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 :

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3)	i) Bas	e of the	humb.		) Sho	ulder.
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		and the second s				
6	c) Kn			(d	) Nec	k.
	., <u> </u>	all the second s				
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2. Blood group ——— is called Universal recipient.

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

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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.

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6.	Which	gland secretes Growth hormone	e?	
	(a)	Pituitary gland.	(b)	Thyroid gland.
	(c)	Pancreas.	(d)-	Parathyroid gland.
7.	All the	following are nutrients found in	n food exc	xept ?
	(a)	Plasma.	(b)	Proteins.
	(c)	Carbohydrates.	(d)	Vitamins.
8.		——— lies in the pelvic cavity in	front of t	he rectum. It secrets a thin milky fluid that makes
	up abo	ut 30% of the semen.		
	(a)	Penis,	کے (b)	Prostate Gland.
	(c)	Epididymis.	(d)	Scrotum.
9.	Karma	yoga is a branch of yoga based	on the te	eaching of which text ?
	- (a)	Ashtavakra Samhita.	(b)	Bhagavad Gita.
	(c)	Hatha Yoga Pradipika.	(d)	Vedas.
10.	Name	the site where digestion of protein	ins occurs	
	(a)	Pancreas.	(b)	Rectum.
	(c)	Liver.	(d)	Ileum.
11.	The pr	mary function of "Prana" is :		
	(a)	Respiration.	<b>(b)</b>	Digestion.
	(c)	Elimination.	(d)	Circulation.
12.	The wo	rd "yuj" means :		
1. m	. 1.	to yoke.	(b)-	to join.
	(a)			

13. Yoga	Consist of	- Components.	
(a	) Six.	(b)	Four.
(c	) Eight.	(d)	Nine.
14. The a	ppropriate amount of t	ime to wait after a	meal before beginning a yoga practice
(a	) 30 minutes.	(b)	60 minutes.
(0	) 90 minutes.	(d)	2 hours.
15. Ever	y Yoga teacher must sta	rt the practice sess	ion with :
(8	) Pranayama.	(b)	Asana.
· _ (	) Kriya.	(b)	Silence.
16. How	many different Asanas	does Suryanamasl	car comprise of ?
. (1	)/12.	(b)	7.
(	.) 10.	(d)	8.
17. The	art of practicing yoga h	elps in controlling	an individual's
(1	.) Mind.	(b)	Soul.
· · · (	c) Body.	(d)	All the above.
18. Cob	a pose is also called as :		
	1) Padmasana.	(b)	Salabhasana.
(	c) Bhujangasana.	(d)	None.
19. The	purpose of Yoga as tau	ght by the ancients	is to attain :
	a) Perfect health.	(b)	
	c) Stress relief.	(d)	None of these.

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20.	Yoga is	s 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	of yog	a is :
	(a)	Faster growth in children.	(b)	Stress reduction.
	(c)	Cancer Cure.	(d)	Quick action.
22.	Accord	ing to mythical tradition, who is kn	own a	as founder of Yoga ?
	(a)	Patanjali.	(b)	Shiva.
	(ç)	Brahma.	(d)	Tirumalai Krishnamacharya.
23.	Which	of the following pranayama purifies	s the	Astral body ?
<u></u>	(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 A	Asana is good for chronic low back j	pain i	?
	(a)	Dhanurasana.	(b)	Bhujangasana.
	(c)	Chakrasana.	(d)	Halasana.
26.	Which o	of the following is a heating pranay	ama	?
	(a)	Nadishodhana.	(b)	Ujjayi.
	(c)	Chandrabhedana.	(d)	Sitali

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27.	Which	posture makes a wonderful co	ombination	of Bhujangasana and Salabhasana ?
	(a)	Sarpasana.	(b)	Dhanurasana.
	(c)	Halasana.	(d)	Chakrasana.
28.	Which	of the following is one of the I	Five Princip	oles of Yoga by Sivanandi ?
	(a)	Savasana.	(b)	Bhakti.
	(c)	Jnana.	(d)	Tantra.
29.	Which	of the following practice leads	to immorta	ality, according to Ishavasyopanishad ?
	(a)	Vairagya.	(b)	Viveka.
	(c)	Vidya.	: (d)	Vishaya.
30.	Counte	r pose of Sarvangasana is :		
	(a)	Savasana.	(b)	Matsyasana.
	(c)	Halasana.	(d)	Sethubandhasarvangasana.
31.	The ter	m "Tee" is used commonly in v	which amor	ng the following sports ?
	(a)	Tennis.	(b)	Polo.
	(c)	Golf.	(d)	Racing.
32.	Which	was the first fixed element of	the Commo	onwealth 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 o	country will host the 2026 Wir	nter Olymp	ic Games ?
	(a)	France.	(b)	China.
	(c)	South Korea.	(d)	Italy.
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	(a) Football.	(b) Cricket.
	(c) Field Hockey.	(d) Tennis.
36.	The death anniversary of which n	ational leader was observed as the Martyrs' Day on January
	in India ?	
	(a) Jawaharlal Nehru.	(b) Mahatma Gandhi.
	(c) Bhagat Singh.	(d) Sardar Vallabhbhai Patel.
37.	Mariyappan Thangavelu and Sh	arad Kumar, who won medals in the Tokyo Paralympics,
	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 stat
	(a) Sikkim.	(b) Assam.
	(c) Odisha.	(d) Mizoram.
39.	Who has become the first Indian	fencer to qualify for Tokiyo Olympic Games?
	(a) Kavitha Devi.	(b) Bhavani Devi.
	(c) Deepika Kumari.	(d) Kaushik Vedika.
40.	Who is the first Indian rower to v	vin 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.

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42.	This fo	od group is our body's best so	ource of ener	·gy ?	
	(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)	Calçium.	) (b)	Vitamin C.	
	(c)	Vitamin A.	(d)	Vitamin D 4.	
44.	<sup>`</sup> This m	ineral is essential for healthy	y blood cells	and the deficiency might cause anae	mia ?
	(a)	Iron.	(ģ)	Potassium.	
	(c)	Sodium.	(d)	Iodine.	
45.	This vi	tamin is needed to prevent a	birth defect	called spina Bifida ?	
	(a)	Vitamin D.	(b)	Folate.	
je -	(c)	Vitamin A.	(d)	Vitamin E.	
46.	Which	of the following statements a	bout nicotin	amide adenine dinucleotide (NAD+)	is correct ?
	(a)	NAD+ is the initial electron	donor in ma	any metabolic oxidation reactions.	
	(b)	NADH is the initial electron	n 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 a	bout fatty a	cid synthesis is correct ?	
	(a)	Fatty acids can be used to s	ynthesise gl	ucose.	
	(b)	Fatty acids can be synthesi	sed from glu	cose.	
	(c)	Fatty acids can be used to s	ynthesise ar	nino acids.	
	(d)	Fatty acids are important in	n protein syr	ithesis.	
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- 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.