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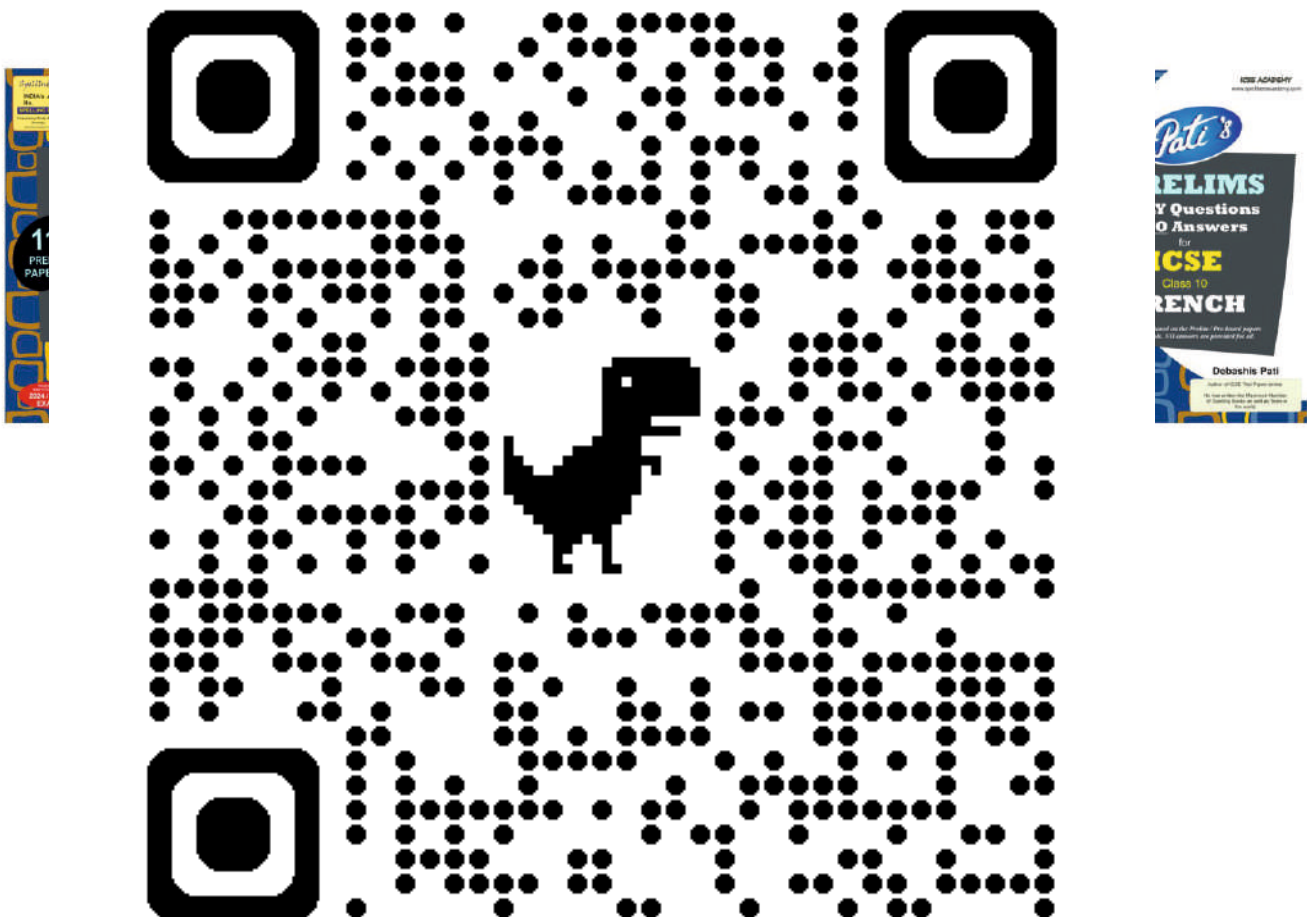
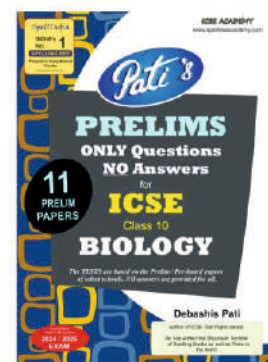
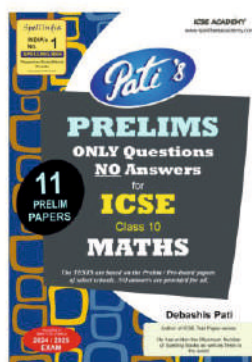
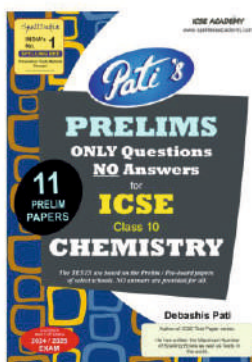
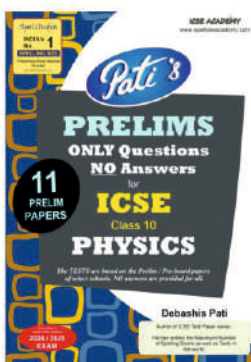
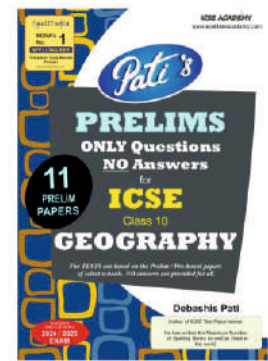
