

GREENLAWNS SCHOOL, WORLI

Terminal Examinations - 2016

YOGA

Std: IX

Date: 28-9-16

Marks: 100

Time: 2 hrs

Answer 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 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 ()

Section I (40 marks)

Attempt all questions from this section

Question 1

Name the following:

[6]

- a) The bone present in the upper arm.
- b) The process of inhaling oxygen and exhaling carbon dioxide.
- c) The number of pair of ribs in humans.
- d) The supporting and connecting structure of the skeleton.
- e) An enzyme that digests starch.
- f) The protective covering of brain.
- g) The tube which simply conducts the food from the throat to the stomach.
- h) The joint present in the elbow.
- i) A respiratory tube supported by cartilaginous rings.
- j) The protective covering of lungs.
- k) The largest bone in human body.
- l) The other name of movable joint.

Question 2

[8]

Fill in the blanks:

- a) The digestive juice secreted by pancreas is _____.
- b) Scapula is present in _____ girdle.
- c) The total number of bones in man are _____.
- d) The _____ connects lungs to pharynx.
- e) _____ juice emulsifies fat.
- f) Lungs excrete a gas called _____.
- g) The _____ is the voice box of the body.
- h) Bile is stored in the _____.
- i) The process by which food moves in the alimentary canal is called _____.
- j) The back bone is composed of a total of 33 ring like bones called _____.
- k) _____ are irregular small bones like pebbles in hand.
- l) Girdles form a part of the _____ skeleton.
- m) The bones of the shoulder are joined together by _____ joint.

- n) The _____ joint is present in knee.
- o) Synovial fluid acts as a _____ to the joint.
- p) _____ joint is present between atlas and axis vertebrae.
- q) Exchange of gases takes place between capillaries and _____.

Question 3

Match the following:

[8]

- | A | B |
|--------------------------|------------------------------|
| a) Stomach | 1) Eight bones |
| b) Patella | 2) Physical process |
| c) Small intestine | 3) Lubricant |
| d) External respiration | 4) Gastric juice |
| e) Synovial fluid | 5) Lungs |
| f) The respiration cycle | 6) Round bone |
| g) Pleura | 7) Inhalation and exhalation |
| h) Cartilaginous | 8) Absorption |
| i) Large surface area | 9) Diaphragm |
| j) The skull | 10) Alveoli |
| k) Breathing movement | 11) Bronchi |
| l) Spinal cord | 12) Food pipe |
| m) Large intestine | 13) Axial Skeleton |
| n) Oesophagus | 14) Leg |
| o) Sternum | 15) Vertebral column |
| p) Tarsal | 16) Rectum |

Question 4

State whether true or false, correct the false statement:

[10]

- a) The villi are richly supplied with blood capillaries.
- b) Joint between tarsal bones is an example of gliding joint.
- c) Rate of respiration is slightly more in men than women.
- d) Diaphragm relaxes during expiration.
- e) Ribs not attached to sternum are false ribs.
- f) The right lung has two lobes.
- g) Diaphragm lies behind the thoracic cavity.
- h) Absorption of water takes place in small intestine
- i) Left lung is bigger than the right lung.
- j) Lipase digests fats to glucose.
- k) Diaphragm contracts during inspiration.
- l) The food in stomach stays for about 10 hours.

Question 5

Answer the following:

- a) Why do we need food? [3]
- b) Give any two examples of hinge joint. [2]
- c) Name the three parts of small intestine. [1½]
- d) What are Villi? [1½]

Section II (20 marks)

Answer **any two** questions from this section

Question 6

Give a short introduction of the early life of Valmiki and how he changed to become [10]
a Brahmarishi. What do we learn from the story of his life?

Question 7

- a) Give a brief introduction of sage Pantanjali. [6]
- b) What does the word 'Purohita' mean? [4]

Question 8

Who was Vasishtha? How did he conquer shadripu (6 enemies)? [10]
What was his firm conviction and message?

Section III (20 marks)

Answer **any two** questions from this section

Question 9

- a) Explain Drishties according to Yoga. [5]
- b) Explain Prana according to Patanjali. [5]

Question 10

Explain Mahavratas, the five Yamas as Panchmahavratas. [10]

Question 11

List the parts and subparts of Ashtanga Yoga of Patanjali. [10]

Section IV (20 marks)

Answer **any two** questions from this section

Question 12

Explain the four Ashramas - the stages of life. [10]

Question 13

Explain the four margas, the path of salvation. [10]

Question 14

Write the sutra II.29 and II.32 and state their meaning. [10]
