

QUESTION PAPER DESIGN

Subject : Yoga (C147)

Marks : 100

Class: Level C

Duration : 3 Hr

1. Weightage by Objectives

Objectives	Marks	% of the total Marks
Knowledge	45	45
Understanding	40	40
Application/Skills	15	15
Total	100	100

2. Weightage to Forms of Questions

Forms of Questions	Marks	No. of Questions	Total
Long Answer (LA)	6	4	24
Short Answer I (SAI)	4	8	32
Short Answer II (SAII)	2	7	14
Very Short Answer (VSA)	1	1 (10 MCQ)	10
		1 (10 Fill in the blanks)	10
		1 (10 one sentence ans.)	10
Total		22	100

3. Weightage to Content Areas

Content Areas (Lesson)	Marks
Class-VI 1. Four Streams of Yoga 2. Yama and Niyama 3. Introduction of Hatha Yoga	
Class-VII 4. Sithilikarana Vyayama, Suksham Vyayama, Breathing Practices and Surya Namaskara 5. Asanas 6. Kriya, Pranayama, Mudra and Bandh 7. Practices of Anger Management-I	
Class-VIII 8. Practices of Anger Management-II 9. Memorization of Vibhuti and Kaivlya Pada of Patanjali Yoga Sutras 10. Krida Yoga 11. Yoga Practices for Ego Management-I 12. Yoga Practices for Ego Management-II	100
Total	100

4. Difficulty level of Question Paper

Level	Marks	% of marks given
Difficult	25	25
Average	50	50
Easy	25	25
Total	100	100

OBE-Bharatiya Jnana Parampara

Sample Question Paper

Yoga

Level 'C'

Total Marks - 100

Time - 3 Hrs.

Instructions:

1. This Question Paper has 22 questions. All questions are compulsory.
2. Question 1 has 10 Multiple Choice Questions. Four options (a), (b), (c) and (d) are given. You have to select correct option. Each correct answer carries 1 mark.
3. Question 2 has 10 'Fill in the blanks' with option. Select the appropriate option. Each correct answer carries 1 mark.
4. Question 3 has 10 Very Short Answer type questions carrying 1 mark each.
5. Questions 4 to 10 are Short Answer (II) types of questions carrying 2 marks each.
6. Questions 11 to 18 are Short Answer (I) types of questions carrying 4 marks each.
7. Questions 19 to 22 are Long Answer types of questions carrying 6 marks each.

1. Answer the following by choosing correct one from the given options- 1x10=10

- I. How many streams of Yoga are there according to Swami Vivekananda?
 - A. 2
 - B. 4
 - C. 6
 - D. 8
- II. Which one is not a stream of Yoga according Swami Vivekananda?
 - A. Raja Yoga
 - B. Hath Yoga
 - C. Bhakti Yoga
 - D. Gyan Yoga
- III. Our actions are classified as:
 - A. Sattva
 - B. Rajas
 - C. Tamas
 - D. All the above

Note : The Sample Question Paper has been developed on the basis of whole Self Learning Material (SLM). However, the exam for Level-C will be conducted from the Class-VIII Part

- IV. What is the meaning of Samadhi?
 A. Concentration
 B. Meditation
 C. Discipline
 D. Self Realization
- V. How many Bandhas are there in the body?
 A. 9
 B. 6
 C. 3
 D. 2
- VI. Jala Neti Which one is the process of cleaning the nasal cavity using water?
 A. Bhramari
 B. Kapalabhati
 C. Jala Neti
 D. None
- VII. What is the meaning of Prana?
 A. Light
 B. Control
 C. Body
 D. Energy
- VIII. How many chapters are there in Patanjali Yoga Sutra?
 A. 2
 B. 4
 C. 5
 D. 6
- IX. An unbroken flow of knowledge is called-
 A. Dharana
 B. Dhyan
 C. Samadhi
 D. Niyam
- X. How many sutras are of Patanjali?
 A. 195
 B. 200
 C. 150
 D. 250

2. Fill in the blanks in the following-

1x10=10

- I. The word literally mean not to injure or show cruelty to any creature or any person in any way whatsoever.
- II. Yama's are broken down into five wise characteristics; they are Ahimsa, Satya, Asteya, Aparigraha and
- III. Classical Hatha yoga has limbs.
- IV. is a gesture which controls and channelize the Prana (life force) in a particular way.

