

# 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]

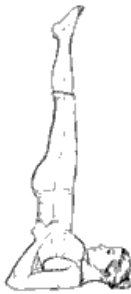
(Do not copy the questions, write the correct answers only.)

- (i) The only artery in the human body that carries deoxygenated blood is:
- (a) Renal artery
  - (b) Aorta
  - (c) Pulmonary artery
  - (d) Coronary artery
- (ii) The endocrine gland which secretes the hormone insulin is called:
- (a) Pancreas
  - (b) Thyroid
  - (c) Adrenal
  - (d) Pituitary

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**This paper consists of 10 printed pages.**

- (iii) **Assertion (A):** The mouth becomes dry when under stress.  
**Reasoning (R):** Under stress the parasympathetic nervous system gets activated.
- (a) Both A and R are false.
  - (b) A is true but R is false.
  - (c) A is false but R is true.
  - (d) Both A and R are true, R is the correct explanation of A.
- (iv) A common disorder of the eye in which the lens turns opaque is called:
- (a) Astigmatism
  - (b) Hyperopia
  - (c) Night blindness
  - (d) Cataract
- (v) Yogic cleansing of the ears is called:
- (a) Trakata
  - (b) Karna randhra dhauti
  - (c) Jivhamula shodhanam
  - (d) Basti
- (vi) The main nitrogenous waste eliminated by kidneys is:
- (a) Creatinine
  - (b) Sodium chloride
  - (c) Ammonia
  - (d) Urea
- (vii) The thyroid stimulating hormone (TSH) is secreted by the:
- (a) Pancreas
  - (b) Adrenal gland
  - (c) Thyroid gland
  - (d) Pituitary gland

- (viii) The mineral required for the clotting of blood is:
- (a) Vitamin K
  - (b) Calcium
  - (c) Iron
  - (d) Zinc
- (ix) The main purpose of maintaining hygiene of the sense organs in yoga is:
- (a) To look beautiful
  - (b) To inculcate discipline
  - (c) Removal of diseases by purifying the body
  - (d) To lengthen the breath
- (x) Meena has ten pairs of new shoes, yet she buys three more, the Yama from Rishi Patanjali's Yoga Sutra that she is violating is:
- (a) Ahimsa
  - (b) Satya
  - (c) Aparigraha
  - (d) Brahmacharya
- (xi) The main therapeutic effect of the asana shown in the picture is:
- (a) It energizes the system
  - (b) It opens the heart
  - (c) It is soothing and relaxing for the nerves
  - (d) It stretches the legs
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- (xii) The following terms belong to a category listed in Rishi Patanjali's Yoga Sutras: Styana, Samshaya, Pramada. Another term belonging to the same category is:
- (a) Satya
  - (b) Asana
  - (c) Viparyaya
  - (d) Avirati

(xiii) Sage Yagnavalkya learnt the Shukla Yajurveda from:

- (a) Rishi Vaisampayana
- (b) Surya Bhagwan
- (c) Rishi Parashara
- (d) Rishi Vishwamitra

(xiv) The founder of the Purva Mimansa school of philosophy is:

- (a) Rishi Kapila
- (b) Rishi Jaimini
- (c) Rishi Patanjali
- (d) Rishi Yajnavalkya

(xv) The picture depicts an aspect from the following Yoga Sutra of Rishi Patanjali:

- (a) Sutra 1.2
- (b) Sutra 1.14
- (c) Sutra 1.33
- (d) Sutra 2.28



(xvi) The sage whose main teachings revolved around the question 'Who am I?' was:

- (a) Ved Vyasa
- (b) Rishi Yajnavalkya
- (c) Sri Aurobindo
- (d) Ramana Maharishi

(xvii) The philosophy that most emphasizes the 'Power of Now' is:

- (a) Purva mimansa
- (b) Jainism
- (c) Sankhya
- (d) Tolle's philosophy

- (xviii) The hepatic portal vein empties into the:
- (a) Vena cava
  - (b) Liver
  - (c) Aorta
  - (d) Kidney
- (xix) The vritti or thought wave that refers to the correct knowledge is:
- (a) Viparyaya
  - (b) Vikalpa
  - (c) Pramana
  - (d) Smriti
- (xx) The name of Sant Narsi Mehta's grandmother who raised him was:
- (a) Sunandadevi
  - (b) Laxmidevi
  - (c) Duritgauri
  - (d) Jayakunwar

## Question 2

- (i) State whether the following are **true or false**: [5]
- (a) The adrenal gland is regarded as the master gland of the body.
  - (b) The tympanum is a part of the outer ear.
  - (c) Myocardial infarction is a disorder in which the blood does not clot easily.
  - (d) The coronary arteries supply the lungs with oxygenated blood.
  - (e) The cochlea contains a spiral organ called the organ of Corti.