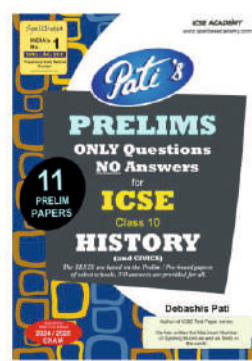
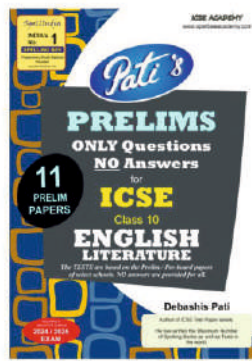
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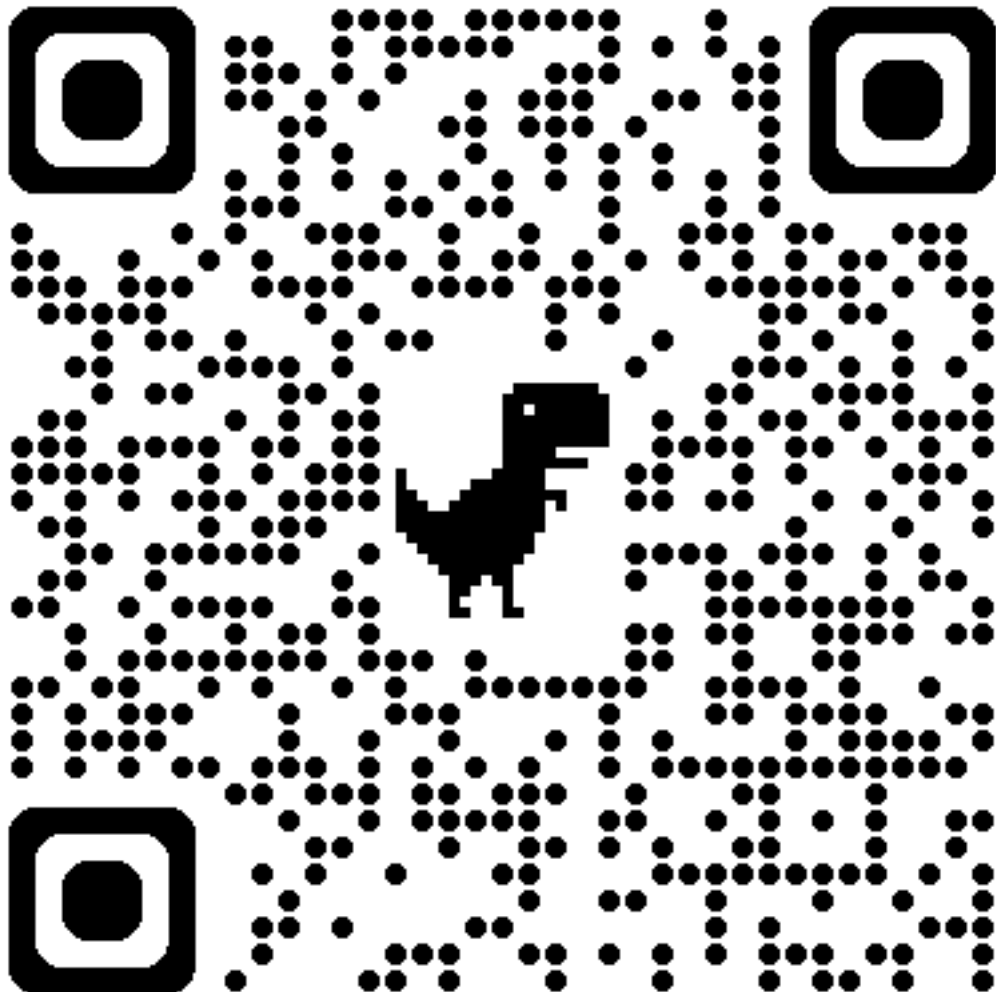
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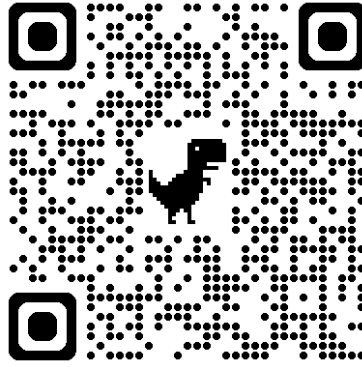


