

# YOGA

***Maximum Marks: 100***

***Time allowed: Two hours***

1. *Answers to this Paper must be written on the paper provided separately.*
  2. *You will **not** be allowed to write during the first 15 minutes.*
  3. *This time is to be spent in reading the question paper.*
  4. *The time given at the head of this Paper is the time allowed for writing the answers.*
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5. *Attempt **all** questions from **Section A** and **any six** questions from **Section B**.*
  6. *The intended marks for questions or parts of questions are given in brackets[ ].*

## ***Instruction for the Supervising Examiner***

*Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.*

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**This paper consists of 12 printed pages.**

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**Turn Over**

## 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 chamber of the heart which has the thickest wall is the:
- (a) Right auricle
  - (b) Right ventricle
  - (c) Left auricle
  - (d) Left ventricle
- (ii) The secretion of this endocrine gland increases blood supply to the muscles under conditions of stress while decreasing it to the skin and visceral organs:
- (a) Pituitary gland
  - (b) Thyroid gland
  - (c) Adrenal gland
  - (d) Pineal gland
- (iii) **Statement (1):** The iris controls the size of the pupil.  
**Statement (2):** The pupil is made up of radial and circular muscles.
- (a) Statement (1) is true while Statement (2) is false.
  - (b) Statement (2) is true while Statement (1) is false.
  - (c) Statement (2) is the cause of Statement (1).
  - (d) Statements (1) and (2) are both true but are independent of each other.

(iv) Ureters originate from the:

- (a) Uterus
- (b) Urinary bladder
- (c) Kidneys
- (d) Liver

(v) The yogic kriya shown in the picture:

- (a) Mainly stimulates the mind
- (b) Mainly cleans the ears
- (c) Mainly blocks out sound
- (d) Mainly exercises the fingers



(vi) During dialysis, the patient's blood is drawn from which artery through the dialysis machine for purification?

- (a) Coronary artery
- (b) Renal artery
- (c) Radial artery
- (d) Hepatic artery

(vii) This particular yogic kriya is the best for improving concentration:

- (a) Karnarandharadhauti
- (b) Jivhamulashodhanam
- (c) Vaman dhauti
- (d) Trataka

(viii) Antibodies are produced by blood cells called:

- (a) Erythrocytes
- (b) Leucocytes
- (c) Thrombocytes
- (d) Platelets

(ix) The main therapeutic benefit of the asana shown in the picture is that:



- (a) It brings hormonal balance
- (b) It rests the heart
- (c) It stretches the hamstrings
- (d) It energises the body

(x) The yoga sutra that emphasises the importance of stilling thoughts is:

- (a) Yoga sutra 1.33
- (b) Yoga sutra 1.2
- (c) Yoga sutra 2.3
- (d) Yoga sutra 1.14

(xi) The sage who proclaimed, "*All life is yoga,*" is:

- (a) Swami Vivekananda
- (b) Ramana Maharishi
- (c) Sri Aurobindo
- (d) Sant Narsi Mehta

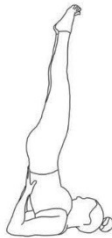
- (xii) The following terms belong to a category listed in Rishi Patanjali's yoga sutras: Pratyahara, Pranayama, Samadhi. Another term belonging to the same category is:
- (a) Smriti
  - (b) Styana
  - (c) Vairagya
  - (d) Asana
- (xiii) The first line of the song '*Vaishanava Janto*' by Narsi Mehta means "A man of God is one who understands the pain of others". Which aspect from Yoga sutra 1.33 does this line highlight?
- (a) Maitri
  - (b) Karuna
  - (c) Mudita
  - (d) Upeksha
- (xiv) Amita is able to witness her thoughts as if she is a third person to them. The aspect of the Sankhya philosophy that she is accessing is:
- (a) Mahabhutas
  - (b) Manas and ahankara
  - (c) Tanmatras
  - (d) Purusha and Prakriti
- (xv) The sage who wrote a work titled, '*40 verses on reality*' was:
- (a) Swami Vivekananda
  - (b) Sri Aurobindo
  - (c) Ramana Maharishi
  - (d) Ved Vyasa

- (xvi) *'The Pain Body'* is a teaching from which school of philosophy?
- (a) Sankhya
  - (b) Vedanta
  - (c) Purva Mimansa
  - (d) Tolle's philosophy
- (xvii) The vena cava empties blood into the:
- (a) Left ventricle
  - (b) Right ventricle
  - (c) Left auricle
  - (d) Right auricle
- (xviii) Mohan is a very hyperactive student. The asana that will help him to calm down the most is:

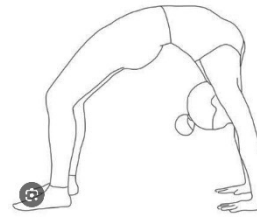
Picture A



Picture B



Picture C



- (a) Asana shown in picture A
- (b) Asana shown in picture B
- (c) Asana shown in picture C
- (d) None of the above

- (xix) Harsh sees a rope dangling from a tree and screams in fear thinking that the rope is a snake. This thought (*chitta vritti*) is an example of:
- (a) Pramana
  - (b) Viparyaya
  - (c) Vikalpa
  - (d) Smriti
- (xx) The author of the book '*The Synthesis of Yoga*' is:
- (a) Swami Vivekananda
  - (b) Sri Aurobindo
  - (c) Ramana Maharishi
  - (d) Rishi Yajnavalkya

## Question 2

- (i) State whether the following are **True or False**: [5]
- (a) The hypothalamus relays pain and pressure impulses to the cerebrum.
  - (b) The tympanum is a part of the outer ear.
  - (c) The pulse can be measured over an artery or a vein.
  - (d) Carbon monoxide poisoning is caused by improper functioning of thrombocytes.
  - (e) Myopia is an eye defect in which near objects are seen clearly while distant objects appear blurred.