(ii) **Match** the columns: [5]

- |                    |  |
|--------------------|--|
| (a) Motor nerves   | 1. 31 pairs  |
| (b) Artery         | 2. 12 pairs  |
| (c) Cranial nerves | 3. Has a thick muscular wall                                       |
| (d) Capillary      | 4. Has no muscular wall  |
| (e) Spinal nerves  | 5. Carry impulses from brain or spinal cord to the effector organs |

(iii) Select the **odd one** out: [5]

- (a) Spinal cord, Brain, Reflex action, White matter on the outside.
- (b) Janushirshasana, Parivritta Trikonasana, Ardha Chandrasana, Uttanasana.
- (c) Renal artery, Vena cava, Aorta, Hepatic artery.
- (d) Diabetes insipidus, Diabetes mellitus, Dwarfism, Gigantism.
- (e) Erythrocytes, Leucocytes, Biconcave, Lack mitochondria.

(iv) **Name** the following: [5]

- (a) The part of the brain that controls the activities of the internal organs for example, beating of the heart.
- (b) The inner lighter portion of the kidney.
- (c) The process by which white blood cells squeeze through the walls of the capillaries into the tissues.
- (d) The hormone that controls the volume of urine produced by the kidneys.
- (e) The part of the autonomic nervous system that is stimulated by the hormone adrenaline.

**SECTION B (60 Marks)**

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

**Question 3**

- (i) Write *two* aspects of the following works of Rishi Yajnavalkya: [4]
- (a) Krishna Yajurveda
- (b) Yoga Yajnavalkya samhita
- (ii) Write *two* aspects of the following works of Rishi Ved Vyasa. Also state *one* way [6]  
each of these works inspire you:
- (a) Brahma sutras
- (b) The Mahabharata

**Question 4**

With respect to Swami Vivekananda write about the following:

- (i) Write *one* sentence each on the following works of Swami Vivekananda: [2]
- (a) Raja Yoga
- (b) My Master
- (ii) Describe *any two* ways in which you draw inspiration from the life of Swami [2]  
Vivekananda.
- (iii) A brief description of his first living experience with the Divine Mother in the [3]  
Kali temple at Dakshineswar.
- (iv) An incident from his childhood that exhibits his truthfulness or his courage. [3]

### Question 5

(i)



[4]

The picture shows a famous Indian sage.

- (a) Name the sage. Where is his ashram located?
- (b) What was the event that made him leave his home at a very young age on a spiritual quest?
- (ii) (a) Write about an incident in the life of Sant Narsi Mehta to show how grace came to his rescue at a moment of difficulty. [6]
- (b) Write *any two* teachings of Sri Aurobindo that inspire you. Why do these teachings inspire you?

### Question 6

With respect to the Sadhana Pada write notes on the following:

- (i) Pratipaksha Bhavanam [2]
- (ii) Pranayama [2]
- (iii) Write a sentence on the following limbs of Ashtang Yoga: [3]
- (a) Pratyahara
- (b) Dhyana
- (c) Samadhi
- (iv) Name the *first three* yamas listed in the Yoga Sutras, writing a sentence on each of them. [3]

### Question 7

With respect to the Samadhi Pada answer the following questions:

- (i) Write a sentence on the following obstacles listed in Yoga sutra 1.30: [2]
- (a) Bhrantidarshana  
(b) Vyadhi
- (ii) Which of the nine obstacles listed in sutra 1.30 trouble you the most? Why? [2]
- (iii) Write a sentence each on the two wings of yoga, Abhyasa and Vairagya. Describe *any one* way in which you have brought Abhyasa or Vairagya into your life. [3]
- (iv) Write a sentence on each of the following: [3]
- (a) Viparyaya vritti  
(b) Vikalpa vritti  
(c) Klishta vritti

### Question 8

- (i) Explain the term Nirbeej Samadhi. [2]
- (ii) Explain the term Pranava Mantra. [2]
- (iii) What is the Vibhuti obtained when the object of samyama is: [3]
- (a) The navel  
(b) The head  
(c) The heart?
- (iv) Write a sentence on the following terms from the Kaivalyapada: [3]
- (a) Dharma megha samadhi  
(b) Chit  
(c) Chitta

**Question 9**

- (i) Write about *any two* teachings of the Jain school of philosophy. [2]
- (ii) Write a sentence each on Purusha and Prakriti (from the Sankhya philosophy). [2]
- (iii) Write about *any two* teachings of Eckhart Tolle that inspire you. Why do they inspire you? [3]
- (iv) Write a sentence each on the first three of the four Noble Truths of Buddhism. [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 1.33 [5]
- (ii) Yoga sutra 1.14 [5]

**Question 11**

Write *ten* points of comparison (similarities and differences) between the Uttara Mimansa and the Purva Mimansa. [10]