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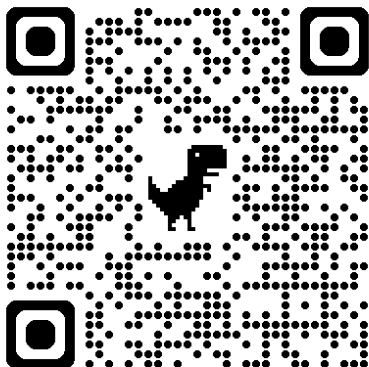
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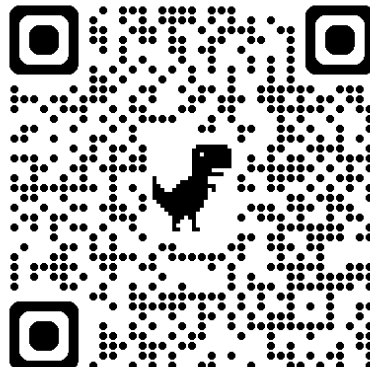
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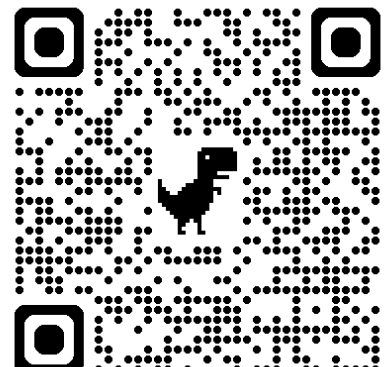
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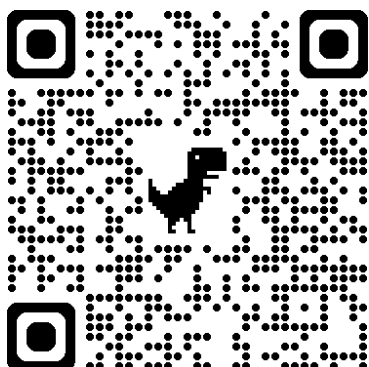
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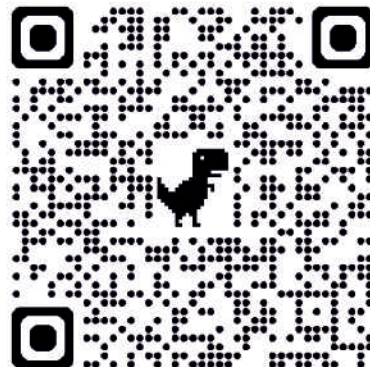
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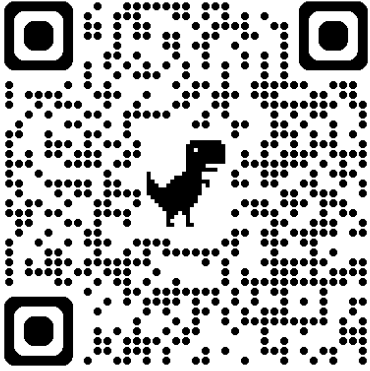
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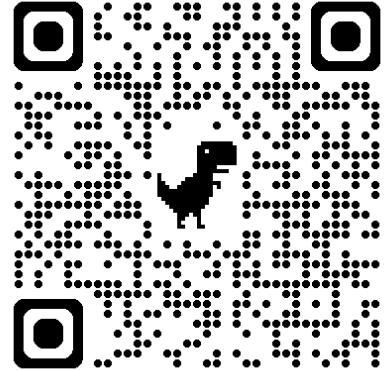
