

GREENLAWNS SCHOOL, WORLI
Terminal Examinations - 2016
YOGA

Std: X

Date: 22-9-16

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

Fill in the blanks:

[8]

- a) Brain and spinal cord are the part of _____ nervous system.
- b) Long thread-like part of a nerve cell is _____.
- c) _____ are also called as chemical messengers.
- d) The _____ is called as an emergency hormone.
- e) A bundle of axon enclosed in a tubular sheath is called _____.
- f) The knot of blood vessels inside the Bowmans capsule is _____.
- g) The spinal cord is the centre of _____ action.
- h) The funnel-shaped structure of kidney is called _____
- i) _____ glands produce hormones.
- j) The alpha cells of pancreas produce _____.
- k) The process of getting rid of the waste products a metabolism is called _____.
- l) _____ is the largest part of the brain.
- m) The glands with ducts are called _____.
- n) _____ secretes both hormones as well as enzymes.
- o) The inner part of the kidney is called _____.
- p) Diabetes mellitus is caused due to deficiency of _____.

Question 2

State whether true or false, correct the false statement:

[10]

- a) Renal artery carries blood to the kidney.
- b) Cranial nerves arise from the brain.
- c) Hormones are produce by endocrine glands.
- d) Thyroid gland secretes adrenaline.
- e) The unit of nervous system is neuron.
- f) Adrenal gland is the master gland.

- g) Myxoedema is caused due to the malfunctioning of thyroid gland.
- h) Nitrogenous wastes are formed by the breakdown of fat.
- i) Renal vein contains more urea.
- j) Glomerulus helps in reabsorption.
- k) Deficiency of iodine causes simple goitre.
- l) Urea is found in the kidney.
- m) Nervous system helps us to think and walk.
- n) The kidneys are located beneath the two ribs.

Question 3

Match the following:

[10]

- | A | B |
|---------------------------------|--|
| a) Ear | 1) Glucose level |
| b) Kidney | 2) Opening in centre of eye |
| c) Pupil | 3) Dialysis machine |
| d) Will power | 4) Myxoedema |
| e) Insulin | 5) Balance |
| f) Cataract | 6) Diuretic |
| g) Thyroid | 7) Kidney stone |
| h) Thyroxine | 8) Blindness |
| i) Sweat | 9) Filtration |
| j) Artificial kidney | 10) Layer of eye |
| k) Blind spot | 11) Covering of the brain |
| l) Retina | 12) Pituitary |
| m) Meninges | 13) No vision |
| n) Growth hormone | 14) Adrenal gland |
| o) Contain more CO ₂ | 15) Insulin |
| p) Beta cells of pancreas | 16) Regulates amount of water excreted |
| q) Adrenaline | 17) Renal vein |
| r) Antidiuretic hormone | 18) Cerebrum |
| s) Alcohol | 19) Control of basal metabolism |
| t) Gout | 20) Skin |

Question 4

Name the following:

[10]

- a) Structure that brings urine from the kidney to the urinary bladder.
- b) The excretory product formed by the lungs.
- c) Neurons which carry impulses from receptor to brain.
- d) The fluid that is present inside and outside the brain.
- e) Muscle which guards the urethra.
- f) The condition caused due to the hyposecretion of thyroxine

- g) Lower part of the brain which contains reflex centre.
- h) Most important part of the nervous system.
- i) The hormone which prepares the body for defence
- j) The area of best vision.
- k) The part of the brain concerned with muscular coordination in the body.
- l) Blood vessel leaving the kidney.
- m) The neuron which transmits impulses from brain to the effector organ.
- n) The gland which regulates calcium in blood.
- o) A thin membranous sac serving as the reservoir of urine.
- p) The hormone secreted by thyroid gland.
- q) The term used for Bowmans capsule and glomerulus together.
- r) The parts of autonomous nervous system.
- s) The layer of eye on which image of an object is formed.

Question 5

What are the two functions of the ear? [2]

Section II (20 marks)

Answer **any two** questions from this section

Question 6

Describe Chaitanya Maha Prabhu's belief and modes of worship [10]

Question 7

Write about Yajnavalkya's life as a young student (his education and experience) [10]

Question 8

Why is Veda Vyasa praised as the source of Indian culture? [10]

Section III (20 marks)

Answer **any two** questions from this section

Question 9

- a) What do you understand by Sabija Samadhi and Nirbija Samadhi? [5]
- b) Explain Nidra according to Patanjali Yoga sutra. [5]

Question 10

Explain shortly Vibhuti Pada. [10]

Question 11

Explain in detail the five Kleshas listed by Patanjali. [10]

Section IV (20 marks)

Answer **any two** questions from this section

Question 12

Briefly highlight the preaching of Buddha.

[10]

Question 13

Briefly describe the following Patanjali Yoga sutra - I.2 and II 28.

[10]

Question 14

Compare Yoga and Samkhya Philosophy.

[10]
