

C 41695

(Pages : 8)

Name.....

Reg. No.....

P.G. / INTEGRATED P.G. ENTRANCE EXAMINATION, APRIL 2023

HEALTH AND YOGA THERAPY

Time : Two Hours

Maximum : 200 Marks

*All questions carry 4 marks.
1 mark will be deducted for each wrong answer.*

1. Give one example for ball and socket joint :

- | | |
|------------------------|---------------|
| (a) Base of the thumb. | (b) Shoulder. |
| (c) Knee. | (d) Neck. |

2. Blood group _____ is called Universal recipient.

- | | |
|--------|---------|
| (a) O. | (b) AB. |
| (c) A. | (d) B. |

3. Formation and expulsion of faeces from the body is one of the important functions of the large intestine.

- | | |
|--------------------|-------------------------|
| (a) Defecation. | (b) Absorption. |
| (c) Mass movement. | (d) Microbial activity. |

4. _____ are formed by fusion of vertebrae.

- | | |
|-----------------------|------------------------|
| (a) Sacrum. | (b) Coccyx. |
| (c) Both (a) and (b). | (d) None of the above. |

5. This controls the diameter of blood vessels especially small arteries and arterioles :

- | | |
|-------------------------|---------------------|
| (a) Respiratory Centre. | (b) Reflex Centre. |
| (c) Vasomotor Centre. | (d) Cardiac Centre. |

Turn over

6. Which gland secretes Growth hormone ?
- (a) Pituitary gland. (b) Thyroid gland.
(c) Pancreas. (d) Parathyroid gland.
7. All the following are nutrients found in food except ?
- (a) Plasma. (b) Proteins.
(c) Carbohydrates. (d) Vitamins.
8. _____ lies in the pelvic cavity in front of the rectum. It secretes a thin milky fluid that makes up about 30% of the semen.
- (a) Penis. (b) Prostate Gland.
(c) Epididymis. (d) Scrotum.
9. Karma yoga is a branch of yoga based on the teaching of which text ?
- (a) Ashtavakra Samhita. (b) Bhagavad Gita.
(c) Hatha Yoga Pradipika. (d) Vedas.
10. Name the site where digestion of proteins occurs.
- (a) Pancreas. (b) Rectum.
(c) Liver. (d) Ileum.
11. The primary function of "Prana" is :
- (a) Respiration. (b) Digestion.
(c) Elimination. (d) Circulation.
12. The word "yuj" means :
- (a) to yoke. (b) to join.
(c) to unite. (d) all of these.

13. Yoga Consist of _____ Components.

- (a) Six.
- (b) Four.
- (c) Eight.
- (d) Nine.

14. The appropriate amount of time to wait after a meal before beginning a yoga practice is :

- (a) 30 minutes.
- (b) 60 minutes.
- (c) 90 minutes.
- (d) 2 hours.

15. Every Yoga teacher must start the practice session with :

- (a) Pranayama.
- (b) Asana.
- (c) Kriya.
- (d) Silence.

16. How many different Asanas does Suryanamaskar comprise of ?

- (a) 12.
- (b) 7.
- (c) 10.
- (d) 8.

17. The art of practicing yoga helps in controlling an individual's _____.

- (a) Mind.
- (b) Soul.
- (c) Body.
- (d) All the above.

18. Cobra pose is also called as :

- (a) Padmasana.
- (b) Salabhasana.
- (c) Bhujangasana.
- (d) None.

19. The purpose of Yoga as taught by the ancients is to attain :

- (a) Perfect health.
- (b) Peace of mind.
- (c) Stress relief.
- (d) None of these.

20. Yoga is a strict discipline which requires :
- (a) Strength.
 - (b) An objective frame of mind.
 - (c) Flexible body.
 - (d) All of the above.
21. One of the most prominent health effects of yoga is :
- (a) Faster growth in children.
 - (b) Stress reduction.
 - (c) Cancer Cure.
 - (d) Quick action.
22. According to mythical tradition, who is known as founder of Yoga ?
- (a) Patanjali.
 - (b) Shiva.
 - (c) Brahma.
 - (d) Tirumalai Krishnamacharya.
23. Which of the following pranayama purifies the Astral body ?
- (a) Ujjai.
 - (b) NadiShodhana.
 - (c) Surya Bedha.
 - (d) Moorcha.
24. Which Prana governs our digestive system ?
- (a) Apana.
 - (b) Vyana.
 - (c) Samana.
 - (d) Udana.
25. Which Asana is good for chronic low back pain ?
- (a) Dhanurasana.
 - (b) Bhujangasana.
 - (c) Chakrasana.
 - (d) Halasana.
26. Which of the following is a heating pranayama ?
- (a) Nadishodhana.
 - (b) Ujjayi.
 - (c) Chandrabhedana.
 - (d) Sitali