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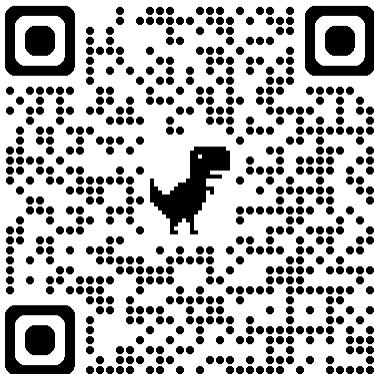
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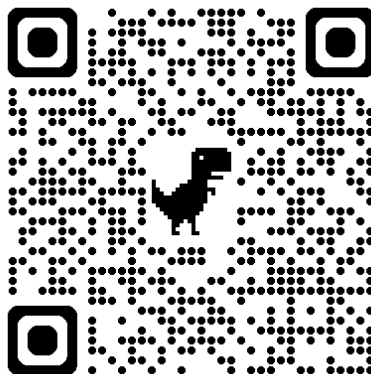
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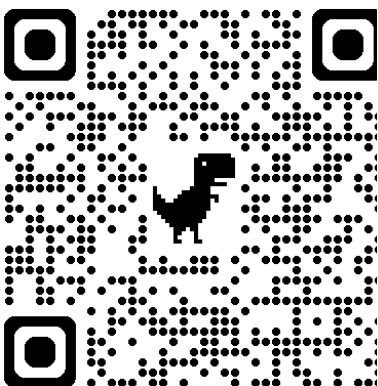
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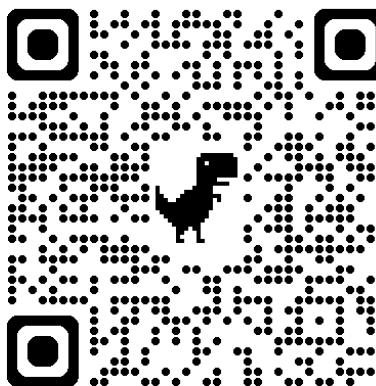
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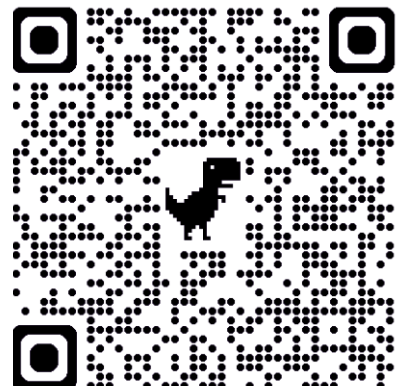
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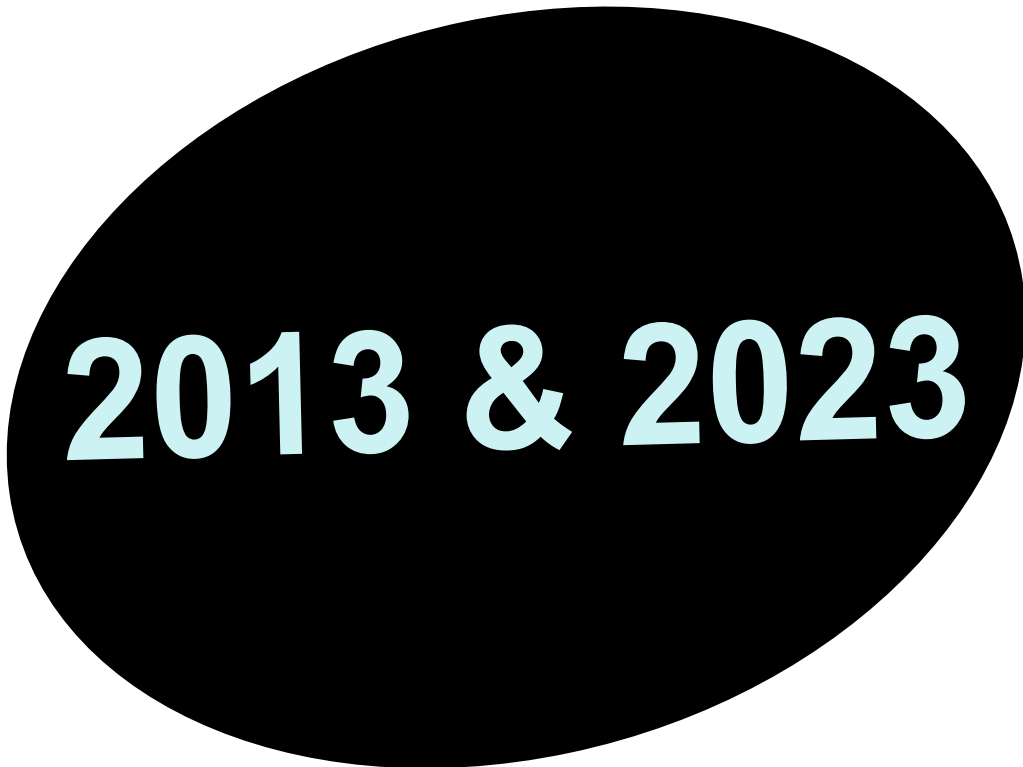
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Note : All Question Papers that follow are actual CISCE Board Exam Papers.

