

GREENLAWNS SCHOOL, WORLI

FINAL EXAMINATION: 2017-18

YOGA

Std: IX

Marks: 100

Date:07/02/2018

Time: 2 hrs

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 I**, **two** questions each from **Sections II, III and IV**.

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

SECTION I (40 Marks)

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

Question 1

Fill in the blanks:

[8]

- a) Bile is stored in the _____
- b) The bones of the shoulder are joined together by _____ joint.
- c) During inspiration diaphragm _____
- d) Human skeleton consists of _____ bones.
- e) Saliva contains the enzyme _____
- f) The water from the digested food is mainly absorbed by _____
- g) _____ is secreted by the inner lining of the stomach.
- h) _____ connects lungs to pharynx.
- i) _____ are irregular small bones like pebbles in the hand.
- j) _____ juice emulsifies fat.
- k) Respiration is controlled by _____.
- l) Exchange of gases takes place between capillaries and _____.
- m) The protective covering of the lungs is called _____.
- n) Adam's apple is also known as _____.
- o) The process by which living organisms obtain energy is called _____.
- p) _____ is secreted by pancreas.

Question 2

State whether the following statements are true or false. If false write the correct statement:

[8]

- a) Gaseous exchange takes place in all body cells.
- b) Air enters into pharynx through larynx.
- c) Aerobic respiration takes place in the presence of oxygen.
- d) The lining of caecum has numerous finger like projections called villi.
- e) Left lung is bigger than the right lung.
- f) Sternum is a part of axial skeleton.
- g) Bile contains the enzyme pectin.
- h) There are 10 vertebrae in the neck.

- i) Voluntary muscles are governed directly by the central nervous system.
- j) Ribs not attached to sternum are false ribs.

Question 3

Write in correct order:

[8]

- a) Epiglottis, Pharynx, Trachea, Nasal cavity, Alveoli.
- b) Metatarsals, Femur, Fibula, Patella, Tibia.
- c) Ileum, Rectum, Duodenum, Oesophagus, Colon.
- d) Lumbar, Cervical, Coccyx, Sacrum, Thoracic.
- e) Humerus, Metacarpals, Ulna, Radius, Carpals.
- f) Small intestine, Mouth, Oesophagus, Large intestine, Anus.
- g) Neck, Skull, trunk, limbs.
- h) Incus, stapes, malleus.

[8]

Question 4

Match the following:

- | A | B |
|--------------------------|--------------------------------------|
| a) Physical process | 1) Pleura |
| b) Gastric juice | 2) Absorption |
| c) Lungs | 3) Epiglottis |
| d) Round bone | 4) Lactic acid |
| e) Small intestine | 5) External respiration |
| f) Synovial fluid | 6) Alveoli |
| g) Dome shaped | 7) Bronchi |
| h) Large surface area | 8) Stomach |
| i) Gliding | 9) Patella |
| j) Pivot | 10) Lubricant |
| k) Ball and socket | 11) Respiratory pigment |
| l) Hinge joint | 12) Carpals |
| m) Cartilaginous ring | 13) Between axis and atlas vertebrae |
| n) Swallowing | 14) Between femur and pelvic girdle |
| o) Anaerobic respiration | 15) Elbow and knee |
| p) Haemoglobin | 16) Diaphragm |

Question 5

Name the following

[8]

- a) The process of inhaling oxygen and exhaling carbon dioxide.
- b) Cells that remove dust particle in the trachea.
- c) The part of the brain where respiration centre is located.
- d) The minute tubules which end in the alveoli of lungs.
- e) The wave of contraction in the oesophagus.
- f) The food nutrient which provides energy.
- g) The largest gland of the body.
- h) The semi-solid form of food in the buccal cavity.
- i) The acid secreted by stomach.
- j) The two bones of pectoral girdle.
- k) The longest bone present in the leg.

- l) The bone present in the upper arm.
- m) The protective covering of the brain.
- n) The total number of ribs.
- o) Large opening at the base of skull through which the spinal cord passes.

Section II (20 Marks)

(Answer **any two** questions from this section)

Question 6

- a) Give an introduction to sage Patanjali. [5]
- b) What does the word 'Purohita' mean? [5]

Question 7

The towering personality of Vishwamitra picturises many values of ancient Bharat. [10]
Justify this statement.

Question 8

Describe the Nirguna and Saguna Bhati of Mirabai and Kabir. [10]

Section III (20 Marks)

(Answer **any two** questions from this section)

Question 9

Explain Dharana, Dhyana and Samadhi according to sage Patanjali. [10]
Together all three limbs fall in which sadhana?

Question 10

Explain Asana, Pranayama and Pratyahara according to Patanjali. [10]

Question 11

List all the parts and sub parts of Ashtanga yoga of Patanjali. [10]

Section IV (20 Marks)

(Answer **any two** questions from this section)

Question 12

Briefly describe the following: [10]
a) Patanjali Yoga Sutra 11.29
b) Patanjali Yoga Sutra 11.32

Question 13

Explain the four Purusharthas, the aim of life. [10]

Question 14

The ancient sage observed that man has four ashramas. [10]
Comment on this statement (stages of life).