27. Which posture makes a wonderful combination of Bhujangasana and Salabhasana ?
- (a) Sarpasana. (b) Dhanurasana.
(c) Halasana. (d) Chakrasana.
28. Which of the following is one of the Five Principles of Yoga by Sivanandi ?
- (a) Savasana. (b) Bhakti.
(c) Jnana. (d) Tantra.
29. Which of the following practice leads to immortality, according to Ishavasyopanishad ?
- (a) Vairagya. (b) Viveka.
(c) Vidya. (d) Vishaya.
30. Counter pose of Sarvangasana is :
- (a) Savasana. (b) Matsyasana.
(c) Halasana. (d) Sethubandhasarvangasana.
31. The term "Tee" is used commonly in which among the following sports ?
- (a) Tennis. (b) Polo.
(c) Golf. (d) Racing.
32. Which was the first fixed element of the Commonwealth Games visual identity program ?
- (a) Queen's Baton Relay. (b) Baton.
(c) Flag. (d) Countdown Clock.
33. Which of the following tournament is played on a Clay court ?
- (a) US Open. (b) Australian Open.
(c) Wimbledon. (d) French Open.
34. Which country will host the 2026 Winter Olympic Games ?
- (a) France. (b) China.
(c) South Korea. (d) Italy.

35. Which sport's competition is known as the Sultan Azlan Shah Cup ?

- (a) Football.
- (b) Cricket.
- (c) Field Hockey.
- (d) Tennis.

36. The death anniversary of which national leader was observed as the Martyrs' Day on January 30 in India ?

- (a) Jawaharlal Nehru.
- (b) Mahatma Gandhi.
- (c) Bhagat Singh.
- (d) Sardar Vallabhbhai Patel.

37. Mariyappan Thangavelu and Sharad Kumar, who won medals in the Tokyo Paralympics, are associated with which sports ?

- (a) Weight Lifting.
- (b) Shooting.
- (c) High Jump.
- (d) Javelin Throw.

38. Lovlina Borgohain, who won the boxing bronze medal in Tokyo Olympics, is from which state ?

- (a) Sikkim.
- (b) Assam.
- (c) Odisha.
- (d) Mizoram.

39. Who has become the first Indian fencer to qualify for Tokyo Olympic Games ?

- (a) Kavitha Devi.
- (b) Bhavani Devi.
- (c) Deepika Kumari.
- (d) Kaushik Vedika.

40. Who is the first Indian rower to win a gold at Asian Games in the year 2010 ?

- (a) Swaran Singh.
- (b) Bajrang Lal Takhar.
- (c) Dattu Baban Bhokanal.
- (d) Dushyant Chauhan.

41. A diet high in saturated fats can be linked to which of the following ?

- (a) Kidney failover.
- (b) Diabetics.
- (c) Cardiovascular diseases.
- (d) Cancer.

42. This food group is our body's best source of energy ?
- (a) Meat group.
 - (b) Fat, oils and sweets.
 - (c) Breads and cereals.
 - (d) Milk and curd.
43. Citrus fruits are an excellent source of ?
- (a) Calcium.
 - (b) Vitamin C.
 - (c) Vitamin A.
 - (d) Vitamin D 4.
44. This mineral is essential for healthy blood cells and the deficiency might cause anaemia ?
- (a) Iron.
 - (b) Potassium.
 - (c) Sodium.
 - (d) Iodine.
45. This vitamin is needed to prevent a birth defect called spina Bifida ?
- (a) Vitamin D.
 - (b) Folate.
 - (c) Vitamin A.
 - (d) Vitamin E.
46. Which of the following statements about nicotinamide adenine dinucleotide (NAD⁺) is correct ?
- (a) NAD⁺ is the initial electron donor in many metabolic oxidation reactions.
 - (b) NADH is the initial electron acceptor in many metabolic oxidation reactions.
 - (c) NAD⁺ is the initial electron acceptor in many metabolic oxidation reactions.
 - (d) NAD⁺ is a prosthetic group for several dehydrogenases.
47. Which of the following statements about fatty acid synthesis is correct ?
- (a) Fatty acids can be used to synthesise glucose.
 - (b) Fatty acids can be synthesised from glucose.
 - (c) Fatty acids can be used to synthesise amino acids.
 - (d) Fatty acids are important in protein synthesis.

48. Which of the following statements about gluconeogenesis is correct ?
- (a) Muscles have a large glycogen store which gives rise to blood glucose during prolonged starvation.
 - (b) Fatty acids are plentiful in the blood during starvation and are used for glucose synthesis.
 - (c) The enzyme glucose-6-phosphatase hydrolyses glucose-6-phosphate and is present in most cells.
 - (d) Gluconeogenesis enables the liver to maintain blood glucose levels during starvation.
49. Which of the following statements about the metabolism of amino acids is correct ?
- (a) Essential amino acids can be formed from other amino acids supplied in the diet.
 - (b) Excess dietary amino acids cannot be converted to other metabolites.
 - (c) Excess dietary amino acids that cannot be oxidised are stored as muscle proteins.
 - (d) Essential amino acids cannot be formed from other amino acids but must be supplied in the diet.
50. Which of the following statements about the digestion of proteins is correct ?
- (a) Protein digestion begins in the small intestine.
 - (b) Protein digestion begins in the stomach.
 - (c) Protein digestion begins when the hydrochloric acid first hydrolyses the peptide bonds.
 - (d) Protein digestion begins when trypsinogen has been activated to trypsin by hydrochloric acid.