

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 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

- (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 'chittaprasadanam' 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 (Dhridha 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 Klisha 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]