

ICSE SEMESTER 2 EXAMINATION
SPECIMEN QUESTION PAPER
YOGA

Maximum Marks: 50

Time allowed: One and a half hours

Answers to this Paper must be written on the paper provided separately.

You will not be allowed to write during the first 10 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 four** questions from **Section B**.*

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

SECTION A

*(Attempt **all** questions from this Section.)*

Question 1

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

[10]

(i) Which of the following is not an organ of excretion?

- (a) Spleen
- (b) Lungs
- (c) Skin
- (d) Kidney

(ii) The outermost part of the kidney is:

- (a) Pelvis
- (b) Medulla
- (c) Cortex
- (d) Hilum

- (iii) A condition in which uric acid crystals are deposited at the joints is called:
- (a) Glycosuria
 - (b) Gout
 - (c) Haematuria
 - (d) Diabetes insipidus
- (iv) This carries urine from the bladder to the outside of the body:
- (a) Ureter
 - (b) Urethra
 - (c) Collecting tubule
 - (d) Renal vein
- (v) The main organic constituent of urine is:
- (a) Ammonia
 - (b) Sodium chloride
 - (c) Urea
 - (d) Uric acid
- (vi) During summer, the amount of urine formation:
- (a) Is less than in winter
 - (b) Is the same as in winter
 - (c) Is more than in winter
 - (d) Is unrelated to urine formation in winter
- (vii) Kidneys are organs of:
- (a) Thermoregulation
 - (b) Osmoregulation
 - (c) Vasodilation
 - (d) Vasoconstriction

(viii) A compound which is not a constituent of normal urine is:

- (a) Urea
- (b) Sodium chloride
- (c) Haemoglobin
- (d) Creatinine

(ix) An artificial kidney is called:

- (a) ECG machine
- (b) Gout
- (c) Pacemaker
- (d) Dialysis machine

(x) The Yama listed by Patanjali that means no stealing is:

- (a) Brahmacharya
- (b) Ahimsa
- (c) Aparigraha
- (d) Asteya

SECTION B

*(Attempt **any four** questions from this Section.)*

Question 2

Write notes on the following:

- (i) Asana [2]
- (ii) Pratipaksha Bhavanam [2]
- (iii) Samyama [3]
- (iv) Kriya Yoga [3]

Question 3

Write short notes on the following:

- (i) Purusha and Prakriti. [2]
- (ii) Write Patanjali's Yoga Sutra 1.14 in Sanskrit. [2]
- (iii) Explain the meaning of the following Sanskrit words in Patanjali's Yoga Sutra 2.28. [3]
 - (a) Ashuddhi kshaye
 - (b) Jnana deeptih
 - (c) Aavivekakhyateh
- (iv) Write one meaningful sentence on each of the 3 jewels of Jainism. [3]

Question 4

- (i) Write the meaning of Patanjali's Yoga Sutra 1.2 in one or two sentences. [2]
- (ii) Write the meaning of Patanjali's Yoga Sutra 2.3 in one or two sentences. [2]
- (iii) Describe the Pancha mahabhutas from the Sankhya School of Philosophy. [3]
- (iv) Name the founders of the following schools of philosophy. [3]
 - (a) Vedanta
 - (b) Purva Mimansa
 - (c) Jainism

Question 5

- (i) Name the first four of the five *chitta vrittis* listed in Patanjali's yoga sutra 1.6. [2]
- (ii) Explain the terms Abhyasa and Vairagya. [2]
- (iii) With respect to the Vedanta school of philosophy, write one meaningful sentence on each of the following: [3]
 - (a) Maya
 - (b) Avidya
 - (c) Brahman
- (iv) Write three points of comparison between the Yoga and the Sankhya schools of philosophy. [3]

Question 6

- (i) Describe the power obtained when the object of samyama is: [2]
- (a) The Sun
- (b) The Polestar
- (ii) Write notes on the pratyahara, the 5th limb of Patanjali's Ashtang yoga. [2]
- (iii) Mention any three of the four Noble Truths given to us by the Buddha. [3]
- (iv) Write any three tenets of the Purva mimansa school of philosophy. [3]

Question 7

- (i) Explain Klishta and Aklishta *chitta vrittis* mentioned in Patanjali's Yoga Sutras. [2]
- (ii) Explain the term Samadhi, the 8th limb of the Patanjali's Ashtang yoga. [2]
- (iii) Write three points of comparison between the teachings of Buddhism and Jainism. [3]
- (iv) Name the first three chittavikshepas listed in Patanjali's Yoga Sutra 1.30. Write one meaningful sentence on each. [3]