

GREENLAWNS SCHOOL, WORLI

Terminal Examination 2017-18

YOGA

Std: X

Marks: 100

Date: 20/09/2017

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 inner part of the kidney is called _____
- b) The sympathetic nervous system is a part of the _____ nervous system.
- c) The image of the object seen is formed on the _____ layer of the eye.
- d) The _____ is the structural unit of the kidney.
- e) The _____ is the temporary storage reservoir of urine.
- f) _____ is the coloured part of the human eye that controls how much light passes through the pupil.
- g) There are _____ pairs of cranial nerves.
- h) The outer layer of the skin is called _____
- i) The _____ nerves transmit impulses from ear to the brain.
- j) Expanded part of ureter in the kidney is called _____
- k) The spiral shaped part of the inner ear is _____
- l) The cavities of the brain are called _____
- m) The process by which the kidney regulates the water content of the body is _____
- n) Cones are located in a region called _____
- o) The sense organ called _____ perceives five types of sensations - heat, cold, pain, pressure and touch.
- p) The instantaneous withdrawal of the hand when accidentally touches a hot object called _____ action.

Question 2:

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

(8)

- a) The nerve fibers arising from the spinal cord are example of mixed nerve.
- b) Urea is formed in the kidney.
- c) Peripheral nervous system consist of sympathetic and parasympathetic pathways.
- d) There are four types of neurons.
- e) Nervous system helps us to think and walk.
- f) Kidney maintains a proper balance of water and salt.
- g) The aggregation of nerve cell is called a ganglion.
- h) Glomerulus helps in reabsorption.

- i) Renal artery carries blood to the kidney.
- j) Renal vein contains more urea.
- k) Deafness is caused due to the rupturing of the pinna.

Question 3:

Match the items in the two columns given below:

(8)

A	B
a) Cerebrum	1) Ear
b) Blind spot	2) Kidney
c) Cerebellum	3) Protective covering of brain
d) Meninges	4) Dialysis machine
e) Stapes	5) Body temperature
f) Artificial kidney	6) Muscular coordination
g) Renal tubules	7) Free of cones
h) Hypothalamus	8) Corpus callosum

Question 4:

Select the term which is not a part of the following groups:

(8)

- a) Cataract, Gout, Color blindness, Myopia.
- b) Ultrafiltration, Vasodilation, Tubular secretion, Tubular reabsorption.
- c) Thalamus, Pons, Brain stem, Diencephalon, Prostate.
- d) Urea, Carbon dioxide, Haemoglobin, Bile pigment.
- e) Reflex arc, Sensory neuron, Motor neuron, Voluntary action.
- f) Capillaries, Arteries, Dendrites, Veins.
- g) Glomerulus, Renal artery, Lymph, Bowman's capsule.
- h) Carbon dioxide, Urea, Bilirubin, Platelets.
- i) Bhujangasana, Urdhavdhanurasana, Setubhandhasarvangasana, Halasana.
- j) Shavasana, Matsyasana, Suptavirasana, Ardhanavasana.
- k) Eye, Skin, Lungs, Liver.
- l) Bhujangasana, Dhanurasana, Vrikshasana, Shalabhasana.
- m) Parivartitrikonasana, Parshvauddhanasana, Chaturangadandasana, Ardha Chandrasana.
- n) Jhanushirasana, Paschimottanasana, Upavashistkonasana, Parvatasana.
- o) Brain, Spinal cord, Somatic nerves, Medulla oblongata.
- p) Dura mater, Pineal, Arachnoid, Pia mater.

Question 5:

Name the following

(8)

- a) The structure for the constriction of the pupil in bright light.
- b) The number of spinal nerves in a man.
- c) The point at which the nerve fibres from all sensory cells of retina converge and bundle together to leave the eyeball.
- d) The lower part of the brain which contains reflex center.
- e) Name an organic constituent of normal urine.
- f) The Bowman's capsule and glomerulus together.

- g) The sum total of all the chemical reactions taking place in the cell.
- h) A part of autonomous nervous system.

SECTION II (20 MARKS)

Answer any two questions from this section

Question 6:

List the different text attributes to Vyasa and write a description of each of his work. (10)

Question 7:

Write a detailed history of Chaitanya Mahaprabhu and his teachings to society. (10)

Question 8:

- a) Explain in brief about Chaitanya Mahaprabhu adopting sanyas. (5)
- b) Explains Chaitanyas modes of workshop (5)

SECTION III (20 MARKS)

Answer any two question from this section

Question 9:

Write a brief summary of the contents of the Shadripus. (10)

Question 10:

Patanjali list many impediments that prevents a Sadhaka from reaching the goal of Yoga. Write any five obstacles. (10)

Question 11:

Explain the five Kleshas of Patanjali yoga sutra II: 3 (10)

SECTION IV (20 MARKS)

Answer any two questions from this section

Question 13:

Briefly describe the following: (10)
Patanjali Yoga sutra II: 28 and I:33 .

Question 14:

Describe four Noble truths and Eight fold path of Lord Buddha. (10)

Question 15:

Explain in detailed the Yoga philosophy (10)