**2023**

**ICSE 2023 EXAMINATION**  
**SPECIMEN QUESTION PAPER**

**YOGA**

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*Maximum Marks: 100*

*Time allowed: Two hours*

*Answers 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 questions from Section A and any six questions from Section B.*

*The intended marks for questions or parts of questions are given in brackets[ ].*

---

**SECTION A**

*(Attempt all questions.)*

**Question 1**

Choose the correct answer from the given options.

[20]

- (i) The left atrioventricular valve is called:
- (a) Semilunar valve
  - (b) Pocket valve
  - (c) Bicuspid valve
  - (d) Tricuspid valve
- (ii) The hormone in our bodies that prepares us for 'fight or flight' is:
- (a) Cortisone
  - (b) Insulin
  - (c) Adrenaline
  - (d) Oxytocin

- (iii) A disorder of the eye in which the lens turns opaque is called:
- (a) Hyperopia
  - (b) Cataract
  - (c) Presbyopia
  - (d) Myopia
- (iv) The yogic cleansing of the tongue is called:
- (a) Karnarandradhauti
  - (b) Jivhamulshodhana
  - (c) Basti
  - (d) Jala neti
- (v) A method of meditation that involves staring at a single point such as a candle flame is:
- (a) Zazen
  - (b) Tratak
  - (c) Anapanasati
  - (d) Antarmauna Dhyana
- (vi) The outer region of the kidney is called:
- (a) Medulla
  - (b) Cortex
  - (c) Ureter
  - (d) Adrenal
- (vii) A deficiency of this hormone causes diabetes mellitus:
- (a) Glucagon
  - (b) Insulin
  - (c) Thyroxine
  - (d) Adrenaline

- (viii) The process in which WBC's engulf particle like solid substances specially bacteria is called:
- (a) Diapedesis
  - (b) Thrombosis
  - (c) Phagocytosis
  - (d) Inflammation
- (ix) The yoga sutra that gives us the definition of yoga is:
- (a) 1.2
  - (b) 1.33
  - (c) 2.28
  - (d) 2.3
- (x) The chittavikshepa that means a lack of moderation or craving after sensual pleasures is:
- (a) Avirati
  - (b) Styana
  - (c) Pramada
  - (d) Bhrantidarshana
- (xi) The founder of the Sankhya school of philosophy is:
- (a) Sage Badrayana
  - (b) Sage Jaimini
  - (c) Sage Kapila
  - (d) Rishi Patanjali
- (xii) The word 'OM' is also known as the:
- (a) Shanti mantra
  - (b) Pranava mantra
  - (c) Gayatri mantra
  - (d) Mahamrityunjay mantra

- (xiii) The name of Sri Aurobindo's father was:
- (a) Dr. K.D.Ghose
  - (b) Bramarath
  - (c) Sage Parashara
  - (d) Dr. S. Dutta
- (xiv) Tripitakas is an important text from this school of philosophy:
- (a) Jainism
  - (b) Buddhism
  - (c) Sankhya
  - (d) Vedanta
- (xv) Puranas is a work ascribed to:
- (a) Swami Vivekananda
  - (b) Sage Ved Vyasa
  - (c) Sri Aurobindo
  - (d) Sage Yajnavalkya
- (xvi) The concept of Brahman is an important tenet from this school of philosophy:
- (a) Buddhism
  - (b) Jainism
  - (c) Tolle's philosophy
  - (d) Vedanta
- (xvii) The heart is covered by a double walled protective covering called:
- (a) Pleura
  - (b) Pericardium
  - (c) Cardiac muscles
  - (d) Meninges

- (xviii) This blood vessel arises from the left ventricle and carries oxygenated blood to all part of the body:
- (a) Pulmonary artery
  - (b) Vena cava
  - (c) Aorta
  - (d) Pulmonary vein
- (xix) This is one of the kleshas listed in yogasutra 2.3
- (a) Upeksha
  - (b) Maitri
  - (c) Pratyahara
  - (d) Abhinivesha
- (xx) Swami Vivekanada's guru was:
- (a) Maharishi Dayananda Saraswati
  - (b) Ramakrishna Parmahansa
  - (c) Lokmanya Tilak
  - (d) Sage Vaisampayana

## Question 2

- (i) State whether the following are true or false: [5]
- (a) The growth hormone is secreted by the adrenal gland.
  - (b) Myopia is a condition in which near objects can be seen clearly while distant objects appear blurred.
  - (c) A portal vein begins and ends in capillaries.
  - (d) The liquid component of blood, plasma, is red in colour.
  - (e) The tip of the tongue is most sensitive to bitter substances.

(ii) Match the columns: [5]

- |                    |                      |
|--------------------|----------------------|
| (a) Occipital lobe | 1. Thinking          |
| (b) Temporal lobe  | 2. Relaxation phase  |
| (c) Diastole       | 3. Hearing           |
| (d) Frontal lobe   | 4. Contraction phase |
| (e) Systole        | 5. Vision            |

(iii) Select the odd one out: [5]

- (a) Janushirshasana, Matsyasana, Urdhwadhanurasana, Urdhwamukhashwanasana  
(b) Upavishtakonasana, Shirshasana, Paschimottanasana, Janushirshasana  
(c) Atherosclerosis, Kidney stones, Angina, Myocardial infarction  
(d) Cretinism, Acromegaly, Goitre, Myxoedema  
(e) Maleus, Eustachian tube, Incus, Stapes

(iv) Name the following: [5]

- (a) The type of reflex action in which no previous experience or learning is required.  
(b) A disease in which uric acid crystals are deposited at the joints.  
(c) The respiratory, iron containing pigment found in red blood cells.  
(d) The part of the diencephalon in the brain that controls the body temperature.  
(e) The blood vessel that supplies oxygenated blood to the liver.