- V. are Yogic cleansing techniques, which helps in cleansing your internal organs.
- VI. is the process of cleaning the nasal passage using water.
- VII. is the system of Yogic practices which loosens your joints and removes the energy blockages.
- VIII. , the name comes from the Sanskrit words “Vira” meaning “hero” and Asana meaning “posture” or “seat”
- IX. Having got the boon, the wicked Bhasmsura tried the boon on himself.
- X. When umpire says everybody twists the palms downwards facing the ground.

3. Write the answer of following in one word –

1x10=10

- I. How many positions are of Asanas?
- II. Name a Bandha of the body.
- III. What the hand and finger gestures are called?
- IV. How many Kriyas are there which helps to cleanse various internal organs?
- V. What type of Kriya helps in cleansing frontal lobe.
- VI. What does feeling of pride in your superiority to others and self-importance called?
- VII. What is sthiti (position) of Ardh Shishasana?
- VIII. What does it by Kapal in Sanskrit?
- IX. Name a pranayama.
- X. What does it called of holding the mind on to some particular object?
4. What is Shauch? 2
5. what is Dhyana? 2
6. How does we understand 'Asteya'? 2
7. Name some Sukshma Vyayama. 2
8. What are Dexterity games? 2
9. Name some Shithilikaran Vyayama. 2
10. What is Supta virasana ? 2
11. Describe 'Aparigraha'. 4
12. What is the relation between Hathyoga and Rajayoga? 4
13. What are Bandhas? 4
14. what are the steps of Navasana? 4
15. Define Mudras. 4
16. Describe the steps of dog breathing. 4
17. What are the benefits of Agnisara? 4
18. Define Samadhi, according to Patanjali Yoga Sutra. 4
19. Describe Karma Yoga in detail. 6
20. Describe the steps of bhunamanāsana stretch in detail. 6
21. What is Ego ? and what is source of it? 6
22. write a short note on 'Vande Mataram Song'. 6

Yoga Level 'C'
Marking Scheme

Answers:

1.

- I. B
- II. B
- III. D
- IV. D
- V. C
- VI. C
- VII. D
- VIII. B
- IX. B
- X. A

2.

- I. Ahimsa
- II. Bhramacharya
- III. five
- IV. Mudra
- V. Kriyas
- VI. Jala Neti
- VII. Sukshma Vyayama
- VIII. Virasana
- IX. Shiva
- X. 'SHYAM'

3.

- I. Four
- II. Mula Bandha, Uddiyana Bandh, Jalandhar Bandha (any one)
- III. Mudras
- IV. Six
- V. Kapalbhathi
- VI. Ego
- VII. Dandasana
- VIII. Skull
- IX. Nadi Shuddhi
- X. Dharana

4. The first Niyama is Shoucha, meaning purity and cleanliness. Shoucha has both an inner and an outer aspect.

5. An unbroken flow of knowledge to that object is Dhyana.

6. Asteya means “to steal”; Asteya is the opposite-to take nothing that does not belong to us.
7. Ankle, Knee, Wrist, Elbow, Shoulder and Neck movements are some the Sukshma Vyayamas.
8. Dexterity games are a particular form of physical games where speed control is more important than physical attributes such as strength or endurance.
9. , Mukhadhauti, Backward and Forward bending, Twisting and Side bending are some Shithilikaran Vyayama.
10. Supta virasana is an intermediate variation of virasana. Supta virasana is derived from Sanskrit with supta meaning "reclining" and vira meaning "hero."
11. Aparigraha means to take only what is necessary, and not to take advantage of a situation or act greedy. We should only take what we have earned; if we take more, we are exploiting someone else. The Yogi feels that the collection or hoarding of things implies a lack of faith in God and in himself to provide for his future. Aparigraha also implies letting go of our attachments to things and an understanding that impermanence and change are the only constants.
12. Hatha Yoga is the physical practice of yoga which focuses first on the Kriya and Asana practice. Hatha yoga is part of the integral system of Raja Yoga and focuses on the subtle energy flow in the body known as Prana. Hatha Yoga is the ladder leading to Raja Yoga.
13. Bandha means to lock, close-off, to stop. In the practice of a Bandha, the energy flow to a particular area of the body is blocked. There are four types of Bandhas:
 - Mula Bandha - Anal Lock
 - Uddiyana Bandha - Lifting of the Diaphragm
 - Jalandhara Bandha - Chin Lock
 - Maha Bandha - Practice of all three Bandhas at the same time.
14.
 - Bring the hands by the side of the body.
 - Inhale deeply and raise the legs, head and trunk off the ground.
 - Keep the legs at an angle of about 30degree to 35degree from the floor and the top of the head in line with the toes.
 - Simultaneously, raise the hands at eh shoulder height parallel to the ground. Look towards the toes.
 - Exhale slowly and lower the legs, head and trunk.
 - Repeat 10 times. Relax in Savásana.
15. Mudra means a “sign” or a “seal” in Sanskrit. We use these gestures mostly in meditation or in Pranayama practice to direct the flow of energy within the body by using the hands.

