ICSE SEMESTER 1 EXAMINATION
SPECIMEN QUESTION PAPER
YOGA

Maximum Marks: 50

Time allowed: One hour (inclusive of reading time)

ALL QUESTIONS ARE COMPULSORY.

The marks intended for questions are given in brackets [ ].

_____

Select the correct option for each of the following questions.

_____

SECTION I (30 marks)

Question 1

Choose the correct answer from the options given below:

(a)   The heart is covered by a double walled covering called: [1]

    1.   Pleura

    2.   Chordae tendinae

    3.   Pericardium

    4.   Coronary

(b)   The long process from the cell body of a neuron is called: [1]

    1.   Cyton

    2.   Axon

    3.   Perikaryon

    4.   Dendrites

(c)   This type of a blood cell is biconcave and at maturity has no nuclei: [1]

    1.   WBC

    2.   RBC

    3.   Platelet

    4.   Thromobocyte

(d)   This is known as the master gland of the body: [1]

    1.   Thyroid

    2.   Pituitary

    3.   Adrenal

    4.   Pancreas

(e)   Arteries that supply oxygenated blood to the heart are called: [1]
      1.   Hepatic arteries
      2.   Coronary arteries
      3.   Pulmonary arteries
      4.   Renal arteries

(f)   The occipital lobe of the cerebrum is concerned with: [1]
      1.   Vision
      2.   Hearing
      3.   Balance
      4.   Taste

(g)   This is a hormone secreted by the adrenal gland: [1]
      1.   Glucocorticoid
      2.   Insulin
      3.   Growth hormone
      4.   Vasopressin

(h)   The type of blood cell which give the body its immunity is: [1]
      1.   WBC
      2.   RBC
      3.   Erythrocyte
      4.   Platelet

(i)   A condition in which the blood does not clot easily is called: [1]
      1.   Anemia
      2.   Haemophilia
      3.   Atherosclerosis
      4.   Arteriosclerosis

(j)   The hormone that promotes tissue metabolism is: [1]
      1.   Prolactin
      2.   Oxytocin
      3.   Vasopressin
      4.   Thyroxine

(k)   The left atrioventricular valve is called: [1]

      1.   Bicuspid valve

      2.   Aortic semilunar valve

      3.   Tricuspid valve

      4.   Pulmonary semilunar valve

(l)   The function of motor neurons is to carry impulses from: [1]

1. The brain or spinal cord to the effector organs

2. Receptors to the brain or spinal cord

3. The brain to the spinal cord

4. The spinal cord to the brain

(m)   The sheet of fibres connecting the two cerebral hemispheres is called: [1]

1. Pons

2. Thalamus

3. Corpus callosum

4. Hypothalamus

(n)   The relaxation phase of the heart is called: [1]

1. Systole

2. Diastole

3. Monostole

4. Angina

(o)   This endocrine gland is located above the kidneys: [1]

1.   Pancreas

2.   Adrenal

3.   Thyroid

4. Pituitary

Question 2

Choose whether the following statements are true or false:

(a)   The hepatic portal vein carries blood to the vena cava.   [1]

1. True

2. False

(b)   Hemoglobin is the effective chemical constituent of erythrocytes.   [1]

    1.   True

    2.   False

(c)   The spinal cord has grey matter on the outside   [1]

    1.   True

    2.   False

(d)   Hypersecretion of insulin causes diabetes mellitus.   [1]

    1.   True

    2.   False

(e)   A heart attack or a deadening of a part of the heart is called myocardial infarction   [1]

    1.   True

    2.   False

(f)   Phagocytosis is a function of thrombocytes.   [1]

    1.   True

    2.   False

(g)   The parasympathetic nervous system slows down the speed of the heartbeat.   [1]

    1.   True

    2.   False

(h)   The growth hormone is secreted by the posterior lobe of the pituitary gland.   [1]

    1.   True

    2.   False

(i)   Instant withdrawal of the hand when it accidentally touches a hot iron is an example of a conditioned reflex.   [1]

    1.   True

    2.   False

(j)   The innermost of the brain meninges is called arachnoid.   [1]

   1.   True

   2.   False

(k)   The right ventricle has the thickest wall out of the four chambers of the heart.   [1]

   1.   True

   2.   False

(l)   The liquid component of blood is called plasma.   [1]

   1.   True

   2.   False

(m)   Cerebellum is a part of the hindbrain.   [1]

   1.   True

   2.   False

(n)   The pulmonary artery carries oxygenated blood to the lungs.   [1]

   1.   True

   2.   False

(o)   Simple goitre is caused by the oversecretion of the thyroid gland.   [1]

   1.   True

   2.   False

SECTION II (20 marks)

Question 3

Choose the correct answer from the options given below:

(a)   The teaching given by Sri Krishna to Arjuna on the battlefield of Kurukshetra is a part of: [1]

   1.   The Puranas

   2.   Yajurveda

   3.   Srimad Bhagwatam

   4.   The Bhagwad Gita

(b) Yajnavalkya learned the Shukla Yajurveda from: [1]

1. Surya Bhagwan

2. Aruni

3. Vaisampayana

4. Bhaskala

(c) The author of Vaishnava Janto is: [1]

1. Ved Vyasa

2. Yajnavalkya

3. Narsi Mehta

4. Sant Tukaram

(d) The name of Ramana Maharishi's mother was: [1]

1. Sunanda

2. Alagammal

3. Satyavati

4. Ramamani

(e) Srimad Bhagvatam by Ved Vyasa is: [1]

1. A commentary on the Vedas

2. A devotional work on Lord Shiva

3. A devotional work on Lord Vishnu

4. A compilation of ancient myths and legends

(f) The name of the king who was a great devotee of Yajnavalkya is: [1]

1. King Supriya

2. King Janak

3. King Shantanu

4. King Ashoka

(g)   The sage who could not speak during the early years of his life was: [1]

1.   Ramana Maharishi

2.   Narsi Mehta

3.   Yajnavalkya

4.   Ramakrishna Maharishi

(h)   The hill at the foot of which Ramana Ashram is situated is called: [1]

1.   Nilgiri hill

2.   Arunachala hill

3.   Chamundi hill

4.   Kailas hill

(i)   At birth Ved Vyasa was called: [1]

1.   Shantanu

2.   Krishna

3.   Krishna Dwaipayana

4.   Dwaipayana

(j)   The main guru of Yajnavalkya was: [1]

1.   Ved Vyasa

2.   Sage Vishwamitra

3.   Sage Vaisampayana

4.   Sage Parashara

Question 4

Choose whether the following statements are true or false:

(a)   The father of Ved Vyasa was the great Sage Purshottama.   [1]

1.   True

2.   False

(b) Gargi was Yajnavalkya's younger wife. [1]

1. True

2. False

(c) Narsi Mehta's main teachings were based on Gyana marg and Vedanta. [1]

1. True

2. False

(d) Ramana Maharishi's death experience motivated him to leave his house. [1]

1. True

2. False

(e) Ved Vyasa was the father of Shuka. [1]

1. True

2. False

(f) Yajnavalkya's birthday is celebrated as Guru Purnima. [1]

1. True

2. False

(g) Narsi Mehta was mainly a Shiva Bhakta. [1]

1. True

2. False

(h) Ramana Maharishi left his body or attained Mahasamadhi in the year 1950. [1]

1. True

2. False

(i) Vyasa Bhasya is a commentary on Patanjali's yoga sutras. [1]

1. True

2. False

(j) Ramana Maharishi's teachings were focused on Self enquiry ie 'Who am I'. [1]

1. True

2. False