### SECTION B

*(Answer any six questions from this Section.)*

#### Question 3

With respect to Sri Aurobindo write about the following:

- (i) Sri Aurobindo as one of the leaders of India's freedom movement. [2]  
(ii) His solitary confinement in Alipore jail and its outcome. [2]  
(iii) Any three teachings of Sri Aurobindo. [3]  
(iv) Name any three works of Sri Aurobindo and write a sentence on each. [3]

**Question 4**

- (i) (a) Write briefly about Ramana Maharishi's death experience that initiated his quest for the Self. [4]  
(b) What is Ramana Maharshi's method of self enquiry?
- (ii) Describe briefly Swami Vivekananda's experience with the Divine Mother at the Kali temple in Dakshineswar? [3]
- (iii) Write any three teachings of Swami Vivekananda. [3]

**Question 5**

- (i) With respect to Sage Ved Vyasa write about his relationship with: [4]  
(a) Satyawati and Rishi Parasara  
(b) The Pandavas and Kauravas
- (ii) Describe the following works of Sage Ved Vyasa in three sentences each: [6]  
(a) Vyasa Bhashya  
(b) The Mahabharata

**Question 6**

With respect to the Samadhi Pada answer the following questions:

- (i) Describe any two ways given to us by Rishi Patanjali to still the Chitta Vrittis. [2]
- (ii) Which two methods have worked the best for you to still your thoughts? [2]
- (iii) Write a sentence on each of the following: [3]  
(a) Nirbeej Samadhi  
(b) Sabej Samadhi  
(c) Savitarka Samadhi
- (iv) Name the first three accompaniments of the obstacles listed in Yoga sutra 1.31. [3]

**Question 7**

With respect to the Sadhana Pada write notes on the following:

- (i) Asana [2]  
(ii) Pranayama [2]

- (iii) Samyama (the three limbs of ashtanga yoga involved in it) [3]
- (iv) Name the first three virtues listed in sutra 1.33 and write a sentence on each of them. [3]

### Question 8

Explain the following terms from Rishi Patanjali's yoga sutras:

- (i) Klishta and Aklishta vrittis [2]
- (ii) Chit and Chitta [2]
- (iii) Vikalpa Vritti (With an example) [3]
- (iv) Dharma megha Samadhi (Name the pada in Rishi Patanjali's Yoga sutras that it is a part of) [3]

### Question 9

With respect to Eckhart Tolle's philosophy explain the following:

- (i) The Pain Body [2]
- (ii) The human mind's addiction to thinking. [2]
- (iii) Three methods to enter the eternal now. [3]
- (iv) What according to Tolle is 'The Power of Now'? What is the best way you are able to access it? [3]

### Question 10

Write the following yoga sutras in Sanskrit and explain them word by word:

- (i) Patanjali yoga sutra 1.14 [5]
- (ii) Patanjali yoga sutra 2.28 [5]

### Question 11

Write ten points of comparison between Vedanta and Purva Mimansa. [10]

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**YOGA**

*(Two hours)*

*Answers 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.*

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*Attempt **all** questions from **Section I***

*and **two** questions **each** from **Sections II, III and 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) The process by which white blood cells engulf any foreign bodies in the blood and destroy them is known as \_\_\_\_\_.
- (b) The juice that digests fat in the food is \_\_\_\_\_.
- (c) The \_\_\_\_\_ is an endocrine gland located in the throat and controls metabolism.
- (d) \_\_\_\_\_ is an exocrine as well as endocrine gland.
- (e) The back flow of blood is prevented by \_\_\_\_\_.
- (f) Hormones are transported throughout the body by \_\_\_\_\_.
- (g) The organ that excretes carbon dioxide from the body is \_\_\_\_\_.
- (h) Decrease in the haemoglobin level leads to \_\_\_\_\_.

**Question 2**

State whether the following statements are *true* or *false*:

[8]

- (a) A high concentration of urea in the blood can lead to death.
- (b) The cerebrum is the seat of body balance.
- (c) The lymphatic system is a subsystem of the circulatory system.
- (d) The sympathetic and parasympathetic system controls the involuntary actions of internal organs.