Different areas of the hands are connected with areas in the body and the brain. So when we place our hands in Yoga Mudra's, we stimulate different areas of the brain and create a specific energy circuit in the body. By doing this, we help generate a specific state of mind.

16.

- Fold the right leg at the knee and sit on the right heel.
- Fold the left leg also at the knee sit on both heels.
- Place the palms of the hands on the ground beside the knees.
- Make the spine slightly concave and fix the gaze straight ahead.
- The mouth is opened wide, the tongue is pushed out to its maximum. Practice rapid, forceful inhalation and exhalation, expanding and contracting the abdomen vigorously.
- Repeat the practice for 30 seconds.
- Relax in Sasāñkāsana.

17. **Benefits**

- Helps in controlling our anger.
- Strengthening the muscles.
- It improves blood circulation to the whole trunk area and strengthens all the internal organs.

18. When that, giving up all forms, reflects only the meaning, it is Samādhi.

19. Karma means any action which is physical or mental. Karma yoga is welfare activity, performed selflessly, unattached and silently. Karma yoga is also an art of 'working in relaxation' with total 'Awareness'. Our actions are classified into three, namely Tamas, Rajas and Sattva.

- **Tamas**-This is the darkness and the crudeness in man. It is born of ignorance and the cause of delusion. It binds us through recklessness, laziness and sleep.
- **Rajas** -This is full of passion and is born out intense desire and attachment. It binds us through attachment with action.
- **Sattva** -This is pure, without impurities, illuminating and free from sickness. It binds us through attachment with happiness and knowledge.

Karma Yoga offers us three methods towards achieving the goal.

First step: This is to destroy the Tamas and remove the resistance to action, both physical and mental.

Second step: This is to overcome the problems of Rajas, manage the most difficult situations as fire-fighting with ease and not get lost.

Third step: This is to resolve all conflicts that arise on our way towards achieving the goal.

20. Practice

- Sit with the spine erect and the legs outstretched.
- Place the hands to the side of the right hip.
- Move the right hand back slightly further behind the body with the fingers pointing backward.
- Twist the trunk 90 degrees to the right, using the arms and shoulders as levers.
- Slowly bend the torso and bring the forehead to the floor.
- If possible keep both buttocks on the floor.
- Hold the final position for a short time.
- Slowly raise and return to the original position
- Repeat the movement on the other side. This completes one round.
- Practice up to 5 rounds.

It is important to note here that:

- Breathing: Inhale while facing forward.
- Retain the breath in while twisting.
- Exhale while bending.
- Retain the breath out in the final position.
- Inhale while raising the trunk.

21. Ego is constriction. Ego is focusing of mind. When the mind focuses, you have the Ego. What is Greed? Greed is the uncontrolled speed of the desire. As you go deeper and deeper into meditation, the mind goes into silence. Search the source from where the thoughts are coming. The Anandamayakosa. The infinite bliss, power and knowledge. The deep silence. There is an expansion taking place shattering the constricted focusing of Ego, arrogance and unnecessary showing off.

22. The word 'Vande Mataram' was the national call for Freedom in India. These two words were always recited by many freedom fighters of India when they were hanged by the Britishers.. Thus, the song 'Vande Mataram' reminds us of their sacrifice. It was written by legendary Bengali writer and novelist, Bankim Chandra Chattopadhyay and selected as the National Song of India on January 24, 1950. As this song is in the Divine language, [Sanskrit](#), the one singing it as well as the one listening to it, is benefited.



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