

ICSE 2024 EXAMINATION
SPECIMEN QUESTION PAPER

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

(Attempt all questions.)

Question 1

Choose the correct answers to the questions from the given options.

[20]

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

- (i) The artery that arises from the left ventricle and carries blood to all parts of the body is:
- (a) The pulmonary vein
 - (b) Vena cava
 - (c) The pulmonary artery
 - (d) Aorta
- (ii) The endocrine gland that secretes the hormone oxytocin is called:
- (a) Pituitary gland
 - (b) Adrenal gland
 - (c) Thyroid gland
 - (d) Pancreas

- (iii) Read the following statements carefully and choose the correct alternative which matches the statement into (assertion) and its reasoning.

Assertion (A): A person drunk on alcohol has an unstable balance while walking.

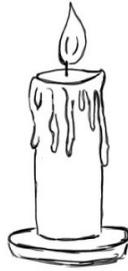
Reasoning (R): Alcohol affects the functioning of the cerebellum.

- (a) Both A & R are true, R is the correct explanation of A.
(b) A is true but R is false.
(c) A is false but R is true.
(d) Both A and R are false.
- (iv) The darker, richly supplied with blood, layer of the eye 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) Dantmula Dhauti
(c) Jivha mula Shodhna
(d) Jal neti
- (vi) The outer region of the kidney is called:
(a) Medulla
(b) Cortex
(c) Ureter
(d) Adrenal
- (vii) A disease caused by the over secretion of the thyroid gland is:
(a) Acromegaly
(b) Exophthalmic goitre
(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) Which of the sense organs can benefit using the object shown in the picture alongside:

- (a) Skin
- (b) Tongue
- (c) Eyes
- (d) Ears

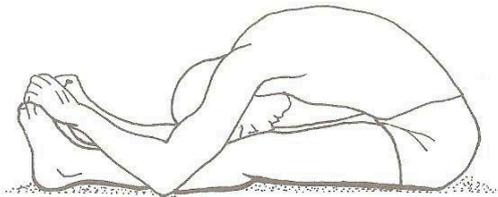


- (x) The picture depicts a sub part of one of the following from Rishi Patanjali's yoga sutras:



- (a) Yamas or Niyamas
 - (b) Vrittis
 - (c) Chittavikshepas or Antareyas
 - (d) Kleshas
- (xi) The term Upeksha from Patanjali's Yoga sutra 1.33 means:
- (a) Friendliness towards those who are happy.
 - (b) Indifference towards those who are wicked.
 - (c) Compassion towards those who are unhappy.
 - (d) Joy in virtue of another.

- (xii) The following terms belong to a particular school of philosophy: Advaita, Maya, Jagat. Another term belonging to the same philosophy is:
- (a) Chitta bhumi
 - (b) Brahman
 - (c) Purusha
 - (d) Prakriti
- (xiii) The name of Sri Aurobindo's father was:
- (a) Dr. K.D Ghose
 - (b) Bramarath
 - (c) Chaitanya Mahaprabhu
 - (d) Dr. S. Dutta
- (xiv) The main therapeutic effect of the asana shown in the picture is:



- (a) It energizes the system
 - (b) It opens the lungs
 - (c) It relaxes the heart
 - (d) It tones the pancreas
- (xv) Tripitakas are an important text from this school of philosophy:
- (a) Buddhism
 - (b) Sankhya
 - (c) Vedanta
 - (d) Jainism

- (xvi) The sage whose guru was Rishi Vaisampayana was:
- (a) Rishi Patanjali
 - (b) Rishi Yajnavalkhya
 - (c) Swami Brahmananda
 - (d) Swami Vivekananda
- (xvii) The founder of the Sankhya school of philosophy is:
- (a) Sage Badrayana
 - (b) Sage Jaimini
 - (c) Sage Kapila
 - (d) Rishi Patanjali
- (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 false perception or living under illusion is:
- (a) Samshaya
 - (b) Pramada
 - (c) Bhrantidarshan
 - (d) Styana
- (xx) The name of Sri Aurobindo's spiritual collaborator was:
- (a) Mira bai
 - (b) Savitri
 - (c) Mirra Alfassa
 - (d) Anne Besant