- (e) Lymph nodes check against infections by destroying harmful organisms.
- (f) Spinal nerves emerge from the spinal cord.
- (g) Accumulation of water in the body is due to the improper functions of the heart.
- (h) The practice of the *asanas*, *pranayama* and *dhyana* is not helpful in combating diseases.

### Question 3

Choose the correct answer from the choices given in brackets:

[8]

- (a) \_\_\_\_\_ can be called the Lord of the *Karmaindriyas*.  
(medulla oblongata, hypothalamus, cerebellum)
- (b) The protective layer covering the heart is known as \_\_\_\_\_.  
(piameter, pericardium, pleura)
- (c) The practice of Surya Namaskar will tend to \_\_\_\_\_. (accelerate the heartbeat, slow the heartbeat, maintain an even heartbeat)
- (d) The reflex starts at a receptor organ that conveys the impulse to the \_\_\_\_\_ and ends at an effector organ (spleen, adrenal, spinal cord).
- (e) \_\_\_\_\_ are blood vessels with the ability to contract and dilate (capillaries, ossicles, renal tubules)
- (f) The cause of all suffering \_\_\_\_\_ . (maya, karma, desire)
- (g) An electrical disturbance that sweeps over the nerve cell is called a/an \_\_\_\_\_ (response, impulse, stimulus).
- (h) The \_\_\_\_\_ produce(s) blood in large quantities in an emergency. (liver, spleen, pancreas)

### Question 4

Match the items in the two columns:

[8]

- |                         |  |
|-------------------------|--|
| (a) Coronary thrombosis | (i) for kidney dysfunction   |
| (b) Sino atrial node    | (ii) causes growth of beard in females.                            |
| (c) Adrenal cortex      | (iii) clot in the vessel which supplies blood to the heart muscle. |

- |                       |   |
|-----------------------|---|
| (d) Tonsillitis       | (iv) no fibrinogen.                               |
| (e) Gout              | (v) improper sugar metabolism                     |
| (f) Serum             | (vi) deposits of uric acid in the joints.         |
| (g) Dialysis          | (vii) fall in the number of platelets             |
| (h) Diabetes mellitus | (viii) gives the impulse to start the heart beat. |

**Question 5**

Write the term that does *not* fit into the group: [8]

- (a) Anvil, Drill, Hammer, Stirrups.
- (b) Urea, Ammonia, Glucose, Salts.
- (c) Immunity, oxygen transport, clot formation, response to stimulus.
- (d) Synapse, Cyton, Ganglion, Tympanum.
- (e) Neurons, Nephrons, Renal tubules, Uriniferous tubules.
- (f) Ardha Navasana, Matsyasana, Supta virasana, Shavasana.
- (g) Goitre, Insipidus, Myxedema, Cretinism.
- (h) Iris, Pupil, Cochlea, Retina.

**Section II (20 Marks)**

*Answer any two questions from this Section*

**Question 6**

Discuss the major similarities and differences in the teachings of Jnaneshwar and Chaitanya. [10]

**Question 7**

Ved Vyasa has written on all aspects of life (i.e. *dharma*, *artha*, *kama* and *moksha*). Justify this statement. [10]

**Question 8**

- (i) education and experiences
- (ii) contribution as a mature guru. [10]

### Section III (20 Marks)

Answer any *two* questions from this section

#### Question 9

- (a) Write a brief summary of the contents of the *samadhipada*. [5]
- (b) Name and define any five *chitta vikshepas* mentioned in Patanjali. [5]

#### Question 10

What is said by Patanjali in Sutra 2.31? Explain the following terms in context of this sutra:

- (a) Yamas
- (b) Sarva-bhaumah
- (c) Jati,
- (d) Desha
- (e) Kala. [10]

#### Question 11

- (a) Name all five *vrttis* with *sutra*. [5]
- (b) How does happiness (*sukha*) cause attachment (*raga*). Explain. [5]

### Section IV (20 Marks)

Answer any *two* questions from this section

#### Question 12

Name two schools of Orthodox Indian Philosophy. Explain their role in the teaching of Yoga. [10]

#### Question 13

Name two heretodox philosophies, one known as optimistic and the other pessimistic. Why are the philosophies known so? [10]

#### Question 14

Select any *two* Patanjali *Yoga Sutras* from 1.14, 1.33 and 2.3. Write these *Sutras*. Briefly give their meaning. [10]

