

D 102520

(Pages : 8)

Name.....

Reg. No.....

P.G. ENTRANCE EXAMINATION, APRIL 2024

HEALTH AND YOGA THERAPY

Time : Two Hours

Maximum : 200 Marks

All questions carry 4 marks.

One (1) mark will be deducted for each wrong answer.

1. Which of the listed terms is described by: "All the chemical processes that take place in the organelles and cytoplasm, the cells of the body" ?
 - (a) Metabolism.
 - (b) Cellular respiration.
 - (c) Homeostasis.
 - (d) Physiology.
2. An organism's smallest independently functioning biological unit is a(n) _____.
 - (a) Cell.
 - (b) Molecule.
 - (c) Organ.
 - (d) Tissue.
3. The body system responsible for structural support and movement is the _____.
 - (a) Cardiovascular system.
 - (b) Endocrine system.
 - (c) Muscular system.
 - (d) Skeletal system.
4. Stimulation of the heat-loss centre causes _____.
 - (a) Blood vessels in the skin constrict.
 - (b) Breathing to become slow and shallow.
 - (c) Sweat glands to increase their output.
 - (d) All the above.
5. To make a banana split, you halve a banana into two long, thin, right, and left sides along the _____.
 - (a) Coronal plane.
 - (b) Longitudinal plane.
 - (c) Midsagittal plane.
 - (d) Transverse plane.

Turn over

6. The heart is within the _____.
- (a) .Cranial cavity.
 - (b) Mediastinum.
 - (c) Posterior (dorsal) cavity.
 - (d) All the above..
7. Which major organ lies deep to the right hypochondriac region ?
- (a) The stomach.
 - (b) The spleen.
 - (c) The liver.
 - (d) The duodenum.
8. Which plane of the body divides it into dorsal and ventral regions ?
- (a) Transverse.
 - (b) Axial.
 - (c) Coronal.
 - (d) Sagittal.
9. To which of the following does structural organization's "tissue level" refer ?
- (a) Atoms, Ions, Molecules, and electrolytes.
 - (b) Mitochondria, Ribosomes, Nucleus, Endoplasmic Reticulum.
 - (c) Nephron, alveolus, villus, lobule.
 - (d) Muscle, nervous, connective, epithelial.
10. Which of the following is the best definition of physiology ?
- (a) The microscopic study of tissues and cells.
 - (b) The study of how the body works.
 - (c) All the chemical processes that take place in the organelles of the body's cells.
 - (d) The body's automatic tendency to maintain a relatively constant internal environment.
11. What could be described as the "anatomical position" ?
- (a) Lying down prone.
 - (b) Lying down supine.
 - (c) Standing displaying the ventral surface of the body.
 - (d) Standing with arms and legs abducted.
12. Which of the stated relationships is correct ?
- (a) The heart is inferior to the clavicle.
 - (b) The shoulder is distal to the carpals.
 - (c) The phalanges are proximal to the metacarpals.
 - (d) The eye is medial to the eyebrows.

13. Which one of the following statements is correct ?
- (a) The diaphragm separates the brain and spinal cord.
 - (b) The ventral cavity contains the male and female reproductive system.
 - (c) The abdominopelvic cavity contains the spinal cord.
 - (d) The dorsal cavity contains the brain and spinal cord.
14. Complete the sentence correctly: "Cervical vertebrae are _____.
- (a) Superior to the rib cage.
 - (b) Inferior to the thoracic vertebrae.
 - (c) Located-between-the thoracic and sacral vertebrae.
 - (d) Fused into a single bone called the sacrum.
15. Which term describes the location of the adrenal glands concerning the kidneys ?
- (a) Proximal.
 - (b) Distal.
 - (c) Superior.
 - (d) Inferior.
16. Who is believed to be the father of Yoga ?
- (a) Krishnamacharya.
 - (b) Gautam Buddha.
 - (c) Maharshi Patanjali.
 - (d) Shankaracharya.
17. Yoga has eight components, also known as the eightfold path of life. Five of them are Niyama, Asana, Pranayama, Dhyana, and Samadhi. Which are the other three ?
- (a) Savichar, Santosa, Tapas.
 - (b) Asteya, Aparigraha, Brahmacharya.
 - (c) Ananda, Asmita, Aachaar.
 - (d) Yama, Dharana, Pratyahara.

18. What is the literal meaning of the word "Yoga" ?
- (a) Hindu system of philosophy and meditation.
 - (b) Inner peace and tranquillity.
 - (c) Joining together.
 - (d) Controlled breathing.
19. Over time, many new postures have been added to the original compendium of Asanas that yoga started with. How many classic Asanas were enlisted in the initial texts ?
- (a) 84.
 - (b) 108.
 - (c) 33.
 - (d) 195.
20. Surya Namaskar is considered a complete exercise for the body and stretches significant muscles. How many different Asanas does Surya Namaskar comprise ?
- (a) 12.
 - (b) 7.
 - (c) 10.
 - (d) 8.
21. Indra Devi is credited with introducing Yoga to the West. Which country did she belong to ?
- (a) Nepal.
 - (b) Russia.
 - (c) India.
 - (d) USA.
22. An Indian youth organization entered the Limca Book of Records for simultaneously performing Yoga for the most prolonged duration. Which organization was this ?
- (a) NSS.
 - (b) Girl Scouts.
 - (c) LTS.
 - (d) NCC