Question 2

- (i) State whether the following are true or false: [5]
- (a) The pancreas is located in front of the neck.
 - (b) The eustachian tube equalizes the air pressure on either side of the ear drum.
 - (c) Veins have valves.
 - (d) The contraction phase of the heart is called diastole.
 - (e) A convex lens is used to correct hyperopia
- (ii) Match the columns: [5]
- | | |
|-----------------------------------|--------------------------------------|
| (a) Acceleration of the heartbeat | 1. Carries blood away from the heart |
| (b) Artery | 2. Controls the heart beat |
| (c) Vasodilation | 3. Sympathetic nervous system |
| (d) Vein | 4. Parasympathetic nervous system |
| (e) Medulla Oblongata | 5. Carries blood towards the heart |
- (iii) Select the odd one out: [5]
- (a) Reflex arc, Spinal cord, Reflex action, Cerebrum
 - (b) Parswa Uttanasana, Urdhwa Dhanurasana, Uttanasana, Parivritta Trikonasana
 - (c) Cerebellum, Cerebrum, Pons, Medulla Oblongata
 - (d) Cretinism, Acromegaly, Goitre, Myxoedema
 - (e) Phagocytosis, Diapedesis, Angina Pectoris, Antibody Production
- (iv) Name the following: [5]
- (a) The double walled membranous covering that protects the heart.
 - (b) A disease in which uric acid crystals are deposited at the joints.
 - (c) The largest inorganic solute found in urine.
 - (d) A blood vessel that carries deoxygenated blood away from the kidney.
 - (e) The lobe of the cerebrum that controls hearing.

SECTION B

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

Question 3

- (i) With respect to Sant Narsi Mehta write *two* sentences on each of the following: [4]
- (a) Vaishnav Janto
 - (b) Any two teachings of Sant Narsi Mehta
- (ii) Describe the following works of Ved Vyasa in three sentences each: [6]
- (a) Srimad Bhagwatam
 - (b) Mahabharata

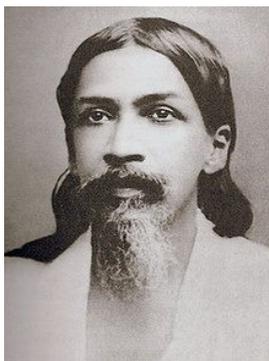
Question 4

- (i) The picture shows an Indian monk who became famous overnight. [4]



- (a) Name this monk and what was the event that made him world famous.
- (b) Write *two* teachings of this monk.

- (ii) [6]



- (a) Where is the ashram of the sage shown in the picture located? Write *any two* inspirations you draw from his life.
- (b) Write in detail about an event from his life that stands out in your mind.

Question 5

With respect to Ramana Maharishi write notes on the following:

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

Question 6

With respect to the Samadhi Pada answer the following questions:

- (i) Describe *any two* ways given to us by Rishi Patanjali to still the Chitta Vrittis. [2]
- (ii) Which *two* methods have worked the best for you to still your thoughts? [2]
- (iii) Write a sentence on each of the following: [3]
 - (a) Nirbeej Samadhi
 - (b) Sabej Samadhi
 - (c) Savitarka Samadhi
- (iv) Name the first three accompaniments of the obstacles listed in Yoga sutra 1.31. [3]

Question 7

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

- (i) Asana [2]
- (ii) Pranayama [2]
- (iii) Samyama (the three limbs of ashtanga yoga involved in it) [3]
- (iv) Name the first three virtues listed in sutra 1.33 and write a sentence on each of them. [3]

Question 8

Explain the following terms from Rishi Patanjali's yoga sutras:

- (i) Klishta and Aklishta vrittis [2]
- (ii) Chit and Chitta [2]
- (iii) Vikalpa Vritti (With an example) [3]
- (iv) Dharma megha Samadhi (Name the pada in Rishi Patanjali's Yoga sutras that it is a part of) [3]

Question 9

With respect to Eckhart Tolle's philosophy explain the following:

- (i) The Pain Body [2]
- (ii) The human mind's addiction to thinking. [2]
- (iii) Three methods to enter the eternal now. [3]
- (iv) Which *three* aspects of Tolle's teachings are most relevant for you? [3]

Question 10

Write the following yoga sutras in Sanskrit and explain them word by word:

- (i) Patanjali Yoga Sutra 1.2 [5]
- (ii) Patanjali yoga sutra 2.28 [5]

Question 11

Write *ten* points of comparison between Buddhism and Jainism. [10]