

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.

Turn over

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.

Turn over

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 Tokiyo 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.

Turn over

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.