
- (iii) Describe the *three* components of Samyama from the Vibhuti Pada. [3]
- (iv) Name and describe in *two* sentences, the eighth limb of Ashtanga yoga. [3]

### Question 8

- (i) Which of the three virtues listed in Sutra 1.33 have you tried to practice? How? [2]
- (ii) Describe Klishta and Aklishta vrittis mentioned by Rishi Patanjali in his yoga sutras. [2]
- (iii) Write a sentence each on the first 3 Kleshas listed in Yoga sutra 2.3. [3]
- (iv) Which two of the Kleshas listed in Yoga sutra 2.3 trouble you the most? Why? [3]

### Question 9

- (i) With respect to Eckhart Tolle's philosophy explain the following: [4]
  - (a) What does Tolle mean by the 'consciousness beyond the mind'?
  - (b) How does breath awareness help us to access the "Power of Now"?

Or

What according to Tolle is the importance of breath awareness?

- (ii) Write *any three* teachings of the Vedanta school of philosophy. [3]
- (iii) Write *any three* teachings of the Jain school of philosophy. [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 2.28 [5]
- (ii) Yoga sutra 1.2 [5]

### Question 11

Write ten points of comparison (similarities and differences) between the Yoga and Samkhya schools of philosophy. [10]