

QUESTION PAPER DESIGN

Subject : Yoga (B147)

Marks : 100

Class: Level B

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) 1 (10 Fill in the blanks) 1 (10 one sentence ans.)	10 10 10
Total		22	100

3. Weightage to Content Areas

Content Areas (Lesson)	Marks
Class-IV 1. An Introduction to Yoga 2. Yama and Niyama 3. Asanas and Pranayam 4. Pratyahara, Dharana, Dhyana and Samdhi 5. Asanas	
Class-V 6. Pranayama and Kriyas 7. Practices of Concentration Development 8. Practices for Intelligence Quotient Development 9. Practices for Memory Development 10. Kridya Yoga 11. Memorization of Samadhi and Sadhana Pada of Patanjali Yoga Sutra	100
Total	100

3. 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 'B'

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. What is root word of the word 'Yoga'?
 - A. Yaj
 - B. Yuj
 - C. Yuk
 - D. Yog
 - II. In how many main periods can the history of Yoga be divided?
 - A. 5
 - B. 4
 - C. 3
 - D. 2
 - III. Who is considered as the father of Yoga?
 - A. Panini
 - B. Vishnu
 - C. Patanjali
 - D. Shankaracharya

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

- IV. How many divisions are of Yoga according to Swami Vivekananda?
 A. 2
 B. 3
 C. 4
 D. 5
- V. What does it mean by the word “Tratak” in Sanskrit.
 A. To look
 B. To read
 C. To bath
 D. To smile
- VI. What the Jala Neti Kriya is used for?
 A. To clean nasal cavity
 B. To clean mouth
 C. To clean tongue
 D. To eye
- VII. Which one is performed to clean the breath?
 A. Jala Neti
 B. Sthiti
 C. Nadhi Shodhan
 D. Kapal Bhati
- VIII. Which one is a Yogic krida game?
 A. Namaste
 B. Mandal Kho
 C. Train Race
 D. All
- IX. What is the meaning of the word ‘Krida’?
 A. Game
 B. Action
 C. Running
 D. Jumping
- X. How many players can play the Flag Race Krida?
 A. 8
 B. 11
 C. 16
 D. 20

2. Fill in the blanks in the following-

1x10=10

- I. Yama is mainly classified in characteristics. (five/six/ seven/eight)
- II. Steya means ".....", Asteya is the opposite-to take nothing that does not belong to us. (to steal/ to hide/ to give)
- III. is the practice by which one can regulates the vital energy. (stthiti/ Pranayama/ Mandal kho)
- IV. is derived from the sanskrit word - prati, meaning ‘away’ or ‘against’. and ahara, meaning ‘nourishment’ or ‘food’. (Pratyahara/ Dharana/ dhyana)

- V. The name comes from the sanskrit word pada which means 'foot', hasta meaning 'hand' and asana meaning a 'seat' or 'posture'. (Padahasthasana/ Shishhasana/ Padmasana)
- VI. In sanskrit, means 'half', Chakra means wheel and asana means a 'pose'. (Ardha/ Ekam/ Saardh)
- VII. are body postures done in Standing, Sitting, Prone and Supine positions which helps in flexibility of the spine in forward, backward and side bending. (Asanas/ Pranayamas/ meditation)
- VIII. In Sanskrit, means 'skull' and bhati means 'shine'. So, it helps to improve the functions of the organs located in the skull. (Kapala/ Bhala/ Asana)
- IX. योगश्चित्तवृद्धः ।
- X. प्रत्यक्षानुमानागमाः ।
3. Write the answer of following in one word – 1x10=10
- I. Which is the process of cleaning the nasal passage using water?
- II. Which sthiti is used for Sasankasana Breathing?
- III. Which posture is also known as gorilla pose or hand under foot pose?
- IV. In which pranayama, the practitioner makes the sound which resembles the buzzing sound of a black bee?
- V. What does it mean by "Kriya" in Sanskrit?
- VI. Name a Asana for helpful for memory development.
- VII. Which Asana is derived its name from lotus?
- VIII. Which asana strengthens shoulders and back muscles, thighs and arms?
- IX. What is meaning of the word "Vajra" in Sanskrit?
- X. In which game the players stand in a circle at equal distance?
4. What is Aparigraha? 2
5. What is Shaucha? 2
6. What is the process to practice the ashva-Sanchalana-Asana? 2
7. What are the benefits of Trikonasana? 2
8. What are the benefits of Jala Neti? 2
9. What are the steps to play the Master Displine Kirda? 2
10. Write the meaning of the following line- "अनुभूत वषयासंप्रमोषः स्मृतिः". 2
11. What is Ahimsa yama. Discuss it. 4
12. What is Pranayama and what are the benefits of Pranayamas? 4
13. Write a short note on Prtayaharas. 4
14. Write the steps of Vama- Dakshina Jatru Trataka. 4
15. What are the steps and benefits of Ardh-chakra-Asana? 4
16. Define the "Shithilikarana vyayama" 4
17. What is Yogasana? Define the steps of any yogasana. 4
18. What are the steps to practice the "Namste Krida"? 4
19. Discuss the importance of Yoga. 6
20. Describe the twelve steps of Surya Namskara. 6
21. What is asana? Describe any one asana. 6
22. Write the summery of Samadhi pada of Yoga sutra. 6

