

ICSE 2023 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 answer from the given options.

[20]

- (i) The left atrioventricular valve is called:
- (a) Semilunar valve
 - (b) Pocket valve
 - (c) Bicuspid valve
 - (d) Tricuspid valve
- (ii) The hormone in our bodies that prepares us for 'fight or flight' is:
- (a) Cortisone
 - (b) Insulin
 - (c) Adrenaline
 - (d) Oxytocin

- (iii) A disorder of the eye in which the lens turns opaque is called:
- (a) Hyperopia
 - (b) Cataract
 - (c) Presbyopia
 - (d) Myopia
- (iv) The yogic cleansing of the tongue is called:
- (a) Karnarandradhauti
 - (b) Jivhamulshodhana
 - (c) Basti
 - (d) Jala neti
- (v) A method of meditation that involves staring at a single point such as a candle flame is:
- (a) Zazen
 - (b) Tratak
 - (c) Anapanasati
 - (d) Antarmauna Dhyana
- (vi) The outer region of the kidney is called:
- (a) Medulla
 - (b) Cortex
 - (c) Ureter
 - (d) Adrenal
- (vii) A deficiency of this hormone causes diabetes mellitus:
- (a) Glucagon
 - (b) Insulin
 - (c) Thyroxine
 - (d) Adrenaline

- (viii) The process in which WBC's engulf particle like solid substances specially bacteria is called:
- (a) Diapedesis
 - (b) Thrombosis
 - (c) Phagocytosis
 - (d) Inflammation
- (ix) The yoga sutra that gives us the definition of yoga is:
- (a) 1.2
 - (b) 1.33
 - (c) 2.28
 - (d) 2.3
- (x) The chittavikshepa that means a lack of moderation or craving after sensual pleasures is:
- (a) Avirati
 - (b) Styana
 - (c) Pramada
 - (d) Bhrantidarshana
- (xi) The founder of the Sankhya school of philosophy is:
- (a) Sage Badrayana
 - (b) Sage Jaimini
 - (c) Sage Kapila
 - (d) Rishi Patanjali
- (xii) The word 'OM' is also known as the:
- (a) Shanti mantra
 - (b) Pranava mantra
 - (c) Gayatri mantra
 - (d) Mahamrityunjay mantra

- (xiii) The name of Sri Aurobindo's father was:
- (a) Dr. K.D.Ghose
 - (b) Bramarath
 - (c) Sage Parashara
 - (d) Dr. S. Dutta
- (xiv) Tripitakas is an important text from this school of philosophy:
- (a) Jainism
 - (b) Buddhism
 - (c) Sankhya
 - (d) Vedanta
- (xv) Puranas is a work ascribed to:
- (a) Swami Vivekananda
 - (b) Sage Ved Vyasa
 - (c) Sri Aurobindo
 - (d) Sage Yajnavalkya
- (xvi) The concept of Brahman is an important tenet from this school of philosophy:
- (a) Buddhism
 - (b) Jainism
 - (c) Tolle's philosophy
 - (d) Vedanta
- (xvii) The heart is covered by a double walled protective covering called:
- (a) Pleura
 - (b) Pericardium
 - (c) Cardiac muscles
 - (d) Meninges

- (xviii) This blood vessel arises from the left ventricle and carries oxygenated blood to all part of the body:
- (a) Pulmonary artery
 - (b) Vena cava
 - (c) Aorta
 - (d) Pulmonary vein
- (xix) This is one of the kleshas listed in yogasutra 2.3
- (a) Upeksha
 - (b) Maitri
 - (c) Pratyahara
 - (d) Abhinivesha
- (xx) Swami Vivekanada's guru was:
- (a) Maharishi Dayananda Saraswati
 - (b) Ramakrishna Parmahansa
 - (c) Lokmanya Tilak
 - (d) Sage Vaisampayana

Question 2

- (i) State whether the following are true or false: [5]
- (a) The growth hormone is secreted by the adrenal gland.
 - (b) Myopia is a condition in which near objects can be seen clearly while distant objects appear blurred.
 - (c) A portal vein begins and ends in capillaries.
 - (d) The liquid component of blood, plasma, is red in colour.
 - (e) The tip of the tongue is most sensitive to bitter substances.

- (ii) Match the columns: [5]
- | | |
|--------------------|----------------------|
| (a) Occipital lobe | 1. Thinking |
| (b) Temporal lobe | 2. Relaxation phase |
| (c) Diastole | 3. Hearing |
| (d) Frontal lobe | 4. Contraction phase |
| (e) Systole | 5. Vision |
- (iii) Select the odd one out: [5]
- (a) Janushirshasana, Matsyasana, Urdhwadhanurasana, Urdhwamukhashwanasana
- (b) Upavishtakonasana, Shirshasana, Paschimottanasana, Janushirshasana
- (c) Atherosclerosis, Kidney stones, Angina, Myocardial infarction
- (d) Cretinism, Acromegaly, Goitre, Myxoedema
- (e) Maleus, Eustachian tube, Incus, Stapes
- (iv) Name the following: [5]
- (a) The type of reflex action in which no previous experience or learning is required.
- (b) A disease in which uric acid crystals are deposited at the joints.
- (c) The respiratory, iron containing pigment found in red blood cells.
- (d) The part of the diencephalon in the brain that controls the body temperature.
- (e) The blood vessel that supplies oxygenated blood to the liver.

SECTION B

(Answer any six questions from this Section.)

Question 3

With respect to Sri Aurobindo write about the following:

- (i) Sri Aurobindo as one of the leaders of India's freedom movement. [2]
- (ii) His solitary confinement in Alipore jail and its outcome. [2]
- (iii) Any three teachings of Sri Aurobindo. [3]
- (iv) Name any three works of Sri Aurobindo and write a sentence on each. [3]

Question 4

- (i) (a) Write briefly about Ramana Maharishi's death experience that initiated his quest for the Self. [4]
- (b) What is Ramana Maharshi's method of self enquiry?
- (ii) Describe briefly Swami Vivekananda's experience with the Divine Mother at the Kali temple in Dakshineswar? [3]
- (iii) Write any three teachings of Swami Vivekananda. [3]

Question 5

- (i) With respect to Sage Ved Vyasa write about his relationship with: [4]
- (a) Satyawati and Rishi Parasara
- (b) The Pandavas and Kauravas
- (ii) Describe the following works of Sage Ved Vyasa in three sentences each: [6]
- (a) Vyasa Bhashya
- (b) The Mahabharata

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) What according to Tolle is 'The Power of Now'? What is the best way you are able to access it? [3]

Question 10

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

- (i) Patanjali yoga sutra 1.14 [5]
- (ii) Patanjali yoga sutra 2.28 [5]

Question 11

Write ten points of comparison between Vedanta and Purva Mimansa. [10]