

P.G. ENTRANCE EXAMINATION, APRIL 2022**HEALTH AND YOGA THERAPY**

Time : Two Hours

Maximum : 200 Marks

*Each question carries 4 marks.
1 mark will be deducted for each wrong answer.*

1. Which of the following muscular valve controls the flow of digestive juice from the hepatopancreatic duet to duodenum ?
 - (A) Sphincter of Oddi.
 - (B) Semilunar valve.
 - (C) Ileocecal valve.
 - (D) Pyloric sphincter.
2. Night blindness and xerophthalmia are generally conditions associated with the deficiency of which vitamin ?
 - (A) Vitamin B.
 - (B) Vitamin K.
 - (C) Vitamin B2.
 - (D) Vitamin A.
3. Lungs are enclosed within :
 - (A) Perichondrium.
 - (B) Periosteum.
 - (C) Pleural membrane.
 - (D) Pericardium.
4. Where are the parotid glands located ?
 - (A) Below the stomach.
 - (B) Behind and above the pancreas.
 - (C) Below and in front of the ear canal.
 - (D) Underneath the armpits.
5. Which of the following organs is known as "graveyard" of RBCs ?
 - (A) Spleen.
 - (B) Kidney.
 - (C) Liver.
 - (D) Gall bladder.

Turn over

6. Hypopnea is a condition where :
- (A) The airway becomes partially obstructed
 - (B) The blood does not clot properly
 - (C) The lungs cannot eliminate the excess carbon dioxide from the body
 - (D) The blood oxygen levels are abnormally low
7. Heartbeat originates from :
- (A) Papillary muscles.
 - (B) SA node.
 - (C) AV node.
 - (D) Purkinje fibres.
8. Emphysema is characterized by :
- (A) Loss of peripheral vision.
 - (B) Shortness of breath.
 - (C) Chronic Diarrhoea.
 - (D) Slow clotting from wounds.
9. The basic functional unit of a human kidney is known as :
- (A) Nephron.
 - (B) Pyramid.
 - (C) Henle's loop nephron.
 - (D) Nephridia.
10. Which of the following statements are false ?
- (A) Pituitary Gland is found at the base of the brain.
 - (B) Adrenal glands are found on top of the kidneys.
 - (C) Lymph nodes are found only near the neck and armpits.
 - (D) Thyroid glands are ductless glands.
11. The word "Yoga" comes for Sanskrit. What is the literal meaning of this word ?
- (A) Hindu system of philosophy and meditation.
 - (B) Inner peace and tranquillity.
 - (C) Joining together.
 - (D) Controlled breathing.
12. Over time, many new postures have been added to the original compendium of Asanas that yoga started with to incorporate modern day fitness requirements. How many classic Asanas were enlisted in the initial texts ?
- (A) 84.
 - (B) 108
 - (C) 33.
 - (D) 195.

13. An Indian youth organisation entered the Limca Book of Records for simultaneously performing Yoga for the longest duration. Which organisation was this ?
- (A) NSS. (B) Girl Scouts.
(C) LTS. (D) NCC.
14. Who is the writer of Yog-Sutra ?
- (A) Maharshi Patanjali. (B) Vaatsyayan.
(C) Kapil Manu. (D) Swami Satuananda Saraswati.
15. Out of the following which one is not an Ashtanga-Yoga ?
- (A) Yama. (B) Niyama.
(C) Dhouti. (D) Pranayama.
16. As a general rule, one must _____ while lowering the body.
- (A) Inhale. (B) Exhale.
(C) Stop breathing. (D) Hold breath.
17. Which asana is helpful for maintaining normal blood pressure ?
- (A) Salabhasana. (B) Shirsana.
(C) Savasana. (D) Padmasana.
18. How many activities are there in Pranayama ?
- (A) One. (B) Two.
(C) Three. (D) Four.
19. Which of the following asana is performed for curing obesity ?
- (A) Trikonasana. (B) Bhujangasana.
(C) Pawanmuktasana. (D) Tadasana.
20. Which amongst is a sitting asana ?
- (A) Ardh-Mitsyendrasana. (B) Padahasthasana .
(C) Ardh-Chacrasana. (D) Trikonasana

