

**ICSE SEMESTER 2 EXAMINATION**  
**SPECIMEN QUESTION PAPER**  
**YOGA**

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*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.*

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*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 [ ].*

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**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]