

## QUESTION PAPER DESIGN

Subject : Yoga (A147)

Marks : 100

Class: Level A

Duration : 3 Hr

### 1. Weightage by Objectives

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

### 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
<b>Total</b>		<b>22</b>	<b>100</b>

### 3. Weightage to Content Areas

Content Areas (Lesson)	Marks
<b>Class-I</b> 1. Breathing Practices 2. Introduction of Yogic Sukhsma Vyayama 3. Sthula Vyayama	
<b>Class-II</b> 4. Surya Namaskar 5. Asanas-I 6. Asanas-II 7. Yoga for Eyd Sight Improvement	
<b>Class-III</b> 8. Basic Kriyas and Pranayama 9. Yoga Practices for Voice Culture 10. Patanjali Yoga Sutra and Hathayoga Pradipika 11. Yama and Niyama 12. Krida Yoga	100
<b>Total</b>	<b>100</b>

#### 4. Difficulty level of Question Paper

<b>Level</b>	<b>Marks</b>	<b>% of marks given</b>
Difficult	25	25
Average	50	50
Easy	25	25
<b>Total</b>	<b>100</b>	<b>100</b>

# OBE-Bharatiya Jnana Parampara

## Sample Question Paper

### Yoga

#### Level 'A'

**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.
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1. Answer the following by choosing correct one from the given options- 1x10=10
    - I. Breathing includes the action:
      - A. Inhaling
      - B. Running
      - C. Sitting
      - D. Sleeping
    - II. which one is not a part of sukshma Vyayama?
      - A. Neck
      - B. Tongue
      - C. Shoulder
      - D. Knee
    - III. wrist rotation is part of which vyayama?
      - A. Tadasana
      - B. Shithil tadasana
      - C. Sukshma Vyayama
      - D. Dandasana

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

- IV. what is the sthiti (position) for ankle stretch breathing?  
 A. Tadasana  
 B. Shithil Tadasan  
 C. Dandasana  
 D. Shithil Dandasana
- V. how many stages are there in eye relaxation?  
 A. 2  
 B. 3  
 C. 4  
 D. 5
- VI. which one is not a palming stage in eye relaxation?  
 A. Simple palming  
 B. Press and release palming  
 C. Palming with Bhrahmari  
 D. Palming with jumping
- VII. which one is not a step in eye exercises?  
 A. Up and Down  
 B. Right and left  
 C. Clock and Anti Clock  
 D. Washing with water
- VIII. What is the first step of Ashtanga Yoga?  
 A. Yama  
 B. Niyam  
 C. Asana  
 D. Dhyana
- IX. How many Yamas are there?  
 A. 4  
 B. 5  
 C. 6  
 D. 8
- X. What is the meaning of Santosh?  
 A. Contentment  
 B. Austerity  
 C. Cleanliness  
 D. Truth

2. Fill in the blanks in the following-

1x10=10

- I. Exhalation in ..... relieves the strain of jogging and jumping.  
 II. Surya Namaskar or Sun Salutation is a sequence of ..... yoga poses.  
 III. .... is a process of focussing on a specific pose of the body.  
 IV. The name, Tadasana, comes from the Sanskrit word ..... meaning “mountain” and ..... means ‘posture’.  
 V. Kriya in Sanskrit means .....  
 VI. Kapalabhati is considered a Kriya (cleansing breath) which cleanses the .....

- VII. .... is very good for voice culturing.
- VIII. .... increases the flexibility of lip muscles.
- IX. In ..... a player will be selected and he/she has to assume the posture of a frog and start chasing the other players.
- X. A selected player tells an interesting story and in between shouts .....
3. Write the answer of following in one word – 1x10=10
- I. Name a eye relaxation technique?
  - II. how many Kriyas are there which helps to cleanse various internal organs?
  - III. what does it mean by "Kriya" in Sanskrit ? n
  - IV. write name of a Kriya?
  - V. which Pranayam is known as "Anulom and Viloma"?
  - VI. How many Vrittis are there according to Yogsutra?
  - VII. what is the definition of Yoga according to Yoga Sutra?
  - VIII. write a cause of pain according to Yoga Sutra.
  - IX. what is Dharana?
4. what is Jogging? 2
5. what is the concept behind the Surya Namaskar? 2
6. What is Makarasana? 2
7. what are the benefits of Bhujangasana? 2
8. What are the three stages of Palming? 2
9. what is Ahinmsa? 2
10. what is process to play the Frog touch game? 2
11. describe the steps and benefits of Mukh dhauti. 4
12. What are the types of Asanas? 4
13. How does Tadasana is beneficial ? 4
14. Write steps of Anti Clockwise movement of eye exercise. 4
15. In which manner Pranayamas are helpful? 4
16. Write the steps for tongue rotation. 4
17. Write Steps and benefits of tongue twisting. 4
18. What are the Niyamas? 4
19. what are the guidlines for perfoming Tadasana and Dandasana? 6
20. Describe Shlabhasana in detail. 6
21. what are the causes of Pain? 6
22. Describe about Bhashmasura play in detail. 6

**Yoga Level 'A'**  
**Marking Scheme**

Answers:

1.

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

2.

- I. Mukha Dhauti
- II. 12
- III. Asana
- IV. Tada, asana
- V. "completed action."
- VI. frontal brain
- VII. Tongue massage
- VIII. Mouth twisting
- IX. frog touch game
- X. Bomb Blast

3.

