

# GREENLAWNS SCHOOL, WORLI

Final Examination: 2016-2017

## YOGA

Std: IX

Marks: 100

Date:

Time: 2 hrs

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Answer 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 the questions from Section I, Two questions each from Section II, III, IV

The intended marks for questions or parts of questions are given in brackets ( )

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### SECTION I (40 Marks)

(Attempt all questions from this Section)

#### Question 1:

Fill in the blanks with appropriate words.

(10)

- a) The functional unit of lungs is \_\_\_\_\_.
- b) The protective covering of \_\_\_\_\_ is called pleura.
- c) Girdle is a part of \_\_\_\_\_ skeleton.
- d) The part of the body that secretes bile juice is \_\_\_\_\_.
- e) Highly coiled part of intestine is \_\_\_\_\_.
- f) The protective covering of brain is \_\_\_\_\_.
- g) The joint present in the elbow is \_\_\_\_\_.
- h) The bone present in upper arm is \_\_\_\_\_.
- i) \_\_\_\_\_ muscles are governed directly by the central nervous system.
- j) \_\_\_\_\_ is the bridge between the head and the trunk.
- k) The protecting covering of spinal cord is \_\_\_\_\_ column.
- l) Proteins are made up of \_\_\_\_\_.
- m) The discharge of undigested food from the body is called \_\_\_\_\_.
- n) The triangle shaped bone in the pectoral girdle is \_\_\_\_\_.
- o) Exchange of gases takes place between capillaries and \_\_\_\_\_.
- p) The process by which living organism obtain energy is called \_\_\_\_\_.
- q) The inner lining of trachea is formed of \_\_\_\_\_ cells.
- r) The part of trachea concerned with sound is \_\_\_\_\_.
- s) Chemical changes in the food during digestion are brought about by \_\_\_\_\_.
- t) The back part of the roof of the mouth cavity is the \_\_\_\_\_.

#### Question2:

State whether true or false. Correct the statement if it is false.

(10)

- a) Left lung is bigger than the right.
- b) Expiration is an active process.
- c) Gastric juice is alkaline.
- d) Saliva tends to destroy germs in the mouth.
- e) Sternum is a part of axial skeleton.

- f) Humerus is the bone of leg.
- g) There are 10 vertebrae in the neck.
- h) Axial skeleton includes shoulder and hip girdles.
- i) Hinge joint provides movement in all directions.
- j) Intestine is narrow for fast movement of food.
- k) Large intestine secretes no enzymes.
- l) Intestinal villi have a lymph vessel called lacteal.

**Question 3:**

Name the following.

(10)

- a) The enzyme present in saliva.
- b) The digestive juice secreted by pancreas is.
- c) The number of ribs.
- d) The longest bone in the human body.
- e) The first part of the alimentary canal is.
- f) An area at the back of the throat that connect the nasal and oral cavities.
- g) It is the tube like structure and 25 cm in length extending from the pharynx to the stomach.
- h) J- shaped muscular bag like structure placed below the diaphragm.
- i) The entrance to the trachea is guarded by a flap called.
- j) The inner lining of ileum is produced into a great number of tiny finger like projection is.

**Question 4:**

Match the items in the two columns given below:

(10)

**A**

**B**

- a) Breathing movement
- b) Salivary secretion
- c) Colon
- d) Voice box
- e) Gliding joint
- f) Main passage of air
- g) Swallowing
- h) Hinge joint
- i) Ileum
- j) Pivot joint

- 1) Epiglottis
- 2) Mechanical digestion
- 3) joint between carpal bones
- 4) Diaphragm
- 5) Thoracic cavity
- 6) joint between atlas & axis
- 7) Larynx
- 8) Amylase
- 9) Absorption of water
- 10) Elbow Joint

## Section II (20 Marks)

(Answer any two questions from this section)

### Question 5:

The towering personality of Vishwamitra pictures many values of Ancient Bharat. Justify this statement. (10)

### Question 6:

Describe the Nirguna and Saguna Bhakti of Mirabai & Kabir. (10)

### Question 7:

Who was Valmiki? What was his name before? How did he change and became Bhamarishi? (10)

## Section III (20 Marks)

(Answer any two questions from this section)

### Question 8:

Explain the other important classification of yoga. (10)

### Question 9:

How does a Guru play a pivotal role in Shishya's life? Explain four types of student according to yoga. (10)

### Question 10:

Explain the Bhairanga Yoga , Antranga Yoga, Antar Attma. What is the link between Bhairanga yoga and Antranga yoga. (10)

## Section IV (20 Marks)

(Answer any two questions from this section)

### Question 11:

How does food play an important role in Yoga and what type of food is to be taken while practicing Yoga? (10)

### Question 12:

Explain the yogic view of the body as being made up of five interpenetrating layers of the body. (10)

### Question 13:

Write the sutra no II : 29 and II : 30 with the meaning. (10)

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