21. Raja Yoga is the yoga of controlling our :
- (A) Sense Organs. (B) Organs of Action.
(C) Mind. (D) Our Emotions.
22. Which Mudra destroys all diseases of the rectum and prevents premature death ?
- (A) Brahmi Mudra. (B) Shambhavi Mudra.
(C) Akashachari Mudra. (D) Ashvini Mudra.
23. Mind becomes in Alpha state due to the practice of _____.
- (A) Asana. (B) Exercise.
(C) Meditation. (D) Bandha.
24. By mastering which practice one can float like a lotus leaf on the water.
- (A) Sitali. (B) Bhastrika.
(C) Nadi sodhana. (D) Plavini.
25. Which of the following practice leads to immortality, according to Ishavasyopanishid ?
- (A) Vairagya. (B) Viveka.
(C) Vidya. (D) Vishaya.
26. How many types Kudalini ny nature are described in Siddah Sidhanth Paddhati ?
- (A) 2. (B) 3.
(C) 4. (D) 6.
27. What is the main therapeutic effect of Kapalabhati practice ?
- (A) To remove kapha disorders.
(B) To remove pitta disorders.
(C) To reve vatha dis orders.
(D) To remove pitta-vatha disorders.

28. There are eight stages of training for a yogi. What is the final stage (apart from 'moksha') ?
- (A) Samadhi. (B) Niyama.
(C) Pratyahara. (D) None of the above.
29. Where is Kundalini located ?
- (A) The base of the spine. (B) The brain.
(C) The whole-body. (D) The medulla oblongata.
30. What would not be helpful to do when meditating ?
- (A) Think of problems. (B) Picture a peaceful place.
(C) Concentrate on a colour. (D) Sun.
31. When first International Yoga Day is observed in India ?
- (A) 21st June 2014. (B) 21st June 2015.
(C) 21st June 2016. (D) None of the above.
32. Who had introduced yoga first time to the western world in a religion conference Chicago, America ?
- (A) Swami Vivekananda. (B) Narendra Modi.
(C) Maharshi Patanjali. (D) Baba Ramadeva.
33. Celebration of International Yoga in India is done by which ministry ?
- (A) Ministry of Ayush.
(B) Ministry of Civil Aviation.
(C) Ministry of Communication.
(D) Ministry of Human Resource and Development.
34. Who becomes first cricketer hit six sixes in an over in one day international (50-50) cricket ?
- (A) Kieron Pollard. (B) Yuvraj Singh.
(C) Herschelle Gibbs. (D) Viv Richards.

35. FINA is the world regulatory body of which sports ?
- (A) Football. (B) Volleyball.
(C) Swimming. (D) Netball.
36. Who was the first Indian women to get an Olympic medal ?
- (A) May Com. (B) Saina Newal.
(C) Karnam Malleswari. (D) Mirabai Chanu.
37. The famous C.K. Naidu Trophy is associated with which sports ?
- (A) Football (B) Hockey.
(C) Cricket (D) Volleyball.
38. 2020 Rajiv Gadhi Khel Ratna awardee Rani Ramphal belonging to which sports ?
- (A) Para Olympics (B) Hockey.
(C) Shooting (D) Archery.
39. Where is first Khelo-India University Games take place ?
- (A) Bhuvaneshwar. (B) Pune
(C) Bengaluru. (D) New Delhi.
40. What was distance covered by Neraj Chopra for his gold medal in Tokyo Olympics ?
- (A) 87.59 m. (B) 87.58 m.
(C) 85.64 m. (D) 86.59m
41. Your body need vitamins and minerals because _____.
- (A) They give the body energy.
(B) They help to carry out metabolic reactions.
(C) They insulate body's organs.
(D) They withdraw heat from the body.

42. Which of these NOT considered as a nutrient ?
- (A) Vitamins. (B) Minerals.
(C) Fibre. (D) Fats.
43. Milk, cheese and yogurt are important for ?
- (A) Strong bones. (B) Teeth.
(C) Muscles. (D) All of the above.
44. The vitamin necessary for coagulation of blood is :
- (A) Vitamin B. (B) Vitamin C.
(C) Vitamin K. (D) Vitamin E.
45. Which one among the following minerals is essential for the transmission of nerve impulses in the nerve fibres of human body ?
- (A) Calcium. (B) Cobalt.
(C) Iodine. (D) Sodium.
46. Besides carbohydrates, a major source of energy in our food is constituted by :
- (A) Proteins. (B) Fats.
(C) Minerals. (D) Vitamins.
47. Which of the following is considered an easily digestible source of protein ?
- (A) Egg albumin. (B) Soyabean.
(C) Fish flesh. (D) Red meat.
48. Sweetex used by the diabetic patients has energy content of _____.
- (A) Five calories. (B) Ten calories.
(C) Hundred calories. (D) Zero calorie.

49. Which of the following nutrients is needed for a healthy immune system ?

(A) Calcium.

(B) Iodine.

(C) Vitamin K.

(D) Vitamin C.

50. When the food is directly given in the veins, it is called _____ nutrition.

(A) Parenteral.

(B) Enteral.

(C) Intravenous.

(D) Saline.