Yoga Level 'B'
Marking Scheme

Answers:

1. 1x10=10
- I. B
 - II. B
 - III. C
 - IV. C
 - V. A
 - VI. A
 - VII. D
 - VIII. D
 - IX. A
 - X. C
2. 1x10=10
- I. Five
 - II. to steal
 - III. Pranayama
 - IV. Pratyahara
 - V. Padahasthasana
 - VI. Ardha
 - VII. Asanas
 - VIII. Kapala
 - IX. निरोधः
 - X. प्रमाणानि
3. 1x10=10
- I. Jala Neti
 - II. Vajrasana
 - III. Padahasthasana
 - IV. Bhramari Pranayama
 - V. Completed action
 - VI. Bhujangasana
 - VII. Padmasana
 - VIII. Ushtasana
 - IX. Vajra a weapon whose name means 'thunderbolt' or 'diamond'
 - X. Mandala Kho
4. 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. 2
5. The first Niyama is Saucha, meaning purity and cleanliness. Shaucha has both an inner and an outer aspect. Outer cleanliness simply means keeping ourselves clean. Inner

- cleanliness has as much to do with the healthy, free functioning of our bodily organs as with the clarity of our mind. 2
6. In this step breath in and kick the right leg back. Push the buttock forward and downward so that the left leg is perpendicular to the ground. Look up. 2
 7. Trikonasana helps in preventing flat foot, strengthens the thigh muscles and waist muscles and makes the spine flexible. 2
 8. Neti Kriya helps in curing sinusitis, ailments of nose, throat and eyes. It helps to reduce colds, coughs and allergies. It helps in reducing the congestion and blockages of the nasal passage and encourages smooth breathing exchange through the nostril. 2
 9. A person assumes the role of a guru. Two players will be his/her disciples. Two disciples will catch hold of the players and bring him/her to the guru. New disciple will be made to bow down his/her head to the guru by force and then he becomes the new disciple. • Like that all the players have to be converted as disciples. 2
 10. Memory is when the (Vrttis of) perceived subjects do not slip away (and through impressions come back to consciousness). 2
 11. Ahimsa means non-violence. One can hurt a person in three ways namely, by deeds, by words or by thought! All three forms of hurting are not good and one should avoid these. Sometimes we hurt others without realizing it. Normally, you do harm without thought. One throw stones at animals without any reasons, catch insects, butterflies etc. This is a pass time which gives much pain to these creatures. Our shastras say that such acts invite punishment. 4
 12. Prana means 'energy' and Ayama is 'to regulate'. Pranayama is the practice by which one can regulate the vital energy. Pranayama helps to make the breath slow and rhythmic. When the breath slows down, mind becomes calm. It is the practice of using the breath to soothe the fluctuations of 'chitta' or the active thinking mind.
Benefits of Pranayama
 - It improves blood circulation
 - It relaxes the body and mind
 - It improves your concentration skills
 - It releases anxiety
 - It improves the lung capacity
 4
 13. Pratyahara is derived from the sanskrit word - prati, meaning 'away' or 'against'. and ahara, meaning 'nourishment' or 'food'. Therefore, the whole word denotes a withdrawal from what nourishes the senses. Pratyahara means 'withdrawal of the senses'. It's a powerful way to master your mind, cultivate inner peace, and boost your focus and concentration. Before we can actually teach kids to control their senses, they need to understand what they are required to do . Start by identifying the five senses: sight, hearing, taste, touch, and smell. Pratyahara is considered important in yoga helping the practitioner into concentration, meditation and, eventually, to the goal of samadhi (union with the Divine). By withdrawing the focus from the senses and the external environment, the mind can turn inward, deepening yogic practice. The main objective of Pratyahara is about training the mind to withdraw from the senses. 4
 14. Make a fist of your left hand, raise your thumb. • Take the left hand left way as long as possible without losing sight of the tip of the thumb. • Maintain for a while more in the

extreme end and bring the left hand to the centre. • Maintaining the left hand at the centre, move the right hand as above, making a fist and raising the thumb right up. • Do not move the head. • Move the eyeball. • Repeat the process three times. • Do simple palming. • Be relaxed. • Do Bhramari Pranayama. 4

15. In sanskrit, Ardha means 'half', Chakra means wheel and asana means a 'pose'. 4

- Support the back at the waist by the palms, fingers pointing forwards.
- Inhale and bend backwards from the lumbar region. Drop the head backwards, stretching the muscles of the neck.
- Maintain for a minute with normal breathing.
- Return to sthiti.
- Relax in Tadasana

Benefits:

- Improves blood circulation.
- Strengthens the neck muscles.
- Expands chest and shoulders.
- Improves your lung capacity.