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

|     |                           |    |   |
|-----|---------------------------|----|---|
| (a) | Renal artery              | 1. | Empties into the vena cava                                    |
| (b) | Simple reflex action      | 2. | Applying brakes on vehicle if someone suddenly comes in front |
| (c) | Hepatic vein              | 3. | Blinking when light is flashed                                |
| (d) | Conditional reflex action | 4. | Empties into the liver  |
| (e) | Hepatic portal vein       | 5. | Arises from the aorta   |

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

- (a) Upavishthakonasana, Marichyasana III, Janushirshasana, Paschimottanasana
- (b) Left auricle, Aorta, Pulmonary artery, Left ventricle
- (c) Axon, Ganglion, Cyton, Neuron
- (d) Lungs, Heart, Skin, Kidney
- (e) Malleus, Pinna, Incus, Stapes

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

- (a) The cerebral lobe that controls vision.
- (b) The endocrine gland whose over secretion results in gigantism.
- (c) The blood vessel that has a large lumen and a thin muscular coat.
- (d) Kalpa feels her heartbeat accelerating when under stress. Name the part of the autonomic nervous system responsible for this.
- (e) The vitamin required for the clotting of blood.



### SECTION B (60 Marks)

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

#### Question 3

- (i) Write about a significant event that occurred during the childhood of Sant Narsi Mehta. [2]
- (ii) Write *any two* significant teachings of Sant Narsi Mehta. [2]
- (iii) *'The Divine holds our hand through all and if he seems to let us fall, it is only to raise us higher.'* – Sri Aurobindo. [3]  
Does the above statement apply to Narsi Mehta's life? How? Explain with an incident from his life.
- (iv) Does the sentence mentioned in part (iii) apply to your life? How? Explain with an example from your life. [3]

#### Question 4



- (i) Name the sage shown in the picture. What was the name of his guru? [2]
- (ii) Write *two* significant aspects of his relationship with his guru. [2]
- (iii) Describe the event in his life that made him famous in America. [3]

- (iv) (a) What is your understanding of the following teaching of this sage: 'The real atheist is one who does not believe in himself.' Explain with an example. [3]
- (b) Describe *any two* teachings of this sage excluding the one mentioned in (iv)(a) above.

### Question 5

- (i) In his epic poem '*Savitri*', Sri Aurobindo writes 'Pain is the hand of Nature sculpturing men to greatness'. Write an incident from the life of Sri Aurobindo that brings out the truth of the above statement. [2]
- (ii) Name the Indian sage who left his home at a very young age in the quest of spiritual truth. What do you understand from his teachings? [2]
- (iii) Name the author of the Srimad Bhagvatam and explain *any two* meaningful aspects of this scripture. [3]
- (iv) Name the author of the Shukla Yajurveda and explain *any two* meaningful aspects of this scripture. [3]

### Question 6

- (i) Explain the niyama '*Swadhyay*'. Describe *one* way in which you practice '*Swadhyay*' in your life. [2]
- (ii) Explain the term '*avirati*'. [2]
- (iii) '*Non-violence is a weapon of the strong.*' – M. K. Gandhi. [3]

This statement brings out the truth of a '*yama*' listed by Rishi Patanjali in his ashtang yoga. Which one is it? Explain this statement by Gandhiji in your own words.

- (iv) Write a sentence on each of the following: [3]
- (a) Samadhi
  - (b) Nirbeej Samadhi
  - (c) Sabej Samadhi

### Question 7

Explain the following terms:

- (i) Pratyahara [2]
- (ii) Vikalpa Vritti [2]
- (iii) Pramana vritti with an example. [3]
- (iv) Pratipaksha Bhavanam with an example. [3]

### Question 8

- (i) Explain the kinds of Karma listed in the Kaivalyapada. [2]
- (ii) Explain the term '*Dharma megha samadhi*' from the Kaivalyapada. [2]
- (iii) Write about a teaching from the Vibhuti pada or the Kaivalyapada that has impacted you deeply. In what way has it impacted you? [3]
- (iv) Write the power obtained when the object of Samyama is: [3]
  - (a) The Sun
  - (b) The Moon
  - (c) The Polestar

### Question 9

- (i) Explain the term '*tirthankara*' from the Jain school of philosophy. [2]
- (ii) While walking in the woods, Ira stays in the present moment by paying attention to the silence between the chirping of the birds. She is practicing a teaching of a philosophy you have studied. Name this philosophy and explain another teaching from this philosophy. [2]
- (iii) *An orthodox school of Indian philosophy states that everything in existence is made up of one essence i.e. Brahman.* [3]  
Name this school. How will this teaching help you to deal in a more conscious way with a difficult person in your life?
- (iv) Write *three* points of comparison between Vedanta and Purva Mimansa. [3]

### Question 10

- (i) Write *three* points of comparison between the yoga and Sankhya schools of philosophy. [3]
- (ii) Which one of the five yoga sutras studied by you has positively impacted your life the most? Why? [3]
- (iii) Explain the following terms: [4]
- (a) Mahayana sect
- (b) Mahabhutas

### Question 11

Write the following sutras in Sanskrit. Explain them word for word and write a sentence in English summing up the meaning of the sutras:

- (i) Sutra 2.28 [5]
- (ii) Sutra 2.3 [5]