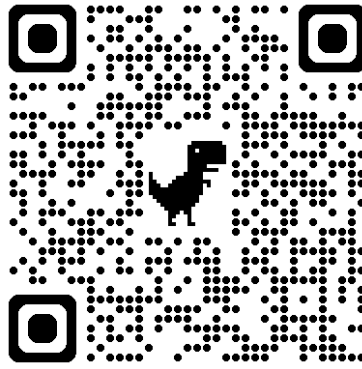


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History/Civics



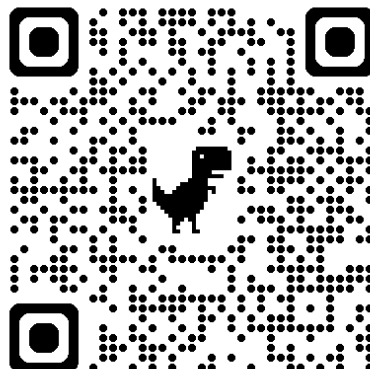
Geography



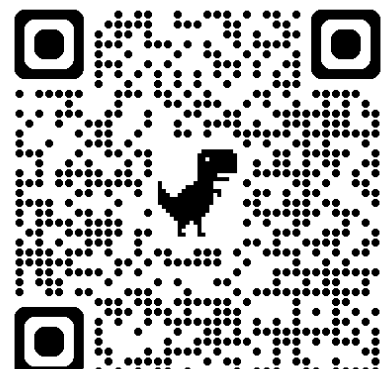
Maths



Physics



Chemistry



Biology



Hindi



Physical  
Education



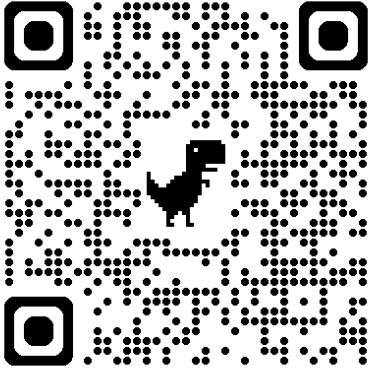
Computer  
Applications





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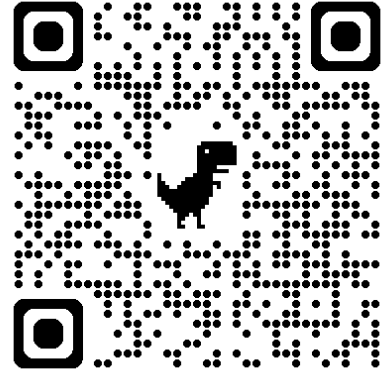
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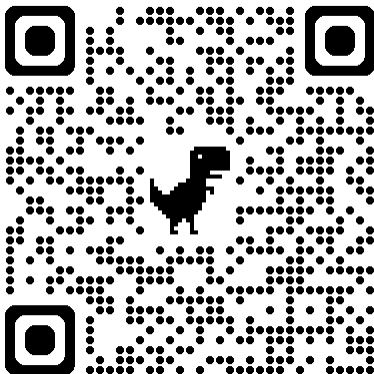
Economics



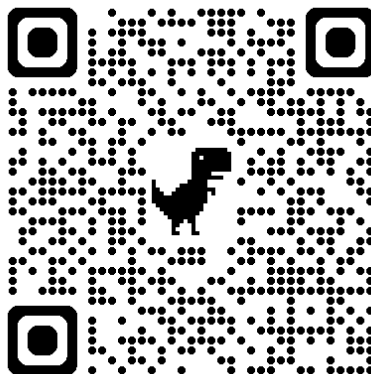
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Studies



French



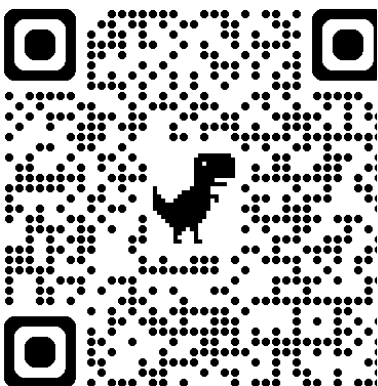
Robotics & AI



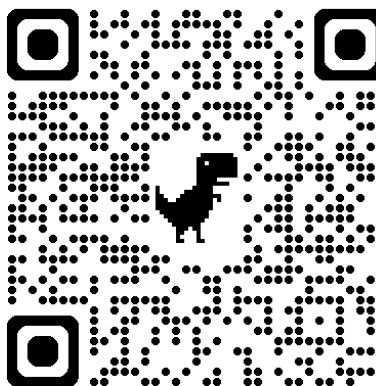
Home Science



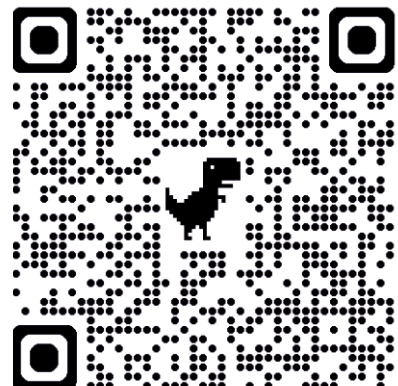
EVS



Marathi



Gujarati



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