16. Shitlikarana Vyayama are practices which help in loosening the joints and prepare the joints to move on to asana practices. 4

Practice:

- Spread your legs as far as comfortable. Keep your hands stretched above your head.
- While exhaling bend forward from the waist and try to touch the forehead to the right knee while holding the right foot with the hands. Stretch the spine nicely.
- Come up while inhaling.
- Repeat the same on the left side.
- Repeat 10 times.

Benefits:

- Stimulates the Autonomic Nervous System and in specific the left brain.
- Enhances the I.Q.

17. Asanas are body postures done in Standing, Sitting, Prone and Supine positions which helps in flexibility of the spine in forward, backward and side bending. Asanas which are done with stability, ease, and effortless and feeling of pleasure while doing help in increasing concentration and IQ of the person doing yoga regularly. 4

GOMUKHASANA

- Bend the left leg underneath the right leg so that the heel of the left leg is touching the right buttock.
- Bring the right leg over the top of the bent left leg so that the right heel touches the left buttock.
- Adjust the right knee so that it is above the left knee.
- Place the left arm behind the back.

- Place the right arm over the right shoulder. The back of the left hand should lie in contact with the spine while the right palm rests against the spine. Try to clasp the fingers of both hands behind the back. Bring the raised elbow behind the head so that the head presses against the inside of the raised arm. Hold the head, neck and spine erect. Close the eyes. Stay in this position for one minute. See the knees slowly coming down as much as possible. Maintain the smile on the face.
- Return to sthiti retracing the same steps.
- Practice from the other side.

Benefits:

- Removes tiredness.
- Relieves back ache.

18. Namaste Krida Practice: 4

- All players will form a circle.
- One of them 'X' will run around the circle clockwise.
- While running he will touch one of the players say 'Y' on the back.
- 'Y' has to run in the reverse direction.
- When they meet while running, they will say 'Namaste' and then both will try to reach 'Y's place first, running in their own direction.
- Whoever reaches the place late will continue running and he will touch some other player and thus the game continues.
- **I. Variation**
When 'Y' meet 'X', how 'X' acts like that 'Y' has to imitate.
- **II. Variation**
X' can hop on one leg instead of running.

19. Some benefits of yoga: 6

- Attainment of perfect equilibrium and harmony
- Self-healing
- Removing negative blocks from the mind and toxins from the body
- Enhancing personal power
- Living with greater awareness
- Developing attention, focus and concentration, especially for children
- Reducing stress and tension
- Improving your posture and flexibility
- Building better relationships
- Improving your self-confidence
- Improving your memory and concentration
- Helping you sleep better
- Aiding good digestion

20. Step 1: HASTHA UTTHANASANA 6

Step 2: PADAHASTASANA

Step 3: ASHWA SANCHALANASANA

Step 4: CHATURANGA DANDASANA

Step 5: SHASHANKASANA

Step 6: ASHTANGA NAMASKARA

Step 7: BHUJANGASANA

Step 8: PARVATASANA

Step 9: SHASHANKASANA

Step 10: ASHWA SANCHALANASANA

Step 11: PADAHASTASANA

Step 12: HASTHA UTTHANASANA

21. Asanas can be - Standing, Sitting, Prone and Supine which helps in flexibility of the spine in forward bending, backward bending and side bending. or in another words Asanas are postures which are done with- • Stability • Ease • Effortlessnes • Unlimited Happiness in the final position. 6

Types of Asanas

There are different types of asanas. For examples:

- Padmasana
- Ustrasana
- Yoga Mudra
- Halasana
- Vajrasana

I. Padmasana

The name is derived from the Padma, meaning 'Lotus', and asana, meaning 'pose' or 'posture'. This is also known as Lotus Posture in English.

PRACTICE

- Draw the right leg along the ground and bend the knee.
- Place the right foot on the left thigh near the left groin.
- In the same way bring the left foot on the right thigh near the right groin.
- The soles of both feet are turned upwards with the heels almost meeting each other in front of the pelvic bones.
- Sit erect with hands on the thighs in Chin Mudrá with elbows bent.

Benefits

- It brings stability to the mind.

22. Yoga is limiting the mind-stuff (Chitta) from taking various forms (Vrttis). 6

There are five classes of modification, painful and not painful.

Direct perception, inference, and competent evidence, are proofs.

That effort, which comes to those who have given up their thirst after objects either seen or heard, and which wills to control the objects, is non-attachment.

Disease, mental laziness, doubt, calmness, cessation, false perception, non-attaining concentration, and falling away from the state when obtained, are the obstructing distractions.



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