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## 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.

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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 [ ].

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### SECTION I (40 Marks)

Attempt **all** questions from this Section

#### Question 1

Fill in the blanks:

[8]

- (a) The process by which white blood cells engulf any foreign bodies in the blood and destroy them is known as \_\_\_\_\_.
- (b) The juice that digests fat in the food is \_\_\_\_\_.
- (c) The \_\_\_\_\_ is an endocrine gland located in the throat and controls metabolism.
- (d) \_\_\_\_\_ is an exocrine as well as endocrine gland.
- (e) The back flow of blood is prevented by \_\_\_\_\_.
- (f) Hormones are transported throughout the body by \_\_\_\_\_.
- (g) The organ that excretes carbon dioxide from the body is \_\_\_\_\_.
- (h) Decrease in the haemoglobin level leads to \_\_\_\_\_.

#### Question 2

State whether the following statements are *true* or *false*:

[8]

- (a) A high concentration of urea in the blood can lead to death.
- (b) The cerebrum is the seat of body balance.
- (c) The lymphatic system is a subsystem of the circulatory system.
- (d) The sympathetic and parasympathetic system controls the involuntary actions of internal organs.

- (e) Lymph nodes check against infections by destroying harmful organisms.
- (f) Spinal nerves emerge from the spinal cord.
- (g) Accumulation of water in the body is due to the improper functions of the heart.
- (h) The practice of the *asanas*, *pranayama* and *dhyana* is not helpful in combating diseases.

**Question 3**

Choose the correct answer from the choices given in brackets: [8]

- (a) \_\_\_\_\_ can be called the Lord of the *Karmaindriyas*.  
(medulla oblongata, hypothalamus, cerebellum)
- (b) The protective layer covering the heart is known as \_\_\_\_\_.  
(piameter, pericardium, pleura)
- (c) The practice of Surya Namaskar will tend to \_\_\_\_\_. (accelerate the heartbeat, slow the heartbeat, maintain an even heartbeat)
- (d) The reflex starts at a receptor organ that conveys the impulse to the \_\_\_\_\_ and ends at an effector organ (spleen, adrenal, spinal cord).
- (e) \_\_\_\_\_ are blood vessels with the ability to contract and dilate (capillaries, ossicles, renal tubules)
- (f) The cause of all suffering according to Buddha's four truths are \_\_\_\_\_. (maya, karma, desire)
- (g) An electrical disturbance that sweeps over the nerve cell is called a/an \_\_\_\_\_ (response, impulse, stimulus).
- (h) The \_\_\_\_\_ produce(s) blood in large quantities in an emergency. (liver, spleen, pancreas)

**Question 4**

Match the items in the two columns: [8]

- |                         |  |
|-------------------------|--|
| (a) Coronary thrombosis | (i) for kidney dysfunction   |
| (b) Sino atrial node    | (ii) causes growth of beard in females.                            |
| (c) Adrenal cortex      | (iii) clot in the vessel which supplies blood to the heart muscle. |

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|-----------------------|---|
| (d) Tonsillitis       | (iv) no fibrinogen.                               |
| (e) Gout              | (v) improper sugar metabolism                     |
| (f) Serum             | (vi) deposits of uric acid in the joints.         |
| (g) Dialysis          | (vii) fall in the number of platelets             |
| (h) Diabetes mellitus | (viii) gives the impulse to start the heart beat. |

**Question 5**

Write the term that does *not* fit into the group: [8]

- (a) Anvil, Drill, Hammer, Stirrups.
- (b) Urea, Ammonia, Glucose, Salts.
- (c) Immunity, oxygen transport, clot formation, response to stimulus.
- (d) Synapse, Cyton, Ganglion, Tympanum.
- (e) Neurons, Nephrons, Renal tubules, Uriniferous tubules.
- (f) Ardha Navasana, Matsyasana, Supta virasana, Shavasana.
- (g) Goitre, Insipidus, Myxedema, Cretinism.
- (h) Iris, Pupil, Cochlea, Retina.

**Section II (20 Marks)**

*Answer any two questions from this Section*

**Question 6**

Discuss the major similarities and differences in the teachings of Jnaneshwar and Chaitanya. [10]

**Question 7**

Ved Vyasa has written on all aspects of life (i.e. *dharma*, *artha*, *kama* and *moksha*). Justify this statement. [10]

**Question 8**

Write about Yajnavalkya's

- (i) education and experiences
- (ii) contribution as a mature guru. [10]

### Section III (20 Marks)

Answer any *two* questions from this section

#### Question 9

- (a) Write a brief summary of the contents of the *samadhipada*. [5]  
(b) Name and define any five *chitta vikshepas* mentioned in Patanjali. [5]

#### Question 10

What is said by Patanjali in Sutra 2.31? Explain the following terms in context of this sutra:

- (a) Yamas  
(b) Sarva-bhaumah  
(c) Jati,  
(d) Desha  
(e) Kala. [10]

#### Question 11

- (a) Name all five *vrttis* with *sutra*. [5]  
(b) How does happiness (*sukha*) cause attachment (*raga*). Explain. [5]

### Section IV (20 Marks)

Answer any *two* questions from this section

#### Question 12

Name two schools of Orthodox Indian Philosophy. Explain their role in the teaching of Yoga. [10]

#### Question 13

Name two heterodox philosophies, one known as optimistic and the other pessimistic. Why are the philosophies known so? [10]

#### Question 14

Select any *two* Patanjali Yoga Sutras from 1.14, 1.33 and 2.3. Write these *Sutras*. Briefly give their meaning. [10]