- I. Palming, Blinking, Winking any one
- II. Six
- III. Completed actio
- IV. Trataka, Kapalbhatai any one
- V. Nadi Shuddhi
- VI. five
- VII. YogaH chitta Vrittih nirodha
- VIII. Avidya (ignorance)
- IX. concentration on single point
- 4. It is a form of physical exercise of running at a steady, gentle pace. Following stages will help you to understand how to start and proceed while you do this yogic practice.
- 5. The concept of Sun Salutation comes from the ancient practice of revering the Sun which is considered the source of every creation on the planet and also symbolizes spiritual consciousness.
- 6. Makarasana is derived from two words-'Makar' meaning crocodile and the second 'Asana' meaning pose. It is also known as the crocodile-pose.
- 7. Improves digestion and Strengthens the arms and shoulders
- 8. Simple palming, Press and release Palming and Palming with Bhramari

9. Ahimsa means following nonviolence in action, speech and even in the mind.
10. All the players will stand forming a Square.  
A player will be selected and he/she has to assume the posture of a frog and start chasing the other players.  
In a given time, whomever the frog touches, that player is called out and he/she then has to assume the role of a “Frog”, and the game continues.
11. Bend forward and place the palms on the respective thighs keeping the arms straight. Inhale through the nose and exhale through the mouth.  
While exhaling blast out the air forcibly through the mouth.  
Then, stand in Tadasana and relax for a while.  
**Benefit:**
  - Exhalation in Mukha Dhauti relieves the strain of jogging and jumping.
  - It helps to expel the carbon dioxide from the lungs, making you feel fresh and energetic.
12. There are four types of Asana:
  1. Standing: Asanas - Standing Asanas are done by supporting the body on the soles of ones feet.
  2. Sitting Asanas – Sitting Asana are done by supporting the body on the buttocks
  3. Prone Asanas – Prone Asanas refers to doing asanas lying face down with body supported on the stomach.
  4. Supine Asanas – Supine Asanas refers to lying with a face up position and the body supported on the back.
13. Tadasana :  
Improves blood circulation.  
Strengthens the neck muscles.  
Expands chest and shoulders.  
Improves your lung capacity.
14. Open your eyes with a few blinks.  
Gently move your eyeballs in anti-clockwise direction – right-up-left-down; rightup, left-down; right-up-left-down; continue to move your eyeball smoothly and continuously at your own pace in anti-clockwise. Try to avoid jerky sudden movements and keep your head steady.  
After completing ten rounds gently stop practice bring the eye balls to the centre and close your eyes.  
Rub your palms against each other, form a cup of your palms and cover your eyes.  
Give constant pressure during palming.
15. Pranayama, helps us in following manner-
  - increases our concentration and attention
  - creates a feeling of awareness,
  - promotes relaxation,
  - it reduces stress and
  - increases our lung capacity
16.  Stick out your tongue and move it slowly from side to side.  
 Hold in each corner and relax.  
 Make sure that your tongue actually touches each corner every time.
17.
  - Open your mouth slightly and stretch the tongue forward a little.
  - Twist the tongue from right to left and left to right in between the upper and lower teeth.
  - Repeat the practice for ten times for each side. It is important to note here that:

- You may find it a little difficult to twist the tongue, you can do it easily with the help of upper and lower teeth pressing on it.
- Do it carefully to avoid an injury to the tongue.

**Benefits:**

- This increases the flexibility of facial muscles.
18. Niyama is the second step of Ashtanga Yoga. Niyama means personal code. There are five Niyama, they are Shoucha, Santhosha, Tapas, Swadhyaya and Ishwarapranidhana. Among this five Niyama you will learn the first three with a story which will help give you a clear understanding.
19. Tadasana or Mountain pose is the basic standing pose for this :
- Start by standing straight and keeping both your feet together.
  - Slowly raise your hands slightly with your palms facing inwards.
  - Keep both your both the feet firmly together.
  - Expand your chest and steady and straighten the head with normal breathing.

**For starting position or (Sthiti) of Sitting Posture: (Dandaasana)**

- Sit with both legs stretched in front with heels together.
  - Place the palms on the floor by the side of the buttocks.
  - Keep the spine, neck and head erect.
  - Close the eyes and do normal breathing.
- 20.

Its name comes from the Sanskrit, Salabha, meaning “locust” or “grasshopper,” and asana, which means “posture” or “seat.”

**Practice**

- Make fists of your palms with the thumbs tucked in and place them under the thighs, with back of the hands facing the ground.
- While inhaling raise both the legs up as far as comfortable without bending the knees. Maintain this position for about one minute with normal breathing.
- Come back to Sthiti position while exhaling.

**Benefits**

- Improves digestion
  - Improves blood circulation
21. The causes for pain are Avidta (Ignorance), Asmitha (I-feeling), Raga (Liking), Dvesha (Disliking) and Abhinivesha (Fear).
- 22.
- This is basically a game of alertness and being focussed.
  - Each participant will try to keep his right hand on another's head as the Bhasmasura did and say "Bhasma", (Ash).
  - At the same time the playere should stop others from keeping their hands on his head: They can protect their head by keeping their left hand just above their head but not touching it.
  - One whose head is touched by another's hand is deemed out.
  - The game continues till the winner is found



