

GREENLAWNS SCHOOL, WORLI

Terminal Examination 2017

YOGA

Std: IX

Date: 20/09/2017

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 10 minutes.

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:

Fill in the blanks with appropriate words: (8)

- a) The long bone has a hollow cavity in the middle which is filled with _____
- b) The air tube trachea is also known as _____
- c) Incomplete closure of epiglottis during swallowing causes _____
- d) The muscles fall into two categories voluntary muscles and _____
- e) The joint between the two adjacent vertebrae is also a kind of _____
- f) The lungs are a pair of _____ and _____ organs formed by the air sacs.
- g) _____ joint is present in the knee.
- h) The bone present in upper arm is _____
- i) During inspiration diaphragm _____
- j) The functional unit of lungs is _____
- k) The back bone is composed of a total of 33 ring like bones called _____
- l) The lungs excrete a gas called _____
- m) The normal rate of respiration in adults is about _____ per minute
- n) The breathing movements are largely controlled by respiratory centre located in the _____
- o) The bones are a storehouse of calcium and _____

Question 2:

Name the following: (8)

- a) The muscular sheet separating the thoracic and abdominal cavities.
- b) The exchange of gases between the blood and the air at the respiratory surface.
- c) Joint present between hip girdle and femur.
- d) The longest bone.
- e) The protective covering of the brain.
- f) A bone of pectoral girdle.
- g) Total number of ribs.
- h) A body part where anaerobic respiration takes place.
- i) The respiratory pigment contained in human blood.
- j) The air left in the lungs after expiration.

- k) The other name of movable joint.
- l) Girdle is a part of this skeleton.
- m) The sternum articulate with cartilages of.
- n) A flap like structure which closes over the glottis during the swallowing of the food.
- o) The cavity in the body in which the human lungs are located.
- p) The process of inhalation oxygen and exhaling carbon dioxide.

Question 3:

State whether the following statements are true or false. If false, correct the statement: (8)

- a) Diaphragm contracts during inspiration.
- b) Joints between tarsal bones is an example of gliding point.
- c) The right lung has two lobes.
- d) The skeleton present inside the body is exoskeleton.
- e) Expiration is an active process.
- f) Gaseous exchange takes place in all body cells.
- g) Breathing is a chemical process.
- h) Aerobic respiration takes place in the presence of oxygen.
- i) Squamous epithelium form a protective inner lining of respiratory passage.
- j) Pericardial fluid provides lubrication for the free movement of the lungs.

Question 4:

Match the items in the two columns given below: (8)

- | A | B |
|------------------|-------------------------------------|
| a) Immovable | 1) C shaped rings |
| b) Pivot | 2) Elbow |
| c) Nasal passage | 3) Cranium |
| d) Skull | 4) Bronchi |
| e) Trachea | 5) Eight bone |
| f) Hinge joint | 6) Heart and lungs |
| g) Ribs protect | 7) Organic and inorganic material |
| h) Skeleton | 8) Between axis and atlas vertebrae |

Question 5

- a) Select the odd one out in each case and give a reason for your answer: (4)
 - i. False rib, Floating ribs, Hanging ribs, True ribs.
 - ii. Mucus, Nasal passage, Hair, Capillary.
 - iii. Femur, Fibula, Tibia, Tarsals, Carpals.
 - iv. Cervical, Thoracic, Lumbar, Skull, Sacrum.
- b) Starting from nostril, describe the path in sequence which the inspired air takes until it reaches the Alveoli. (2½)
- c) Name three tiny bones in the ear. (1½)

Section II (20 Marks)

(Answer any two questions from this section)

Question 6:

Who was Vasishta? How did he conquer shadripus (six enemies)? What was his firm conviction and his message? (10)

Question 7:

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

Question 8:

Give a short introduction of early life of Valmiki and how did he change and become a Brahmarishi? What we learn from the story of his life? (10)

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 Yoga. (5)

Question 10:

List all the parts and subparts of Ashtanga Yoga of Patanjali. (10)

Question 11:

- a) Write a short note on Asana. (5)
- b) What is the link between Bhairanga Yoga and Antranga Yoga? (5)

Section IV (20 Marks)

(Answer any two questions from this section)

Question 12:

Write the following sutra in Sanskrit and state the meaning of II:29 and II:32. (10)

Question 13:

Explain the four Margas – Path of salvation. (10)

Question 14:

Explain the four Purusharthas - The aim of life. (10)