23. Bharat Thakur laid the foundation for a new field of yoga. What is it called ?
- (a) Ashtang Yoga. (b) Hatha Yoga.
(c) SahajaYoga. (d) Artistic Yoga.
24. In the popular TV series Friends, one of the main characters talks to Mr. Treeger, the superintendent of Monica's building, about attending Yoga classes. Which character is this ?
- (a) Ross. (b) Phoebe.
(c) Monica. (d) Mike.
25. "Ashtanga Namaskara" is which limped pose of Surya Namaskar ?
- (a) 4. (b) 6.
(c) 8. (d) 12.
26. Which of these is a sitting Asana ?
- a) Ardh-matsyendrasana.
b) Padahasthasana.
c) Ardh-chakrasana.
d) Trikonasana.
27. Which of the following asanas is performing for curing obesity ?
- (a) Trikonasana.
(b) Bhujangasana.
(c) Pawanmukthasana.
(d) Tadasana.
28. Which yoga asanas (poses) are not generally contraindicated when a person suffers from knee pain ?
- (a) Virasana. (b) Vajrasana.
(c) Padmasana. (d) Tadasana.
29. Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga" ?
- (a) Yug. (b) Yuge.
(c) Yuj. (d) Yuje.

30. What do you understand the term 'Adhi' ?
- (a) Physical disorders originated in Annamaya Kosha.
 - (b) Mental/ emotional disorders originated in Manomaya Kosha.
 - (c) Mental/ emotional disorders originated in Annamaya Kosha.
 - (d) Physical disorders originated in Manomaya Kosha
31. When is the International Day of Yoga observed annually ?
- (a) June 21.
 - (b) May 1.
 - (c) September 22.
 - (d) October 5.
32. Who compiled the "Yoga Sutras" ?
- (a) Maharishi Patanjali.
 - (b) Swami Vivekananda.
 - (c) Paramahansa Yogananda.
 - (d) B.K.S. Iyengar.
33. Every Yoga teacher must start the practice session with :
- (a) Pranayama.
 - (b) Asana.
 - (c) Kriya.
 - (d) Silence.
34. The purpose of Yoga, as taught by the ancients, is to attain the :
- (a) Perfect health.
 - (b) Peace of mind.
 - (c) Stress relief.
 - (d) Enlightenment.
35. Who compiled 'Hathayoga pradipika' ?
- (a) Patanjali.
 - (b) Gheranda.
 - (c) Svatmarama.
 - (d) Gouthama Budha.
36. The pillars to attain moksha (liberation), according to Yoga Vashishtha, are :
- I. Santosha.
 - II. Vichara.
 - III. Vairaga.
 - IV. Viveka.

Use the codes given, below for the correct answer :

- (a) I and II are correct.
- (b) II and III are correct.
- (c) III and IV are correct.
- (d) I and IV are correct.

37. Which win of the India Women's National Hockey team inspired the film 'Chak De! India' ?
- (a) 2002 Commonwealth Games victory.
 - (b) 2004 Hockey Asia Cup.
 - (c) 2003 Afro-Asian Cup.
 - (d) 2013 Women's Hockey Asia Cup.
38. When was the Olympic flag first hoisted ?
- (a) 1914.
 - (b) 1926.
 - (c) 1920.
 - (d) 1928.
39. How many articles are there in the Olympic Charter ?
- (a) 50.
 - (b) 61.
 - (c) 80.
 - (d) 75.
40. Who designed the Olympic symbol of the five rings ?
- (a) Pierre de Coubertin.
 - (b) Henri Didon.
 - (c) Carl Jung.
 - (d) Craig Crowley
41. Which Grand Slam tennis tournament is called "Roland-Garros" ?
- (a) French Open.
 - (b) Australian Open.
 - (c) Wimbledon Championships.
 - (d) US Open.
42. Who is the only tennis player to have won two singles gold medals and the only singles player to have retained the Olympic title ?
- (a) Roger Federer.
 - (b) Rafael Nadal.
 - (c) Andy Murray.
 - (d) Novak Djokovic.
43. Who is known as the father of the modern handball ?
- (a) James Naismith.
 - (b) William G. Morgan.
 - (c) Karl Schelenz.
 - (d) Kiril Lazarov.
44. A diet high in saturated fats can be linked to which of the following ?
- (a) Kidney failure.
 - (b) Bulimia.
 - (c) Anorexia.
 - (d) Cardiovascular disease.

45. This food group is our body's best source of energy ?
- (a) Meat Group.
 - (b) Fats, oils, and sweets.
 - (c) Bread and cereals.
 - (d) Milk and cheese.
46. Find which of these is added to the food label because people sometimes don't eat enough of this :
- (a) Fat.
 - (b) Calcium.
 - (c) Sodium.
 - (d) Cholesterol.
47. How many servings of vegetables do we need each day ?
- (a) 6-11
 - (b) 2-3.
 - (c) 3-5.
 - (d) 1-2.
48. Find which of the following nutrients is needed to build and maintain the structural components of the body.
- (a) Carbohydrates.
 - (b) Protein.
 - (c) Fat.
 - (d) Fiber.
49. Find which of these nutrients is the preferred energy source for the body :
- (a) B Complex Vitamins.
 - (b) Carbohydrates.
 - (c) Fats.
 - (d) Fiber.
50. Find which beverages have no fat, sugar, or oils ?
- (a) Milk.
 - (b) Root beer.
 - (c) Coffee with cream.
 - (d) Iced tea unsweetened.